



PROTEIN

POWER
BOOK

POWERED BY

Complan®

NOV-2025 EDITION

DID YOU KNOW?

The best time for kids to have protein is during breakfast, as it helps support focus and keeps them active through the day!



A protein-rich start doesn't just fill their stomach; it sets the rhythm for the entire day! It helps them stay focused in class, feel steady during lessons, and keeps those mid-morning dips at bay. It's a simple way to make their first meal of the day more meaningful.

Complan Health Tip

A spoon of Complan to porridge/milkshakes naturally increases the protein in their breakfast - no extra cooking!





Protein Calculator

Protein calculation you didn't know about



1 glass of
Complan



Protein in
93g of Wheat

1 glass of Complan = Protein in 93g of Wheat Flour



Who knew a glass could keep up with your grains? Every glass of Complan gives you the same protein as 93g of wheat flour, making it an effortless addition to everyday nutrition. ○

Just mix 33g of Complan + 150ml of milk to make a glass that holds as much protein as nearly a full bowl of wheat; only smoother, easier, and tastier for kids to finish.



Complan Health Tip

Add some fruit on the side to wheat-based breakfasts for extra fibre and smoother digestion through the day.





COMPLAN FRUIT CREAM DELIGHT

Who said creamy treats can't be nourishing?

This chilled Complan Fruit Cream Delight is fruity, refreshing, and enriched with Complan's protein goodness, perfect for a mid-day treat or tiffin surprise!

INGREDIENTS

- Boiled rice
- Complan Kesar Badam
- Milk
- Vanilla essence
- Chopped fruits
- Cashew powder

METHOD

- Grind boiled rice and boil milk in a pan. Add the rice.
- Mix in 3 spoons Complan Kesar Badam, 1 spoon cashew powder, jaggery to taste, and a dash of vanilla essence.
- Cook on low flame for 30-45 min until slightly thick.
- Fold in chopped fruits like apple, mango, banana, or seasonal favourites.
- Refrigerate and serve chilled.



Complan Health Tip

Use dry fruits and seeds to add more sensory variety, as kids enjoy food more when it looks and tastes fun.





Mommy Journal



"I've been giving Complian to my daughter for the last few months, and I can easily see the difference! She's more active now. I'd definitely recommend Complian to every mom."

Priya Ahuja

Amayra's Mother

From focus to daily nutrition habits, we're glad to be part of your child's growth journey. Thank you, Priya, for trusting Complian.

Complian Health Tip

Pair Complian with dry fruits in winter for a warmer, more comforting experience.



NOVEMBER HIGHLIGHTS: CREATIVITY, FESTIVITY & GROWTH!

As the holiday season approached, November unwrapped some joyful festive ideas.



Creative Christmas Decoration Ideas for Kids

Fun, hands-on DIY decor that lets kids craft, create, and fill the home with festive cheer. ✕

Best Christmas Tree Decoration Ideas

- Easy, charming ways to deck up the Christmas tree - classic, quirky, and kid-friendly.

Christmas Greeting Card Ideas for Friends & Family

Simple, thoughtful handmade card designs that help kids share joy the old-school, heartfelt way. ▼



Complan Health Tip

Festival days are high on excitement - pair one snack time with Complan to ensure they still meet their daily nutrition needs.



LOOK OUT FOR OUR DECEMBER BLOG POST! – FESTIVE & FUN



December is all about cosy treats, fun activities, and festive creativity, and next month's blog brings it all together for kids!

HERE'S WHAT'S COMING UP:



- Christmas-themed fun ideas
- A new tiffin recipe perfect for winter mornings
- New Year activities to kick off 2026 with creativity

Whether for school, home, or holiday breaks, December is packed with kid-friendly goodness you won't want to miss. ✨



Complan Health Tip

Busy festive days often change meal routines. Balance sweet treats with Complan to maintain steady nutrition.

