



ALL INDIA FOOTBALL FEDERATION

REQUEST FOR QUOTATION (RFQ) FOR PROVISION OF CATERING AND FOOD SERVICES AT THE AIFF-FIFA-ODISHA TALENT ACADEMY, BHUBANESWAR

Instructions to Bidders

Date of Issue: 1st July 2026

Last date to seek clarifications: 12th July 2026

Last date of submission of Bids: 21st July 2026

DISCLAIMER

- The information contained in this Request for Quotation ("**RFQ**") or any information provided subsequently to the Bidder(s) whether verbally or in documentary form by or on behalf of AIFF (as defined herein), or any of its employees or advisers, is provided under the terms and conditions set out in this RFQ and all the other terms and conditions subject to which such information is provided.
- This RFQ is not an agreement and is neither an offer nor invitation by AIFF to the prospective Bidders (as defined herein) or any other person. The purpose of this RFQ is to provide the Bidders with information that may be useful to them in the formulation of their Bids pursuant to this RFQ. This RFQ does not claim to contain all the information each Bidder may require. Each Bidder should conduct its own investigation and analysis and should check the accuracy, reliability and completeness of the information in this RFQ and obtain independent advice wherever necessary.
- Information provided in this RFQ to the Bidder(s) is on a wide range of matters, some of which depends upon interpretation of law. The information given is not an exhaustive account of statutory requirements and should not be regarded as a complete or authoritative statement of law. AIFF accepts no responsibility for the accuracy or otherwise for any interpretation or opinion on law expressed herein.
- AIFF, its employees and advisors make no representation or warranty and shall have no liability to any person, including any Bidder under any law, statute, rules or regulations or tort, principles of restitution or unjust enrichment or otherwise for any loss, damages, cost or expense which may arise from or be incurred or suffered on account of anything contained in this RFQ or otherwise, including the accuracy, adequacy, correctness, completeness or reliability of the RFQ and any assessment, assumption, statement or information contained therein or deemed to form part of this RFQ.
- AIFF also accepts no liability of any nature whether resulting from negligence or otherwise howsoever caused arising from reliance of any Bidder upon the statements contained in this RFQ. AIFF may, in its absolute discretion, but without being under any obligation to do so, update/amend and/or supplement the information in this RFQ. Such updates/amendments and/or supplements to this RFQ will be communicated by way of email to eligible parties.
- The issue of this RFQ does not imply that AIFF is bound to select a Bidder, or to appoint the Selected Bidder (as defined herein), as the case may be, and AIFF reserves the right to reject all or any of the Bidders or Bids (as defined herein) without assigning any reason whatsoever.
- The Bidder shall bear all its costs associated with or relating to the preparation and submission of its Bid including but not limited to preparation, copying, postage, delivery fees, expenses associated with any demonstrations or presentations which may be required by AIFF or any other costs incurred in connection with or relating to its Bid. All such costs and expenses will remain with the Bidder and AIFF shall not be liable in any manner whatsoever for the same or for any other costs or other expenses incurred by a Bidder in preparation or submission of the Bid, regardless of the conduct or outcome of the Selection Process (as defined herein).

- No commitment, contractual or otherwise whatsoever, shall arise from the RFQ process until the Contract (as defined herein) is executed by the duly authorised signatory of AIFF and the selected Bidder as set out under this RFQ.

1. INTRODUCTION

- 1.1. The All India Football Federation ("AIFF") is the national governing body for football in India and is responsible for the governance, regulation, promotion and development of football in the country. AIFF, in partnership with FIFA, operates and manages the AIFF-FIFA-Odisha Talent Academy in Bhubaneswar, Odisha, which serves as a high-performance residential football academy for the development of elite youth footballers in India.
- 1.2. The selected vendor shall be responsible for preparing and serving meals to players, coaches, support staff and any other person advised by AIFF at the Academy in accordance with the menu requirements, nutritional standards and service levels prescribed by AIFF.
- 1.3. In this regard, AIFF invites quotations from eligible and experienced catering service providers for the provision of food and catering services at the AIFF-FIFA-Odisha Talent Academy, Odisha, in accordance with the terms and conditions set out in this Request for Quotation ("RFQ").
- 1.4. This RFQ sets out the technical, commercial, financial and eligibility criteria that Bidders must satisfy, together with the process for submission, evaluation and award of the Tender.
- 1.5. Interested parties with impeccable record, meeting the eligibility criteria contained herein may submit their Bids for selection, complete in all respects, only by way of email to legal@the-aiff.com. Any bids received in physical form shall be deemed disqualified.
- 1.6. Bids with all credentials and other documents in support of the eligibility criteria must be submitted before the Bid Due Date specified in Clause 4 below. Incomplete Bids and Bids received by AIFF after the last date and time of submission may not be accepted by AIFF.
- 1.7. Upon selection of a Bidder by AIFF as the Selected Bidder, AIFF and the Selected Bidder(s) shall enter into a detailed long form agreement incorporating the provisions of this RFQ and the successful Bid ("Contract").

3. DEFINITIONS

- 3.2 In this RFQ and the associated documentation, the following terms shall, unless repugnant to the context or meaning thereof, have the following meanings:
 - (a) "AIFF" shall mean the All India Football Federation;
 - (b) "Academy" shall mean the AIFF-FIFA-Odisha Talent Academy situated at Bhubaneswar, Odisha.
 - (c) "Catering Services" shall mean the procurement, preparation, cooking, serving and related food service obligations to be performed by the Selected Bidder in accordance with this RFQ and the Contract.
 - (d) "Expanded Menu" shall mean the standard daily menu prescribed by AIFF for regular academy operations and attached as Annexure D.
 - (e) "Condensed Menu" shall mean the reduced menu prescribed by AIFF for trials, camps or other special circumstances and attached as Annexure D.
 - (f) "FSSAI" shall mean the Food Safety and Standards Authority of India established under the Food Safety and Standards Act, 2006.

- (g) "Service Fee" shall mean the per-person-per-day rate quoted by the Bidder for providing the Catering Services.
- (h) "Attendance Records" shall mean the records maintained and verified by AIFF for determining the number of meals and beneficiaries for whom payment shall become due.
- (i) "Personnel" shall include players, coaches, technical staff, support staff, officials and any other persons authorized by AIFF to avail meals under the Contract.
- (j) "Actual Consumption" means the number of meals consumed or persons served as verified by AIFF's authorized representative and recorded in the attendance and meal consumption records maintained by AIFF.
- (k) "Applicable Law" shall mean the laws and any other instruments having the force of law in India for the time being and any other applicable law/rules/regulations;
- (l) "BEC" shall mean the Bid Evaluation Committee constituted by AIFF in accordance with Clause 27.1 of this RFQ, for the purpose of evaluation and shortlisting Bids;
- (m) "Bid" or "Proposal" (including the term "tender", "offer", "quotation" or "proposal" in certain contexts) shall mean an offer submitted to AIFF to secure the award to perform the services enshrined in this RFQ in accordance with the terms and conditions set out in this RFQ;
- (n) "Bidder" shall mean any entity which submits a Bid to AIFF in response to this RFQ, in accordance with the eligibility criteria as laid down in this RFQ;
- (o) "Bid Documents" shall have the meaning prescribed to it in Clause 9 of this RFQ;
- (p) "Bid Due Date" shall mean the date on which all Bids must be submitted in response to this RFQ and shall be as specified in 4 below;
- (q) "Contract" shall have the meaning prescribed to it in Clause 1.7;
- (r) "Constitution" shall mean the constitution of the AIFF, as adopted by the general body of the AIFF and in force from time to time;
- (s) "Eligibility Criteria" shall have the meaning prescribed to in Clause 9;
- (t) "Financial Year" or "F.Y." shall mean the financial year consisting of 12 (twelve) months, commencing from the first day of the month of April and ending on the last day of the month of March of the succeeding year;
- (u) "Force Majeure Event" shall have the meaning prescribed to in Clause 21;
- (v) "GST" shall mean the goods and services tax as levied under the Applicable Law;
- (w) "Qualified Bidder" shall mean the bidder who has passed the Technical Evaluation;
- (x) "RFQ" means this Request for Quotation comprising Instructions to Bidders along with its annexures, and any other addendum issued thereon;
- (y) "Selected Bidder" shall have the meaning prescribed to it in Clause 1.3;
- (z) "Selection Process" shall mean the process set out in this RFQ for the submission, evaluation and consideration of Bids, and the identification and selection of the Selected Bidder, including all incidental activities and requirement in connection therewith;
- (aa) "Technical Bid" shall mean the part of the Bid submitted by the Bidder evidencing its compliance with the Eligibility Criteria and setting out its experience, institutional clientele, operational capabilities, food safety and hygiene protocols, staffing arrangements and other technical information required by AIFF for evaluation under this RFQ;
- (bb) "Term" shall mean the duration commencing from the date of issue of the LoA and continuing until the end of football season 2030-2031 (as notified by AIFF), with an option to extend, on mutually agreed terms and subject to discussions with the relevant stakeholders;

- (cc) "Territory" shall mean India; and
- (dd) "Website" shall mean the website of AIFF accessible at the following URL:
<https://www.the-aiff.com/>.

3.3 **Interpretation**

In this RFQ, unless repugnant to the context: any reference to the singular shall include the plural and vice-versa;

- (a) any references to the masculine, the feminine, and the neuter shall include each other;
- (b) references to a "Clause" or "Clauses" refer to the relevant Clause or Clauses of this RFQ, unless otherwise stated;
- (c) the Annexures and Schedules form part of this RFQ and shall have the same force and effect as if expressly set out in the body of the RFQ, and any reference to this RFQ shall include reference to any annexures and schedules to it;
- (d) "written" or "in writing" means hand-written, type-written, printed, or electronically made; and
- (e) In the event of any difference or dispute with respect to the interpretation of any term of this RFQ, the interpretation of AIFF shall be final and binding.

4. **INSTRUCTIONS TO THE BIDDERS**

4.1 **SCOPE**

- (a) In case an applicant believes that it possesses the requisite experience and capabilities required for completing the obligations under this RFQ, it may participate as a Bidder. The manner in which the Bid is required to be submitted, evaluated, and accepted is explained elsewhere in this RFQ.
- (b) The Bidders are advised that the identification of the Selected Bidder shall be based on the Selection Process. Bidders shall be deemed to have understood and agreed to the Selection Process. No explanation or justification shall be given in relation to any aspect of the Selection Process, and AIFF's decisions shall be final, with no right of appeal whatsoever.

4.2 **CONFLICT OF INTEREST**

- (a) A Bidder shall not have a conflict of interest (the "Conflict of Interest") that affects or is likely to affect the fairness, transparency or integrity of the procurement process under this RFQ. Any Bidder found to have a Conflict of Interest may be disqualified from the procurement process, without prejudice to any other rights or remedies available to AIFF under Applicable Law or this RFQ.
- (b) Without limiting the generality of the foregoing, a Bidder shall be deemed to have a Conflict of Interest affecting this procurement process if:
 - (i) the Bidder and any other Bidder have common controlling shareholders, ownership interests or management control that may enable either Bidder to influence the Bid submitted by the other Bidder;
 - (ii) the Bidder has the same legal representative, authorised signatory or key managerial personnel for the purposes of this RFQ as any other Bidder;
 - (iii) the Bidder has received or provided any subsidy, grant, concessional loan, financial assistance or other material financial support from or to any other Bidder that may affect the independence of its Bid;

- (iv) the Bidder has a relationship with another Bidder, directly or indirectly, through common ownership, management, control or otherwise, that places either Bidder in a position to obtain access to information relating to the Bid of the other Bidder or to influence the preparation or submission of such Bid;
 - (v) the Bidder has participated, directly or indirectly, as a consultant, advisor or service provider to AIFF in relation to the preparation of this RFQ or the procurement process contemplated herein;
 - (vi) any director, partner, proprietor, key managerial personnel or authorised representative of the Bidder is an office bearer, employee, consultant, committee member or elected representative of AIFF, or has any relationship that may give rise to an actual, potential or perceived conflict of interest; or
 - (vii) the Bidder has any other interest or relationship which, in the opinion of AIFF, compromises or is likely to compromise the fairness, transparency or competitiveness of the procurement process.
- (c) AIFF reserves the right to determine, in its sole discretion, whether any circumstance constitutes a Conflict of Interest and to seek such clarifications, declarations and supporting documents from any Bidder as it may deem necessary.

4.3 FRAUD AND CORRUPT PRACTICES

- (a) The Bidders and their respective directors, officers, employees, representatives, agents and advisors shall observe the highest standards of integrity, fairness and ethical conduct throughout the procurement process and during the performance of the Contract.
- (b) AIFF reserves the right to reject any Bid, cancel the procurement process, withdraw the Letter of Award ("LoA"), or terminate the Contract, as the case may be, if it determines that a Bidder or Selected Bidder has engaged in any fraudulent, corrupt, coercive, collusive or unethical practice in connection with this RFQ, the procurement process or the performance of the Contract.
- (c) In addition to any other rights or remedies available under Applicable Law or the Contract, AIFF may disqualify a Bidder, terminate the Contract and/or debar the Bidder from participating in future procurement processes of AIFF for such period as AIFF may deem appropriate.
- (d) For the purposes of this Clause:
 - (i) "Corrupt Practice" means the offering, giving, receiving or soliciting, directly or indirectly, of any benefit, payment, gift, favour or thing of value with the intention of influencing the procurement process or any decision of AIFF.
 - (ii) "Fraudulent Practice" means any misrepresentation, omission, concealment of facts, submission of false information or furnishing of misleading documents for the purpose of influencing the procurement process.

- (iii) "Coercive Practice" means impairing, harming or threatening to impair or harm any person or property for the purpose of influencing participation in the procurement process or the performance of the Contract.
- (iv) "Collusive Practice" means any arrangement, agreement or understanding between two or more Bidders with the objective of restricting competition, manipulating prices or otherwise affecting the fairness of the procurement process.
- (v) "Unethical Practice" means canvassing, lobbying, attempting to improperly influence AIFF or engaging in any conduct that compromises the integrity, transparency or fairness of the procurement process.

4.4 BID PREPARATION COST

- (a) The Bidders shall bear all costs associated with the preparation and submission of the Bid. AIFF will not be responsible and liable for any costs, regardless of the conduct or outcome of the Bid and/or Bid process.
- (b) All papers submitted with the Bid are neither returnable nor claimable and shall remain the exclusive property of AIFF.

4.5 RIGHT TO ACCEPT AND REJECT ANY OR ALL BIDS

- (a) Notwithstanding anything contained in this RFQ, AIFF reserves the right to accept or reject any Bid and to annul the procurement process and reject all Bids, at any time without any liability or any obligation for such acceptance, rejection, or annulment, without assigning any reason.
- (b) AIFF reserves the right to reject any Bid if:
 - (i) at any time, a material misrepresentation is made or discovered, or
 - (ii) the Bidder does not respond to requests for supplemental information required for the evaluation of Bids within the stipulated time period or any time period as may be communicated to the Bidder by AIFF; or
 - (iii) the Bidder does not adhere to the formats provided in the Annexures to the RFQ (if any) while furnishing the required information/details.
- (c) Misrepresentation or improper/incorrect response by the Bidder may lead to the disqualification of the Bidder. If such disqualification occurs after the Commercial Bid has been opened and the Selected Bidder gets disqualified/rejected, then AIFF reserves the right to consider the next best Bidder or take any other measure as may be deemed fit in its sole discretion, including annulment of the procurement process and/or appropriation of the disqualified Bidder's Bid Security.

4.6 AMENDMENT OF THE RFQ

- (a) At any time prior to the Bid Due Date, AIFF for any reason, whether at its own initiative or in response to a clarification requested by eligible Bidder/s, may modify this RFQ by way of issuance of an addendum. Such amendments shall be communicated to eligible Bidders by way of an email to the registered email address and such amendments shall form an integral part of this RFQ. The relevant clauses of this RFQ document shall be treated as amended accordingly. It shall be the sole responsibility of the prospective Bidder to check for such amendments from time to time. AIFF shall not be responsible for any

consequences resulting from the failure of the Bidder to check and consider the amendments made, if any.

- (b) To provide the Bidders with a reasonable time to examine the addendum, or for any other reason, AIFF, at its own discretion, may extend the Bid Due Date by way of communication published on the Website.

4.7 ACKNOWLEDGEMENT BY BIDDERS

- (a) It is desirable that the Bidder submit their Bid after verifying the availability of the data, information and/or any other matter that they consider relevant.
- (b) It would be deemed that by submitting the Bid, the Bidder has:
 - (i) made a complete and careful examination and accepted the RFQ in totality;
 - (ii) received all relevant information requested from AIFF in relation to the submission of its Bid;
 - (iii) made a complete and careful examination of the various aspects of the scope of work;
 - (iv) acknowledged and accepted the risk of inadequacy, error, or mistake in the information provided in the RFQ or furnished by or on behalf of AIFF;
 - (v) satisfied with all matters, things, and information that are necessary and required for submitting an informed Bid and performance of all of its obligations as required under this RFQ;
 - (vi) acknowledged that it does not have a Conflict of Interest, unless disclosed in the format prescribed in Annexure A hereto;
 - (vii) acknowledged that it is fully cognizant of, and has duly considered, all Applicable Laws, judgments, the Constitution, as may be relevant for submitting an informed Bid and performance of all of its obligations as required under this RFQ; and
 - (viii) agreed to be bound by the undertakings provided by it hereunder.
- (c) AIFF shall not be liable for any omission, mistake or inadvertent error, on the part of the Bidder in respect of any of the above or on account of any matter or thing arising out of or concerning or relating to this RFQ or the process for the selection of the Selected Bidder, including any error or mistake therein or in any information or data given by AIFF.

4.8 PREPARATION AND SUBMISSION OF BIDS

- (a) The Bid and all related correspondence and documents shall be written in the English language. Supporting documents and printed literature furnished by the Bidder with the Bid may be in any other language, provided they are accompanied by appropriate translations of the pertinent passages in the English language. Supporting materials, which are not duly translated into English and certified by a notary or the relevant sub registrar's office, may not be considered for evaluation. For interpretation and evaluation of the Bid, the English language translation shall prevail.
- (b) The currency for the purpose of the Bid shall be Indian Rupees (INR).
- (c) Submission of non-compliant Bids will result in the Bid being disqualified for being non-responsive.

4.9 FORMAT AND SIGNING OF BIDS

- (a) The Bidder shall prepare electronic copies of the Technical Bid and Commercial Bid separately.
- (b) The Bidders shall provide all the information as per this RFQ and in the specified formats (if any). AIFF reserves the right to reject any Proposal that is not in the specified formats.
- (c) In case the Bidder intends to provide additional information for which specified space in the given format is not sufficient, it can be furnished in duly stamped and signed PDFs.

4.10 SUBMISSION OF E-BID/BID

- (a) Each Bidder satisfying the Conditions of Eligibility shall, if it wishes to Bid, submit password protected pdf versions of the Technical and Commercial Bids, simultaneously (being, together referred to as the “Bid Documents”) as set out below by way of email to legal@the-aiff.com. The attention of Bidders is drawn to the fact that failure to supply any of the relevant information and/or any material deficiency in the same may as described in this RFQ, may lead to the disqualification of such Bids under this RFQ.
- (b) The Bidders shall send to AIFF by way of an email to legal@the-aiff.com on or before 18:00 hrs IST on the Bid Due Date, a pdf version of the Bid Documents duly filled in and completed, initialed on each page, signed (where appropriate) by a duly authorized representative of the Bidder and scanned along with attested scanned copies of all supporting documents and papers. The Bidder shall ensure that all documents submitted are in a format that is legible, uncorrupted, and can be readily accessed and opened by AIFF without requiring proprietary or uncommon software.
- (c) All Bid Documents must be delivered to AIFF as part of one (1) email and no further documents will be accepted after the above-mentioned time and date. Such email shall contain two ‘.zip’ files containing the Technical Bid and the Commercial Bid, respectively. In addition, the Bidder shall share a separate email with a list of the documents forming a part of the Bid Documents mapped with the relevant passwords, which email shall be sent on legal@the-aiff.com, on or before 18:00 hrs IST on the Bid Due Date.
- (d) Once submitted, no Bid shall be subsequently amended without the prior written consent of AIFF, which consent AIFF may withhold at its discretion.

4.11 LATE SUBMISSION

- (a) The time at which the email is received by AIFF is used to determine the time of submission. Once the Bid Due Date and time is over, the Bidder cannot submit its Bid. Bidder must start the Bid submission well in advance so that the submission process occurs smoothly. The Bidder shall be solely responsible if its Bid is not submitted in time due to any problems/faults not attributable to the AIFF, for whatsoever reason, during the Bid submission process.

4.12 WITHDRAWAL AND RESUBMISSION OF BID

- (a) At any point in time, a Bidder may withdraw its Bid, before the date on which the Bid Documents will be opened by AIFF, by way of an email sent from the address using which the Bid Documents were submitted to AIFF.
- (b) No Bid can be resubmitted after the deadline for withdrawal from the procurement process, i.e., the Bid Due Date.

4.13 CONTACTING AIFF

- (a) From the time the Bids are opened to the time the Contract is awarded, if any Bidder wishes to contact AIFF, on any matter related to their Bid, it shall do so in writing. Any effort by the Bidder to influence any officer/office bearer of the AIFF in relation to the Bid evaluation or contract award decisions may result in the rejection of the Bidder's Bid.

4.14 RIGHT TO VARY SCOPE OF WORK

- (a) AIFF may, at any time during the RFQ process, by a written order given to the Bidder, make changes within the general scope of the work. The Bid shall accordingly be amended by the Bidder.

4.15 LANGUAGE OF BID

- (a) The Bid submitted by the Bidder and all subsequent correspondence and documents relating to the Bid, exchanged between the Bidder and the AIFF, shall be written in English language. However, the language of any printed literature furnished by the Bidder in connection with its Bid may be written in any other language provided the same is accompanied by an English translation and, for purpose of interpretation of the Bid, the English translation shall prevail.

5. BID SCHEDULE

S No	Information	Dates
1.	Publishing of RFP online	1 July 2026
2.	Last date for submission of written queries for clarification.	12 July 2026
3.	Issuance of response to written queries	15 July 2026
4.	Last date for Bid submission (“ Bid Due Date ”)	20 July 2026
5.	Opening of Technical Bids	21 July 2026
6.	Opening of Commercial Bids	21 July 2026

6. TERM

- 6.1 The Contract shall commence on the Effective Date and shall remain in force for a period of five (5) years unless terminated earlier in accordance with the Contract.
- 6.2 AIFF may, at its sole discretion, extend the Contract for such further period and on such terms as may be mutually agreed between the Parties.

7. **PAYMENT MECHANISM**

7.1 Bidders shall quote:

- (a) a per person per day rate for the Expanded Menu; and
- (b) a per person per day rate for the Condensed Menu.

7.2 Payment shall be made on a monthly basis based on actual attendance and meal consumption records verified and certified by AIFF.

7.3 AIFF does not guarantee any minimum number of beneficiaries, meals, attendance levels or revenue during the Term.

7.4 The Bidder acknowledges that the quantity of meals required may vary depending upon training schedules, competitions, camps, trials and operational requirements of the Academy.

7.5 For avoidance of doubt, payment shall only be made for the actual number of meals/persons certified by AIFF.

7.6 The maximum permissible quoted rate shall be:

- (a) INR 600 (Indian Rupees Six Hundred only) per person per day for the Expanded Menu; and
- (b) INR 200 (Indian Rupees Two Hundred only) per person per day for the Condensed Menu.

7.7 Any Bid quoting rates in excess of the above limits shall be liable to be rejected as non-responsive.

8. **ELIGIBILITY CRITERIA**

8.1 The Bidder shall:

- (a) be a company, LLP, partnership firm or proprietorship duly incorporated or registered under Applicable Law;
- (b) possess a valid FSSAI licence and all other registrations, licences and approvals required for carrying out catering operations;
- (c) possess valid GST registration and PAN;
- (d) have at least three (3) years' experience in providing catering services to educational institutions, sports academies, residential facilities, hostels, corporate establishments, hospitals or other comparable institutions. The Bidder must have provided catering services to at least two institutional clients with a minimum average daily service capacity of 50 persons during the preceding three years;
- (e) have an average annual turnover of not less than INR 2,00,00,000 (Indian Rupees Two Crore only) during the preceding three (3) financial years. In the event audited financial statements for the most recent financial year are unavailable, provisional financial statements certified by a Chartered Accountant may be submitted.
- (f) have successfully serviced at least two (2) institutional clients during the preceding three (3) years;

- (g) not have been blacklisted, suspended, debarred or declared ineligible by any Government authority, public sector undertaking, sports body or statutory authority;
- (h) possess adequate manpower, infrastructure and operational capability to perform the services contemplated under this RFQ.

9. **DOCUMENTS TO BE SUBMITTED**

9.1 The Bidder shall submit:

- (a) Company Profile;
- (b) Certificate of Incorporation/Registration;
- (c) GST Registration Certificate;
- (d) PAN Details;
- (e) FSSAI Licence;
- (f) Details of current and past institutional clients serviced during the last five (5) years;
- (g) Pursuant to (f), bidder shall furnish receipt or acknowledgements from the clients whom they have provided services to and are listed to show prior relevant experience.
- (h) Details of food preparation, hygiene, sanitation and quality control protocols;
- (i) Details of key personnel proposed to be deployed at the Academy;
- (j) Self-declaration regarding non-blacklisting;
- (k) Technical Bid in the prescribed format;
- (l) Financial Bid in the prescribed format; and
- (m) Any additional information considered relevant by the Bidder.

10. **BID VALIDITY**

10.1 Bids shall remain valid for a period of sixty (60) days from the Bid Due Date.

10.2 AIFF may request bidders to extend the validity period and bidders may, at their discretion, agree to such extension.

11. **EVALUATION OF BIDS**

11.1 AIFF shall evaluate the Bids based on, inter alia:

- (a) Valid license, certificates from relevant authorities;
- (b) relevant experience of the Bidder;
- (c) institutional clientele and references;
- (d) food safety, hygiene and quality assurance protocols;
- (e) operational capability and staffing arrangements;
- (f) compliance with the Eligibility Criteria;
- (g) financial quotation; and
- (h) any other factor considered relevant by AIFF.

11.2 AIFF may seek clarifications from any Bidder and may require submission of additional information or supporting documentation.

11.3 AIFF reserves the right to conduct site inspections, kitchen inspections, reference checks and interactions with existing or former clients of any Bidder.

11.4 AIFF shall not be bound to accept the lowest financial quotation and may select the Bidder that, in its opinion, offers the most advantageous combination of quality, experience, capability and price.

12. **RIGHTS OF AIFF**

12.1 AIFF reserves the right to:

- (a) negotiate with one or more Bidders;
- (b) cancel or annul the procurement process without incurring any liability whatsoever.

13. **SUBMISSION OF BIDS**

13.1 Bids shall be submitted in the manner, format and within the timelines specified by AIFF in this RFQ and any subsequent communications issued by AIFF.

14. **FOOD SAFETY, HYGIENE AND QUALITY STANDARDS**

14.1 The Selected Bidder shall at all times comply with the provisions of the Food Safety and Standards Act, 2006, the rules and regulations framed thereunder and all other Applicable Laws governing food preparation, storage, transportation and service.

14.2 The Selected Bidder shall ensure that:

- (a) all food ingredients used are fresh, fit for human consumption and procured from authorised and reputable sources;
- (b) no expired, adulterated, contaminated or sub-standard food items are used in the preparation of meals;
- (c) food is prepared, stored and served under hygienic conditions in accordance with industry best practices and applicable food safety standards;
- (d) all kitchen, storage and serving areas are maintained in a clean, hygienic and sanitary condition at all times;
- (e) all personnel deployed for the provision of Catering Services wear appropriate uniforms, head coverings, gloves and protective equipment as may be required;
- (f) periodic pest control measures are undertaken and appropriate records thereof are maintained;
- (g) potable drinking water conforming to applicable standards is used for cooking, food preparation and consumption purposes.
- (h) the Selected Bidder shall establish and maintain written hygiene, sanitation and food handling procedures for all personnel engaged in the provision of the Catering Services and shall ensure that such personnel are adequately trained and regularly monitored for compliance with the same;
- (i) the Selected Bidder shall coordinate and cooperate with any nutritionist, chef, sports science expert or other personnel designated by AIFF in relation to meal planning, preparation, nutritional standards and food quality, and shall reasonably incorporate any recommendations, modifications or directions issued by AIFF in this regard;
- (j) the Selected Bidder shall be reasonably flexible in accommodating changes to menus, recipes, preparation methods and serving requirements as may be directed by AIFF from time to time, provided that such changes do not materially alter the nature, scope or cost of the Catering Services.

- 14.3 The Selected Bidder shall ensure that all personnel deployed for the provision of Catering Services are medically fit and free from any contagious or communicable disease. AIFF may require the Selected Bidder to furnish medical fitness certificates in respect of such personnel at any time during the Term.
- 14.4 The Selected Bidder shall maintain appropriate records relating to food procurement, storage, preparation, quality control, pest control and sanitation measures and shall make such records available for inspection by AIFF upon request.
- 14.5 The Selected Bidder shall retain representative samples of all meals served for a minimum period of seventy-two (72) hours and shall produce such samples upon request by AIFF or any competent authority.
- 14.6 AIFF and its authorised representatives shall have the right to conduct inspections, audits and quality checks of the kitchen facilities, storage areas, food preparation processes and food items at any time, with or without prior notice.
- 14.7 If AIFF determines that any meal, ingredient, process or facility does not meet the standards prescribed under this RFQ or Applicable Law, AIFF may require immediate corrective action and the Selected Bidder shall promptly comply with such directions at its own cost.
- 14.8 Repeated or material violations of food safety, hygiene or quality standards shall constitute a material breach of the Contract and may result in imposition of penalties, suspension of services and/or termination of the Contract by AIFF.

15. **INSPECTION, MONITORING AND AUDIT RIGHTS**

- 15.1 AIFF, FIFA, the Department of Sports and Youth Services, Government of Odisha, and/or any person authorised by them shall have the right to inspect, monitor and review the Catering Services and the performance of the Selected Bidder at any time during the Term.
- 15.2 AIFF, FIFA and/or Government of Odisha may seek advice for inspection from third party food and safety inspectors.
- 15.3 Such inspections may include, without limitation:
 - (a) inspection of kitchen facilities, storage areas and dining facilities;
 - (b) inspection of food ingredients, raw materials and consumables;
 - (c) review of food preparation, storage and serving procedures;
 - (d) verification of hygiene, sanitation and food safety standards;
 - (e) review of staffing arrangements and deployment of personnel;
 - (f) verification of statutory licences, registrations and compliance records; and
 - (g) verification of attendance, meal consumption and billing records.
- 15.4 The Selected Bidder shall provide all reasonable assistance, access, information, records and documentation requested by AIFF in connection with any inspection, audit or review.
- 15.5 AIFF may conduct inspections either with prior notice or without prior notice where AIFF considers such inspection necessary for ensuring compliance with the terms of the Contract.
- 15.6 The Selected Bidder shall promptly implement any corrective measures, recommendations or directions issued by AIFF pursuant to any inspection, audit or review.
- 15.7 Failure to comply with any direction issued by AIFF pursuant to this Clause within the period specified by AIFF shall constitute a material breach of the Contract.
- 15.8 AIFF may require the Selected Bidder to participate in periodic review meetings and submit reports relating to food quality, hygiene standards, staffing arrangements, complaints received, corrective measures undertaken and any other matter reasonably requested by AIFF.

15.9 No inspection, review, audit or approval by AIFF shall relieve the Selected Bidder of its obligations, responsibilities or liabilities under the Contract.

16. SERVICE LEVELS AND PENALTIES

16.1 The Selected Bidder shall ensure timely, uninterrupted and satisfactory provision of the Catering Services throughout the Term.

16.2 Without prejudice to any other rights or remedies available to AIFF, the following penalties may be imposed by AIFF for non-compliance with the requirements of the Contract:

Event	Penalty
Delay in serving any scheduled meal beyond the prescribed serving time by more than thirty (30) minutes	INR 5,000 per occurrence
Failure to provide any scheduled meal	INR 25,000 per occurrence
Verified complaint relating to food quality or hygiene	INR 10,000 per occurrence
Failure to maintain prescribed staffing levels	INR 5,000 per occurrence
Failure to maintain cleanliness and sanitation standards	INR 10,000 per occurrence
Failure to comply with directions issued pursuant to an inspection or audit	INR 10,000 per occurrence

17. PERFORMANCE SECURITY

17.1 Within fifteen (15) days of issuance of the Letter of Award, the Selected Bidder shall furnish a Performance Security in favour of AIFF equivalent to five percent (5%) of the estimated annual contract value.

17.2 The Performance Security shall be furnished in the form of an unconditional and irrevocable bank guarantee issued by a scheduled commercial bank acceptable to AIFF.

17.3 The Performance Security shall remain valid throughout the Term of the Contract and for a period of ninety (90) days thereafter.

17.4 AIFF shall be entitled to invoke and appropriate the Performance Security, in whole or in part, in the event of:

- (a) breach of any material provision of the Contract;
- (b) failure to provide the Catering Services in accordance with the Contract;
- (c) failure to remedy any default within the period prescribed by AIFF; or
- (d) any loss, damage, cost or expense suffered by AIFF due to the acts or omissions of the Selected Bidder.

17.5 Invocation of the Performance Security shall be without prejudice to any other rights or remedies available to AIFF under the Contract or Applicable Law.

17.6 AIFF shall release the Performance Security upon expiry of its validity period, subject to satisfactory performance by the Selected Bidder and settlement of all outstanding obligations.

18. EVENTS OF DEFAULT AND TERMINATION

18.1 Each of the following shall constitute an Event of Default by the Selected Bidder:

- (a) failure to provide the Catering Services in accordance with the requirements of the Contract;
 - (b) repeated failure to maintain food quality, hygiene or safety standards;
 - (c) suspension, cancellation or expiry of any material licence, registration or approval required for performance of the Catering Services;
 - (d) submission of false, misleading or fraudulent information during the procurement process or during the Term;
 - (e) repeated imposition of penalties under Clause 16;
 - (f) insolvency, liquidation, winding up or cessation of business operations;
 - (g) breach of any material provision of the Contract which remains unremedied for a period of fifteen (15) days following written notice from AIFF.
- 18.2 Upon occurrence of an Event of Default, AIFF may:
- (a) require the Selected Bidder to remedy the default within such period as AIFF may specify;
 - (b) suspend the provision of services;
 - (c) impose penalties in accordance with the Contract;
 - (d) invoke the Performance Security; and/or
 - (e) terminate the Contract.
- 18.3 Notwithstanding anything contained herein, AIFF may terminate the Contract with immediate effect in the event of:
- (a) any food poisoning incident attributable to the Selected Bidder;
 - (b) any serious food safety violation;
 - (c) fraud, corruption or wilful misconduct by the Selected Bidder;
 - (d) loss of any material statutory licence required for performance of the Catering Services.
- 18.4 AIFF may terminate the Contract for convenience by providing thirty (30) days' prior written notice to the Selected Bidder without assigning any reason.
- 18.5 Upon termination, the Selected Bidder shall cooperate with AIFF to ensure an orderly transition of the Catering Services and shall comply with all directions issued by AIFF in this regard.
- 18.6 Termination shall be without prejudice to any rights, claims or remedies accrued in favour of AIFF prior to the date of termination.

19. INDEMNITY

- 19.1 The Selected Bidder shall indemnify, defend and hold harmless AIFF, FIFA, the Government of Odisha, and their respective officers, employees, representatives and agents from and against any and all losses, liabilities, claims, damages, costs, expenses, penalties, fines and proceedings (including reasonable legal costs and expenses) arising out of or in connection with:
- (a) any breach of the Contract by the Selected Bidder;
 - (b) any negligent act, omission or wilful misconduct of the Selected Bidder or its personnel;
 - (c) any food contamination, food poisoning, health hazard or food safety incident attributable to the Selected Bidder;
 - (d) any violation of Applicable Law by the Selected Bidder;
 - (e) any claim by the employees, personnel, agents or subcontractors of the Selected Bidder;
 - (f) any injury, illness, death or property damage caused by the acts or omissions of the Selected Bidder.
- 19.2 The obligations contained in this Clause shall survive the expiry or termination of the Contract.

20. INSURANCE

- 20.1 The Selected Bidder shall, at its own cost and expense, procure and maintain throughout the Term adequate insurance coverage from reputable insurers, including:
- (a) public liability insurance;
 - (b) employer's liability insurance;
 - (c) workmen compensation insurance, where applicable;
 - (d) insurance covering loss, damage or destruction of equipment used for providing the Catering Services; and
 - (e) any other insurance required under Applicable Law.
- 20.2 The Selected Bidder shall furnish copies of relevant insurance policies and renewal certificates upon request by AIFF.
- 20.3 Failure to maintain the required insurance coverage shall constitute a material breach of the Contract.
- 20.4 The procurement or maintenance of insurance by the Selected Bidder shall not limit its liabilities or obligations under the Contract.

21. **FORCE MAJEURE**

- 21.1 Neither Party shall be liable for any failure or delay in performing its obligations under the Contract to the extent such failure or delay is caused by a Force Majeure Event.
- 21.2 For the purposes of this Clause, a "Force Majeure Event" shall mean any event beyond the reasonable control of the affected Party, including acts of God, flood, earthquake, fire, epidemic, pandemic, war, terrorism, civil disturbance, governmental restrictions, strikes (other than those involving the affected Party's personnel), or any other event which renders performance impossible.
- 21.3 The affected Party shall notify the other Party in writing as soon as reasonably practicable after becoming aware of the occurrence of a Force Majeure Event.
- 21.4 The affected Party shall use all reasonable efforts to mitigate the effects of the Force Majeure Event and resume performance of its obligations as soon as practicable.
- 21.5 If a Force Majeure Event continues for a period exceeding sixty (60) consecutive days and materially affects the performance of the Contract, either Party may terminate the Contract by written notice to the other Party.
- 21.6 The occurrence of a Force Majeure Event shall not excuse any obligation to make payments which have accrued prior to the occurrence of such event.

22. **GOVERNING LAW AND DISPUTE RESOLUTION**

- 22.1 This RFQ, the Letter of Award and the Contract shall be governed by and construed in accordance with the laws of India.
- 22.2 The Parties shall endeavour to resolve amicably, through good faith discussions and negotiations, any dispute, controversy or claim arising out of or relating to the RFQ, the Contract or the performance thereof.
- 22.3 If the dispute is not resolved within thirty (30) days of commencement of discussions, the dispute shall be referred to arbitration in accordance with the provisions of the Arbitration and Conciliation Act, 1996, as amended from time to time.
- 22.4 The arbitral tribunal shall consist of a sole arbitrator appointed by AIFF.
- 22.5 The seat and venue of arbitration shall be New Delhi, India.
- 22.6 The arbitration proceedings shall be conducted in the English language.
- 22.7 The award rendered by the arbitrator shall be final and binding upon the Parties.

22.8 Subject to the arbitration provisions contained herein, the courts at New Delhi shall have exclusive jurisdiction in respect of matters arising out of or relating to the RFQ and the Contract.

23. **PRICE FIRMNESS AND ESCALATION**

23.1 The rates quoted by the Bidder for the Expanded Menu and Condensed Menu shall remain firm and fixed for a period of twelve (12) months from the Effective Date and shall not be subject to any escalation on account of inflation, increase in labour costs, increase in raw material prices, taxes (other than changes in applicable GST), fuel costs or any other factor.

23.2 Upon completion of the initial twelve (12) month period, any request for revision of rates shall be subject to the prior written approval of AIFF and may be considered only upon submission of adequate justification and supporting documentation by the Selected Bidder.

23.3 AIFF shall have no obligation to approve any proposed increase in rates and its decision in this regard shall be final and binding.

23.4 Any reduction in applicable taxes, duties or statutory levies during the Term shall be passed on to AIFF.

24. **CONFIDENTIALITY**

24.1 The Bidder and the Selected Bidder shall keep confidential all information, documents, records, data, operational details, player information and other materials disclosed by AIFF in connection with this RFQ and the Contract.

24.2 Such information shall not be disclosed to any third party without the prior written consent of AIFF except where disclosure is required under Applicable Law.

24.3 The Selected Bidder shall ensure that its employees, agents and representatives comply with the obligations contained in this Clause.

24.4 The obligations contained herein shall survive the expiry or termination of the Contract.

25. **ASSIGNMENT AND SUBCONTRACTING**

25.1 The Selected Bidder shall not assign, transfer, novate or otherwise dispose of any of its rights or obligations under the Contract without the prior written consent of AIFF.

25.2 The Selected Bidder shall not subcontract the whole or any substantial portion of the Catering Services without the prior written approval of AIFF.

25.3 Approval by AIFF of any subcontracting arrangement shall not relieve the Selected Bidder of its obligations and liabilities under the Contract, all of which shall remain solely and fully enforceable against the Selected Bidder.

26. **COMPLIANCE WITH APPLICABLE LAWS**

26.1 The Selected Bidder shall comply with all Applicable Laws, regulations, orders and governmental requirements relating to the performance of the Catering Services.

26.2 Without limiting the generality of the foregoing, the Selected Bidder shall comply with all laws relating to:

- (a) food safety and standards;
- (b) labour and employment;
- (c) wages and social security contributions;
- (d) provident fund, employee state insurance and other statutory contributions;
- (e) health and safety requirements;
- (f) taxation, including GST; and

- (g) environmental and waste disposal requirements.
- 26.3 The Selected Bidder shall be solely responsible for obtaining, maintaining and renewing all licences, registrations, permits and approvals required for the performance of the Catering Services.
- 26.4 Any penalty, fine, liability or claim arising from non-compliance with Applicable Law by the Selected Bidder shall be borne solely by the Selected Bidder.

27. **TECHNICAL EVALUATION**

- 27.1 AIFF shall constitute a Bid Evaluation Committee of minimum three (3) members ("BEC") for the evaluation of Bids, selection or shortlisting of Bidders.
- 27.2 AIFF shall evaluate the Technical Bids to determine whether the Bidder satisfies the Eligibility Criteria and possesses the requisite experience, operational capability, statutory registrations, food safety protocols and institutional catering experience necessary for performance of the Catering Services.
- 27.3 Only those Bidders determined by AIFF to be technically responsive shall be considered for financial evaluation.

28. **FINANCIAL EVALUATION AND AWARD**

- 28.1 Financial Bids of only those Bidders who qualify for the Technical Evaluation shall be opened and evaluated by AIFF.
- 28.2 AIFF shall evaluate the Financial Bids taking into account the rates quoted for the Expanded Menu and the Condensed Menu.
- 28.3 AIFF reserves the right to determine the methodology for evaluation of financial quotations, including assigning differential weightage to the Expanded Menu and Condensed Menu based on anticipated usage requirements.
- 28.4 AIFF shall not be bound to accept the lowest financial quotation and may select the Bidder whose Bid is determined to be the most advantageous to AIFF considering quality, experience, operational capability, compliance and price.
- 28.5 The decision of AIFF regarding evaluation, selection and award shall be final and binding upon all Bidders.

29. **AWARD OF CONTRACT**

- 29.1 AIFF shall notify the successful Bidder of its selection by issuing a Letter of Award ("LoA").
- 29.2 The Selected Bidder shall, within fifteen (15) days of receipt of the LoA or such other period as may be specified by AIFF, execute the Service Agreement in the form prescribed by AIFF.
- 29.3 AIFF may require the Selected Bidder to furnish a Performance Security in such form, amount and validity period as may be specified in the LoA or the Service Agreement.
- 29.4 Failure of the Selected Bidder to execute the Service Agreement and/or furnish the Performance Security, where applicable, within the prescribed timeline may result in cancellation of the award and AIFF shall be entitled to take such further action as it deems appropriate.
- 29.5 AIFF reserves the right to negotiate the final terms of engagement with the Selected Bidder prior to execution of the Service Agreement.

SCHEDULE 1
SCOPE OF SERVICES

1. SCOPE OF SERVICES

- 1.1** The Selected Bidder shall provide comprehensive catering and food services at the AIFF-FIFA-Odisha Talent Academy, Bhubaneswar, Odisha for players, coaches, technical staff, support staff and such other personnel as may be notified by AIFF from time to time.
- 1.2** The scope of services shall include, inter alia:
- (a) procurement of all ingredients, raw materials and consumables necessary for preparation of meals;
 - (b) preparation, cooking and serving of meals in accordance with the menus prescribed by AIFF;
 - (c) deployment of adequate kitchen, service and supervisory staff for uninterrupted provision of services;
 - (d) maintenance of cleanliness, hygiene and sanitation standards in all food preparation, storage, serving and dining areas;
 - (e) compliance with all applicable laws, regulations and standards governing food preparation, handling and catering services, including the Food Safety and Standards Act, 2006 and regulations framed thereunder;
 - (f) maintenance of food quality, nutritional standards and meal consistency throughout the Term;
 - (g) disposal of food waste and maintenance of environmental and sanitation standards in accordance with Applicable Law;
 - (h) cooperation with AIFF, FIFA, Government authorities and any other authorised representatives in relation to inspections, audits and monitoring of catering operations.
- 1.3** The Bidder shall provide separate financial quotations for:
- (a) Expanded Menu; and
 - (b) Condensed Menu.
- 1.4** The detailed menu specifications are provided in Annexure D to this RFQ.
- 1.5** AIFF reserves the right to modify, supplement or revise the menu requirements during the Term based on nutritional, operational or sporting requirements.

ANNEXURE A

Information regarding any Conflict of Interest

[To be forwarded on the letterhead of the Bidder]

1. Are there any activities carried out by the Bidder or its Affiliates, which are of a conflicting nature as mentioned in Clause 3.2 of this RFP? If yes, please furnish details of such activities along with your Technical Bid.
2. If no, the Bidder shall certify the absence of any Conflict of Interest in the following format:

To,
President,
All India Football Federation, Football House,
Sector -- 19, Phase 1,
Dwarka, New Delhi -- 110 075

Subject: Absence of Conflict of Interest

I/We hereby declare that I/our firm, am/is not indulging in any activities that can be termed as conflicting activities under Clause 4.2 of this RFP. I/We also acknowledge that in case of misrepresentation of the information, our Bid shall be rejected, or the Contract shall be terminated by AIFF with immediate effect.

Signature:

Name (in full):

Name of Organization:

Title:

Date:

ANNEXURE B

Form of Undertaking

[To be forwarded on the letterhead of the Bidder]

To,
President,
All India Football Federation, Football House,
Sector -- 19, Phase 1,
Dwarka, New Delhi -- 110075

I/We hereby submit our Bid in response to RFP for **Provision of Catering and Food Services at the AIFF-FIFA-Odisha Talent Academy, Bhubaneswar** and undertake to perform the obligations in a manner described in this RFP and the Contract to be signed by us.

I/We understand that AIFF reserves the right to accept / reject any Bid, to annul or amend the bidding process, and that all decisions of AIFF in relation to evaluation, selection, award or rejection shall be final and binding, and the selection is at the sole discretion of AIFF.

Signature:

Name (in full):

Name of Organization:

Title:

Date:

ANNEXURE C

Non-Blacklisting Declaration

[To be forwarded on the letterhead of the Bidder]

To,
President,
All India Football Federation, Football House,
Sector -- 19, Phase 1,
Dwarka, New Delhi -- 110 075

I hereby hereby declare that my firm/company has not been blacklisted, debarred, suspended or prohibited from participating in any tender, procurement process or commercial engagement by any Government authority, public sector undertaking, statutory body or sports federation as on the date of submission of this Bid.

Signature:
Name (in full):
Name of Organization:
Title:
Date:

LUNCH 12:00–13:30								
Salad		Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate
Non-Veg (200 g) / Veg option (150 g)		Butter chicken 200 g / Butter paneer 150 g	Tawa fish fry (rohu) 200 g / Paneer stir-fry 150 g	Chicken sukha 200 g / Paneer kurma 150 g	Chicken masala 200 g / Paneer masala 150 g	Chicken 65 200 g / Paneer 65 150 g	Palak chicken 200 g / Palak paneer 150 g	Mutton keema 200 g / Paneer masala 150 g
Vegetables sabji (100 g)		Vegetable sauté	Bhindi masala	Beetroot potato sabji	Mixed veg sauté	Methi alu	Cabbage peas sabji	Gajar matar sabji
Dal / Pulses (100 g)		Arhar dal tadka	Green moong dal	Chana dal fry	Rajma curry	Black lentil dal	Mixed dal palak	Moong dal
Curd / Lassi - (150 ml)		Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml
Rice (150 g)		Jeera rice 150 g	Plain rice 150 g	Matar pulao 150 g	Garlic rice 150 g	Plain rice 150 g	Tomato rice 150 g	Plain rice 150 g
Chapati (4 pieces)		Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces
Dessert / Accomplishment		—	—	—	—	—	—	Rasagolla 2 pcs
EVENING SNACK + PRE-SESSION FUEL 15:30–16:00 Morning batch = rest fuel. Evening batch = pre-training fuel.								
Non-Veg / Veg option (choose as per athlete)		Non-Veg: Bread omelette (2 bread + 2 eggs) + banana 1	Non-Veg: Chicken kathi roll (1 roti + shredded chicken + onion)	Non-Veg: Egg omelette sandwich (2 bread) + watermelon 150g	Non-Veg: Boiled eggs 2 + whole grain toast 2 slices + banana 1	Non-Veg: Chicken frankie (1 wrap + chicken + veggies)	Non-Veg: Bread omelette (2 bread + 2 eggs) + banana 1	Non-Veg: Grilled chicken sandwich (2 bread, no mayo) + banana 1
		Veg: Paneer bhurji on 2 bread slices + banana 1	Veg: Paneer kathi roll (1 roti + paneer tikka + onion)	Veg: Grilled cheese tomato sandwich (2 bread) + watermelon 150g	Veg: Peanut butter toast 2 slices + banana 1 + curd 100ml	Veg: paneer frankie (1 wrap + paneer + veggies)	Veg: Paneer bhurji on 2 bread slices + banana 1	Veg: Grilled paneer sandwich (2 bread) + banana 1
DURING EVENING TRAINING 17:00–17:30								

AIFF FIFA Talent Academy
WEEK 2 | Variation B

MEAL / COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EARLY MORNING 07:00								
Lukewarm water		Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass + honey + lemon	
Soaked nuts		Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	
BREAKFAST 07:30–09:00								
Main course		Alu paratha 2 + curd 100 g	Vermicelli veg upma 200 g + ghugney	Alu paratha 2 + curd 100 g	Sooji veg upma 200 g + ghugney	Whole grain toast 4 + peanut butter 2 tbsp	Milk oats porridge 200 g + mixed fruits + honey + trail mix	Idly + sambar + coconut chutney
Eggs (2 whole eggs)		Egg scramble	Egg boiled	Egg scramble	Egg boiled	Veggie omelette	Egg boiled	Egg boiled
Sprouts / Legumes		Pea sprouts ½ cup	Kidney bean sprouts ½ cup	Boiled corn ½ cup	Kidney bean sprouts ½ cup	Boiled kabuli chana chaat ½ cup	Moong sprouts ½ cup	Boiled moong sprouts ½ cup
Fruit		Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)
Milk		200 ml	200 ml	200 ml	200 ml	200 ml	200 ml	200 ml
DURING MORNING TRAINING 08:00–10:30 (Morning batch)								
Drink (water + lemon + pinch salt + honey/ jaggery)		Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L
Quick carb		Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + dates 5 pcs

LUNCH 12:00–13:30								
Salad		Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate
Non-Veg (200 g) / Veg option (150 g)		Chicken tikka masala 200 g / Tofu stir-fry 150 g	Palak chicken 200 g / Palak paneer 150 g	Chilly Fish 200 g / Chilli Paneer 150 g	Chicken 65 200 g / Paneer 65 150 g	Tawa fish fry 200 g / Paneer stir-fry 150 g	Chicken bhuna masala 200 g / Paneer bhuna 150 g	Mutton biryani 200 g / Paneer veg biryani 150 g
Vegetables sabji (100 g)		Lauki chana sabji	Veg sauté	Cauliflower peas bhurji	Sindhi karela sabji	Cabbage peas sabji	Bhindi capsicum sabji	
Dal / Pulses (100 g)		Chana dal 100 g	Rajma curry 100 g	Moong tomato dal 100 g	White rajma dal 100 g	Arhar dal 100 g	Mixed dal 100 g	
Curd / Lassi - (150 ml)		Curd 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Raita
Rice (150 g)		Plain rice 150 g	Plain rice 150 g	Tawa pulao 150 g	Plain rice 150 g	Matar pulao 150 g	Plain rice 150 g	
Chapati (4 pieces)		Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	
Dessert / Accomplishment		—	—	—	—	—	—	Chhena poda 1 pc
EVENING SNACK + PRE-SESSION FUEL 15:30–16:00								
Morning batch = rest fuel. Evening batch = pre-training fuel.								
Non-Veg / Veg option (choose as per athlete)		Non-Veg: Chicken sandwich (2 bread, no mayo) + seasonal fruit	Non-Veg: Egg paratha 1 (stuffed) + curd 100ml	Non-Veg: Bread omelette (2 bread + 2 eggs) + banana 1	Non-Veg: Boiled egg 2 + poha 100g (light, lemon+peanuts)	Non-Veg: Chicken tikka (oven/griller) 100g + salad + banana	Non-Veg: Egg dosa 1 + coconut chutney	Non-Veg: Bread omelette (2 bread + 2 eggs) + banana 1
		Veg: Veg sandwich (2 bread, chutney) + seasonal fruit	Veg: Alu paratha 1 (stuffed) + curd 100ml	Veg: Besan cheela 2 pcs + mint chutney + banana 1	Veg: Poha 150g (lemon + peanuts + curry leaves) + boiled peanuts	Veg: Paneer tikka (oven/griller) 100g + salad + banana	Veg: Masala dosa 1 + coconut chutney	Veg: Besan cheela 2 pcs + mint chutney + banana 1
DURING EVENING TRAINING 17:00–17:30 (Evening batch)								

AIFF FIFA Talent Academy
WEEK 3 | Variation C

MEAL / COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING 07:00							
Lukewarm water	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass + honey + lemon
Soaked nuts	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs
BREAKFAST 07:30–09:00							
Main course	White sauce wheat pasta 200 g	Ragi banana porridge 200 g + mixed fruits + honey	Veg uttapam 2 pcs + sambar + coconut chutney	Grilled paneer sandwich 2 pcs	Alu paratha 2 + curd 100 g	Moong cheela 4 pcs + sambar	Wheat banana pancakes 3 + honey drizzle
Eggs (2 whole eggs)	Egg scramble	Egg boiled	Egg scramble	Egg boiled	Veggie omelette	Egg boiled	Egg boiled
Sprouts / Legumes	Black chana sprouts ½ cup	Three-bean sprouts ½ cup	Boiled corn chaat ½ cup	Black chana sprouts ½ cup	Kidney bean sprouts ½ cup	Boiled kabuli chana ½ cup	Boiled moong sprouts ½ cup
Fruit	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)
Milk	200 ml	200 ml	200 ml	200 ml	200 ml	200 ml	200 ml
DURING MORNING TRAINING 08:00–10:30 (Morning batch)							
Drink (water + lemon + pinch salt + honey/ jaggery)	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L
Quick carb	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs

LUNCH 12:00–13:30								
Salad		Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate
Non-Veg (200 g) / Veg option (150 g)		Butter chicken 200 g / Butter paneer 150 g	Fish fry 200 g / Paneer fry 150 g	Chicken jalfrezi 200 g / Paneer jalfrezi 150 g	Chilli chicken 200 g / Chilli paneer 150 g	Sukha chicken 200 g / Paneer keema 150 g	Chicken tikka masala 200 g / Paneer tikka 150 g	Mutton keema 200 g / Paneer masala 150 g
Vegetables sabji (100 g)		Veg sauté	Bitter gourd potato stir-fry	Alu matar methi sabji	Bhindi capsicum sabji	Carrot capsicum sabji	Lauki chana sabji	Gajar matar sabji
Dal / Pulses (100 g)		Chole masala 100 g	Methi dal 100 g	Palak chickpea 100 g	Moong dal 100 g	Mixed dal 100 g	Palak chickpea 100 g	Moong dal 100 g
Curd / Lassi - (150 ml)		Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml
Rice (150 g)		Jeera rice 150 g	Tomato rice 150 g	Matar rice 150 g	Plain rice 150 g	Matar rice 150 g	Carrot rice 150 g	Plain rice 150 g
Chapati (4 pieces)		Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces
Dessert / Accomplishment		—	—	—	—	—	—	Kheer 1 bowl (rice kheer)
EVENING SNACK + PRE-SESSION FUEL 15:30–16:00								
Morning batch = rest fuel. Evening batch = pre-training fuel.								
Non-Veg / Veg option (choose as per athlete)		Non-Veg: Chicken wrap (1 chapati + shredded chicken + onion + chutney)	Non-Veg: Omelette (2 eggs) + banana bread toast 2 slices	Non-Veg: Chicken noodles (dry, 150g) + boiled egg 1	Non-Veg: Egg bhurji (2 eggs) + 2 bread slices + banana 1	Non-Veg: Grilled chicken drumstick 100g (oven) + salad + roti 1	Non-Veg: Bread omelette (2 bread + 2 eggs) + watermelon 150g	Non-Veg: Chicken sandwich (2 bread, mustard) + seasonal fruit
		Veg: Paneer wrap (1 chapati + paneer + onion + mint chutney)	Veg: Peanut butter banana toast 2 slices + boiled corn 100g	Veg: Veg noodles (dry, 150g) + paneer 50g	Veg: Paneer bhurji (80g) + 2 bread slices + banana 1	Veg: Grilled paneer tikka 100g (oven) + salad + roti 1	Veg: Cheese tomato sandwich (2 bread) + watermelon 150g	Veg: Sprouts & cucumber sandwich (2 bread) + seasonal fruit
DURING EVENING TRAINING 17:00–17:30 (Evening batch)								

AIFF FIFA Talent Academy
WEEK 4 | Variation D

MEAL / COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING 07:00							
Lukewarm water	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass + honey + lemon
Soaked nuts	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs
BREAKFAST 07:30–09:00							
Main course	Whole grain toast 4 + peanut butter 2 tbsp	Grilled paneer sandwich 2 pcs	Besan cheela 3 pcs + sambar + mint chutney	Poha 200 g + peanuts + lemon + Potato Curry	Alu paratha 2 + curd 100 g	Idly 4 + sambar + coconut chutney	Besan cheela 3 pcs + sambar + mint chutney
Eggs (2 whole eggs)	Egg scramble	Egg boiled	Egg scramble	Egg boiled	Veggie omelette	Egg boiled	Egg boiled
Sprouts / Legumes	Boiled corn chaat ½ cup	Black chana sprouts ½ cup	Boiled peanuts ½ cup	Black chana sprouts ½ cup	Kidney bean sprouts ½ cup	Moong sprouts ½ cup	Boiled moong sprouts ½ cup
Fruit	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)
Milk	200 ml	200 ml	200 ml	200 ml	200 ml	200 ml	200 ml
DURING MORNING TRAINING 08:00–10:30 (Morning batch)							
Drink (water + lemon + pinch salt + honey/ jaggery)	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L
Quick carb	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + dates 5 pcs

LUNCH 12:00–13:30								
Salad		Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate
Non-Veg (200 g) / Veg option (150 g)		Chicken tikka masala 200 g / Paneer tikka masala 150 g	Palak chicken 200 g / Palak paneer 150 g	Chilli Fish 200 g / Chilli Paneer 150 g	Chicken 65 200 g / Paneer 65 150 g	Chicken korma 200 g / Paneer korma 150 g	Prawns masala 200 g / Matar paneer 150 g	Mutton biryani 200 g / Paneer veg biryani 150 g
Vegetables sabji (100 g)		Alu tomato sabji	Matar mushroom	Veg sauté	Alu bhindi	Beans alu	Mixed veg sabji	
Dal / Pulses (100 g)		Chana dal 100 g	Moong dal 100 g	Mixed dal + green leafy veg 100 g	Dal makhni 100 g	Arhar dal 100 g	Moong + lentil mixed dal 100 g	
Curd / Lassi - (150 ml)		Curd 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Raita
Rice (150 g)		Matar rice 150 g	Tomato rice 150 g	Plain rice 150 g	Tomato rice 150 g	Plain rice 150 g	Jeera rice 150 g	
Chapati (4 pieces)		Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	
Dessert / Accomplishment		—	—	—	—	—	—	Gulab jamun 2 pcs
EVENING SNACK + PRE-SESSION FUEL 15:30–16:00 Morning batch = rest fuel. Evening batch = pre-training fuel.								
Non-Veg / Veg option (choose as per athlete)		Non-Veg: Egg roll (1 roti + egg omelette + onion + chutney)	Non-Veg: Boiled eggs 2 + banana 1 + whole grain toast 2	Non-Veg: Chicken poha 150g (shredded chicken + poha + peanuts)	Non-Veg: Egg sandwich (2 bread + scrambled eggs) + banana 1	Chicken Sandwich	Non-Veg: Bread omelette (2 bread + 2 eggs) + seasonal fruit	Non-Veg: Chicken noodles (dry, 150g) + boiled egg 1
		Veg: Paneer roll (1 roti + paneer + onion + mint chutney)	Veg: Besan cheela 2 pcs + curd 100ml + banana 1	Veg: Veg poha 150g (peas + peanuts + curry leaves)	Veg: Alu-matar sandwich (2 bread + filling) + banana 1	Paneer Sandwich	Veg: Grilled cheese tomato sandwich (2 bread) + seasonal fruit	Veg: Veg noodles (dry, 150g) + paneer 50g
DURING EVENING TRAINING 17:00–17:30 (Evening batch)								

AIFF FIFA Talent Academy
WEEK 5 | Variation E

MEAL / COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EARLY MORNING 07:00								
Lukewarm water		Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass + honey + lemon	
Soaked nuts		Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	
BREAKFAST 07:30–09:00								
Main course		Ragi dosa 3 pcs + sambar + peanut chutney	Peanuts Poha 200 g + lemon + Potato curry	Oats banana porridge 200 g + honey + seeds	Wheat rava upma 200 g + curry leaves + sambar	Dosa 3 pcs + sambar + coconut chutney	Millet khichdi 200 g (foxtail millet + vegetables) + Potato curry	Wheat banana pancakes 3 + honey drizzle
Eggs (2 whole eggs)		Egg boiled	Egg scramble	Egg boiled	Veggie omelette	Egg boiled	Egg scramble	Egg boiled
Sprouts / Legumes		Boiled peanuts ½ cup	Three-bean sprouts ½ cup	Boiled corn ½ cup	Moong sprouts ½ cup	Black chana sprouts ½ cup	Kidney bean sprouts ½ cup	Boiled moong sprouts ½ cup
Fruit		Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)
Milk		200 ml	200 ml	200 ml	200 ml	200 ml	200 ml	200 ml
DURING MORNING TRAINING 08:00–10:30 (Morning batch)								
Drink (water + lemon + pinch salt + honey/ jaggery)		Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L
Quick carb		Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + dates 5 pcs

LUNCH 12:00–13:30								
Salad		Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate
Non-Veg (200 g) / Veg option (150 g)		Salmon fish curry 200 g (Ilish macha) / Paneer curry 150 g	Chicken kalia 200 g / Paneer kalia 150 g	Rohu fish fry 200 g / Tofu stir-fry 150 g	Chicken bhuna masala 200 g / Paneer bhuna 150 g	Prawns masala 200 g / Matar paneer 150 g	Chilli Katla 200 g / Chilli Soya chunk 150 g	Mutton curry 200 g / Paneer kalia 150 g
Vegetables sabji (100 g)		Saga alu (spinach potato)	Veg sauté	Drumstick sabji	Alu posta (potato poppy seed)	Palak corn sabji	Baingan bharta	Gajar matar sabji
Dal / Pulses (100 g)		Dalma 100 g (specialty – dal + veg)	Chana dal 100 g	Moong dal 100 g	Arhar dal 100 g	Mixed dal 100 g	Dalma 100 g	Moong dal 100 g
Curd / Lassi - (150 ml)		Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml
Rice (150 g)		Plain rice 150 g	Matar pulao 150 g	Jeera rice 150 g	Plain rice 150 g	Tomato rice 150 g	Plain rice 150 g	Plain rice 150 g
Chapati (4 pieces)		Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces
Dessert / Accomplishment		—	—	—	—	—	—	Rasgulla + Chhena jhili
EVENING SNACK + PRE-SESSION FUEL 15:30–16:00 Morning batch = rest fuel. Evening batch = pre-training fuel.								
Non-Veg / Veg option (choose as per athlete)		Non-Veg: Chicken frankie (1 roti + chicken + veggies + chutney)	Non-Veg: Bread omelette (2 bread + 2 eggs) + banana 1	Non-Veg: Egg fried rice (light, 150g) + boiled egg 1	Non-Veg: Grilled chicken tikka 100g (grill/oven) + salad + roti 1	Non-Veg: Chicken kathi roll (1 roti + filling)	Non-Veg: Egg dosa (1, tawa) + coconut chutney + banana 1	Non-Veg: Chicken sandwich (2 bread, chutney, no mayo) + seasonal fruit
		Veg: Paneer frankie (1 roti + paneer + veggies + chutney)	Veg: Moong dal cheela 2 pcs + mint chutney + banana 1	Veg: Veg fried rice (light, 150g) + paneer 50g	Veg: Paneer tikka 100g (grill/oven) + salad + roti 1	Veg: Mix-veg kathi roll (1 roti + paneer + capsicum + onion)	Veg: Uttapam 2 small pcs + coconut chutney + banana 1	Veg: Veg sandwich (2 bread, chutney + cheese) + seasonal fruit
DURING EVENING TRAINING 17:00–17:30 (Evening batch)								

AIFF FIFA Talent Academy
WEEK 6 | Variation F

MEAL / COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EARLY MORNING 07:00								
Lukewarm water		Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass + honey + lemon	
Soaked nuts		Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	
BREAKFAST 07:30–09:00								
Main course		Oats pancake 3 pcs + honey + banana slices	Wheat semolina porridge 200 g + dry fruits	Idly 4 + sambar + coconut chutney	Millet upma 200 g + curry leaves + ghugney	Dalia porridge 200 g + banana + honey	Ragi idly 4 pcs + sambar + chutney	Besan cheela 3 pcs + mint chutney + sambar
Eggs (2 whole eggs)		Egg boiled	Egg scramble	Egg boiled	Veggie omelette	Egg boiled	Egg scramble	Egg boiled
Sprouts / Legumes		Moong sprouts ½ cup	Boiled corn ½ cup	Black chana sprouts ½ cup	Three-bean sprouts ½ cup	Kidney bean sprouts ½ cup	Boiled peanuts ½ cup	Boiled moong sprouts ½ cup
Fruit		Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)
Milk		200 ml	200 ml	200 ml	200 ml	200 ml	200 ml	200 ml
DURING MORNING TRAINING 08:00–10:30 (Morning batch)								
Drink (water + lemon + pinch salt + honey/ jaggery)		Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L
Quick carb		Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs

LUNCH 12:00–13:30								
Salad		Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate
Non-Veg (200 g) / Veg option (150 g)		Chicken haldi curry 200 g / Paneer haldi masala 150 g	Rohu fish ginger-garlic 200 g / Tofu ginger stir-fry 150 g	Chicken stew 200 g / Veg stew 150 g	Egg curry 3 eggs / Paneer curry 150 g	Grilled fish (pomfret) 200 g / Grilled paneer 150 g	Chicken shorba 200 g / Paneer shorba 150 g	Mutton shorba 200 g / Paneer masala 150 g
Vegetables sabji (100 g)		Methi alu	Palak corn sabji	Lauki chana sabji	Gajar matar	Pointed gourd (parwal) sabji	Beetroot stir-fry	Gajar matar sabji
Dal / Pulses (100 g)		Moong dal with turmeric 100 g	Mixed dal 100 g	Palak dal 100 g	Arhar dal 100 g	Chana dal 100 g	Moong + masoor dal 100 g	Moong dal 100 g
Curd / Lassi - (150 ml)		Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml
Rice (150 g)		Jeera rice 150 g	Plain rice 150 g	Matar rice 150 g	Garlic rice 150 g	Plain rice 150 g	Carrot rice 150 g	Plain rice 150 g
Chapati (4 pieces)		Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces
Dessert / Accomplishment		—	—	—	—	—	—	Gajar halwa 1 small bowl
EVENING SNACK + PRE-SESSION FUEL 15:30–16:00 Morning batch = rest fuel. Evening batch = pre-training fuel.								
Non-Veg / Veg option (choose as per athlete)		Non-Veg: Boiled eggs 2 + whole grain toast 2 + banana 1	Non-Veg: Chicken wrap (chapati + shredded chicken + onion)	Non-Veg: Bread omelette (2 bread + 2 eggs) + watermelon 150g	Non-Veg: Egg roll (1 roti + omelette + onion + chutney)	Grilled paneer tikka (100g, oven) + toast 2 + chutney	Non-Veg: Chicken noodles dry 150g + boiled egg 1	Non-Veg: Egg bhurji (2 eggs) + 2 bread + seasonal fruit
		Veg: Peanut butter toast 2 + banana 1 + curd 100ml	Veg: Alu-paneer wrap (chapati + filling + chutney)	Veg: Bread soyachunks sandwich (2 bread) + watermelon 150g	Veg: Paneer roll (1 roti + paneer tikka + onion + chutney)	Grilled paneer tikka (100g, oven) + toast 2 + chutney	Veg: Veg hakka noodles dry 150g + paneer 50g	Veg: Paneer bhurji (80g) + 2 bread + seasonal fruit
DURING EVENING TRAINING 17:00–17:30 (Evening batch)								

LUNCH 12:00–13:30								
Salad		Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate
Non-Veg (200 g) / Veg option (150 g)		Chicken masala 200 g / Paneer masala 150 g	Tawa fish 200 g / Paneer tawa 150 g	Chicken tikka masala 200 g / Paneer tikka 150 g	Egg curry 3 eggs / Paneer curry 150 g	Chicken sukha 200 g / Paneer sukha 150 g	Salmon fish curry 200 g / Paneer curry 150 g	Mutton curry 200 g / Soya chunk curry 150 g
Vegetables sabji (100 g)		Alu matar	Gajar fansi	Lauki chana sabji	Methi alu	Cabbage peas sabji	Bhindi masala	Gajar matar sabji
Dal / Pulses (100 g)		Arhar dal 100 g	Chana dal 100 g	Moong dal 100 g	Mixed dal 100 g	Black gram dal 100 g	Dalma 100 g	Moong dal 100 g
Curd / Lassi - (150 ml)		Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml
Rice (150 g)		Plain rice 200 g	Matar pulao 200 g	Plain rice 200 g	Jeera rice 200 g	Plain rice 200 g	Matar pulao 200 g	Plain rice 150 g
Chapati (4 pieces)		Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces
Dessert / Accomplishment		—	—	—	—	—	—	Fruit custard 1 bowl
EVENING SNACK + PRE-SESSION FUEL 15:30–16:00								
Morning batch = rest fuel. Evening batch = pre-training fuel.								
Non-Veg / Veg option (choose as per athlete)		Non-Veg: Chicken poha 150g (shredded chicken + peanuts + curry leaves)	Non-Veg: Bread omelette (2 bread + 2 eggs) + banana 1	Non-Veg: Chicken noodles dry 150g + boiled egg 1	Non-Veg: Egg sandwich (2 bread, scrambled) + seasonal fruit	Non-Veg: Chicken frankie (1 roti + chicken keema + onion)	Non-Veg: Egg roll (1 roti + omelette + onion + chutney)	Non-Veg: Boiled eggs 2 + poha 100g light + banana 1
		Veg: Veg poha 150g (peas + peanuts + lemon + curry leaves)	Veg: Grilled cheese tomato sandwich (2 bread) + banana 1	Veg: Veg hakka noodles dry 150g + paneer 50g	Veg: Sprouts & paneer sandwich (2 bread) + seasonal fruit	Veg: Paneer-capsicum frankie (1 roti + filling + chutney)	Veg: Paneer roll (1 roti + paneer tikka + onion + chutney)	Veg: Moong cheela 2 pcs + mint chutney + banana 1
DURING EVENING TRAINING 17:00–17:30 (Evening batch)								

AIFF FIFA Talent Academy
WEEK 8 | Variation H

MEAL / COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EARLY MORNING 07:00								
Lukewarm water		Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water 1 glass	Lukewarm water + honey + lemon
Soaked nuts		Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs	Soaked walnuts 5 pcs + black raisins 20 g	Soaked almonds 10 pcs
BREAKFAST 07:30–09:00								
Main course		Masala dosa 2 pcs + sambar + coconut chutney	Wheat banana milkshake pancakes 3 pcs + honey	Idly pcs + sambar + peanut chutney	Oats + banana porridge bowl	Millet upma 200 g + mixed veg + ghugney	Dalia (broken wheat) khichdi 200 g + curd	Idly + sambar + coconut chutney
Eggs (2 whole eggs)		Egg boiled	Egg scramble	Egg boiled	Veggie omelette	Egg boiled	Egg scramble	Egg boiled
Sprouts / Legumes		Boiled corn ½ cup	Moong sprouts ½ cup	Black chana sprouts ½ cup	Three-bean sprouts ½ cup	Kidney bean sprouts ½ cup	Boiled peanuts ½ cup	Boiled moong sprouts ½ cup
Fruit		Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)	Seasonal fruit 1 medium/ Cut fruit - (~200 g)
Milk		200 ml	200 ml	200 ml	200 ml	200 ml	200 ml	200 ml
DURING MORNING TRAINING 08:00–10:30 (Morning batch)								
Drink (water + lemon + pinch salt + honey/ jaggery)		Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L	Lemonade 1 L
Quick carb		Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs	Banana 1 + figs 5 pcs	Banana 1 + dates 5 pcs

LUNCH 12:00–13:30								
Salad		Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate	Mixed vegetable salad 1 plate
Non-Veg (200 g) / Veg option (150 g)		Butter chicken 200 g / Butter paneer 150 g	Salmonfish curry 200 g / Paneer masala 150 g	Chicken jalfrezi 200 g / Paneer jalfrezi 150 g	Prawns fry 200 g / Soya chunk fry 150 g	Katla fish curry 200 g / Paneer tikka 150 g	Chicken tikka masala 200 g / Paneer tikka masala 150 g	Chicken biryani 200 g / Veg biryani 200 g
Vegetables sabji (100 g)		Alu tomato sabji	Lauki chana sabji	Saga alu	Gajar matar	Cabbage peas sabji	Alu posta	
Dal / Pulses (100 g)		Dalma 100 g	Moong dal 100 g	Chana dal 100 g	Arhar dal 100 g	Mixed dal 100 g	Green gram dal 100 g	
Curd / Lassi - (150 ml)		Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Curd 150 ml	Thick lassi 150 ml	Raita
Rice (150 g)		Matar pulao 150 g	Matar pulao 150 g	Plain rice 150 g	Jeera rice 150 g	Plain rice 150 g	Carrot rice 150 g	
Chapati (4 pieces)		Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	Whole wheat chapati 4 pieces	
Dessert / Accomplishment		—	—	—	—	—	—	Sewai (vermicelli) kheer 1 small bowl
EVENING SNACK + PRE-SESSION FUEL 15:30–16:00 Morning batch = rest fuel. Evening batch = pre-training fuel.								
Non-Veg / Veg option (choose as per athlete)		Non-Veg: Chicken kathi roll (1 roti + chicken + mint chutney)	Non-Veg: Egg paratha 1 stuffed + curd 100ml + banana 1	Non-Veg: Chicken poha 150g (shredded chicken + poha + peanuts)	Non-Veg: Bread omelette (2 bread + 2 eggs) + watermelon 150g	Non-Veg: Chicken sandwich (2 bread, mustard + chutney)	Non-Veg: Bread omelette (2 bread + 2 eggs) + seasonal fruit	Non-Veg: Chicken noodles (dry, 150g) + boiled egg 1
		Veg: Mix-veg kathi roll (1 roti + paneer + veggies + chutney)	Veg: Alu-paneer paratha 1 stuffed + curd 100ml + banana 1	Veg: Veg poha 150g (peas + peanuts + curry leaves)	Veg: Besan cheela 2 pcs + sambar + watermelon 150g	Veg: Veg sandwich (2 bread, chutney + cheese slice)	Veg: Grilled cheese tomato sandwich (2 bread) + seasonal fruit	Veg: Veg noodles (dry, 150g) + paneer 50g
DURING EVENING TRAINING 17:00–17:30 (Evening batch)								

APPENDIX VI-F:(DIET-F: 3000 K.cals)

Meal	Preparation	Raw weight
Bed Tea:	1 cup (with milk & 2tsp. sugar)	120 ml
Breakfast:	Bread 4 Slices Butter (1Pck) Jam (3 tsp.) Eggs (1 nos.) Milk (with 2tsp. Sugar)	80g 10g 15g 50g 180ml
Mid-Morning:	Lime Juice (with 2tsp sugar)	220ml
Lunch:	Rice Dal Vegetable curry(1½ katori) Curd (1 cup) Fruit (1-2 nos.)	150g 30g 200g 125g 150g
Evening: (4.00pm)	Biscuits (2 nos.) Tea (with milk & 2tsp sugar)	10g 120ml
Evening: (6.00pm)	Lime Juice (with 3tsp sugar)	220ml
Dinner:	Rice Dal Vegetable curry(1½ katori) Meat Preparation (Chicken/ Mutton- Bone less) For Vegetarians: Soya Bean preparation(Nutri-nuggets) Cheese(1 piece) Dessert (1 serving)	150g 25g 150g 100g 25g 20g 100g
Bed Time:	Warm Milk (with 2tsp. Sugar)	180ml

Note: 50g. Of oil should be used for cooking. 100g. of vegetables in the form of onions, Tomatoes Etc. to be used in gravy preparations.

Source: National Institute of Nutrition