

Revised Comprehensive Budget-Friendly Diet Plan for Students (India)

Introduction

This expanded meal plan is designed specifically for students in India, focusing on nutritionally balanced options that are affordable, accessible, and culturally relevant. The plan includes both vegetarian and non-vegetarian options with detailed macro breakdowns, portion sizes, and calorie counts to help students maintain a healthy diet while managing their budget.

Meal Plan with Macros Breakdown

Breakfast (7:30 - 9:00 AM)

| Vegetarian Options | Non-Vegetarian Options | Quantity | Protein (g) | Carbs (g) | Fats (g) | Calories |
|----------------------------|--|--|-------------|-----------|----------|----------|
| Oats with milk & almonds | Boiled eggs with whole wheat toast | 1 cup oats + 200ml milk + 10 almonds / 2 eggs + 2 toast slices | 15 | 40 | 10 | 310 |
| Sprouts chaat with lemon | Chicken sandwich with multigrain bread | 1 cup sprouts / 60g chicken + 2 bread slices | 18 | 35 | 8 | 284 |
| Moong dal cheela with curd | Scrambled eggs with roti | 2 medium cheela + 100g curd / 2 eggs + 2 rotis | 20 | 30 | 12 | 308 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--------------------------------|-----------------------------|---|---------|-----------|----------|----------|
| Peanut butter & banana toast | Paneer omelet | 2 tbsp peanut butter + 1 banana + 2 toast slices / 100g paneer + 2 eggs | 18 | 38 | 14 | 352 |
| Besan chilla with mint chutney | Grilled fish with quinoa | 2 medium chilla + 2 tbsp chutney / 100g fish + 1/2 cup quinoa | 22 | 42 | 15 | 393 |
| Quinoa upma with vegetables | Turkey and avocado sandwich | 1 cup cooked quinoa + 1/2 cup mixed veggies / 60g turkey + 1/4 avocado + 2 bread slices | 20 | 45 | 12 | 368 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--------------------------------|---|---|---------|-----------|----------|----------|
| Ragi porridge with nuts | Smoked salmon with whole grain crackers | 1 cup ragi porridge + 15g mixed nuts / 80g salmon + 6 crackers | 22 | 38 | 14 | 368 |
| Chia pudding with fresh fruits | Egg and spinach wrap | 3 tbsp chia seeds + 200ml milk + 1 cup fruits / 2 eggs + 1 cup spinach + 1 whole wheat wrap | 18 | 35 | 10 | 302 |
| Idli with sambar | Grilled chicken with multigrain toast | 3 medium idlis + 1/2 cup sambar / 100g chicken + 2 toast slices | 20 | 42 | 13 | 365 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-------------------------------|---------------------------|---|---------|-----------|----------|----------|
| Poha with peanuts and veggies | Tuna and boiled egg salad | 1 cup poha + 2 tbsp peanuts + 1/2 cup veg-gies / 80g tuna + 1 egg + mixed greens | 22 | 40 | 14 | 382 |
| Coconut water & fruit salad | Chicken and avocado salad | 1 glass co-conut water + 2 cups mixed fruits / 100g chicken + 1/4 avo-cado + mixed greens | 15 | 30 | 8 | 252 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--|----------------------------------|--|---------|-----------|----------|----------|
| Vegetable uttapam with coconut chutney | Fish curry with appam | 2 medium uttapam + 2 tbsp chutney / 100g fish | 16 | 38 | 12 | 324 |
| Steamed dhokla with green chutney | Keema paratha with curd | 4 pieces dhokla + 2 tbsp chutney / 2 keema paratha + 100g curd | 18 | 42 | 14 | 368 |
| Sattu paratha with curd | Egg bhurji with multigrain bread | 2 satttu paratha + 100g curd / 2 eggs + 2 bread slices | 22 | 40 | 15 | 387 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|---------------------------------|------------------------------------|--|---------|-----------|----------|----------|
| Millet dosa with peanut chutney | Chicken tikka roll with vegetables | 2 medium dosa + 2 tbsp chutney / 80g chicken tikka + 1 roll + mixed veg-gies | 24 | 36 | 10 | 330 |
| Vermicelli upma with vegetables | Egg rice bowl with herbs | 1 cup vermicelli upma + 1/2 cup veg-gies / 2 eggs + 1/2 cup rice + fresh herbs | 16 | 45 | 9 | 329 |
| Jowar roti with vegetable sabzi | Egg curry with brown rice | 2 jowar roti + 1 cup veggie sabzi / 2 eggs in curry + 1/2 cup rice | 18 | 40 | 12 | 340 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-----------------------------|-------------------------------------|--|---------|-----------|----------|----------|
| Mixed sprouts pancake | Chicken soup with whole grain toast | 2 medium pan-cakes / 1 bowl soup + 2 toast slices | 20 | 35 | 8 | 292 |
| Pumpkin pancakes with honey | Fish tikka with vegetable salad | 2 medium pan-cakes + 1 tsp honey / 100g fish tikka + 1 cup salad | 16 | 38 | 10 | 306 |

Mid-Morning Snack (11:00 AM)

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-------------------------|-------------------------|---------------------------------------|---------|-----------|----------|----------|
| Roasted chana & peanuts | Greek yogurt with honey | 50g mixed / 200g yogurt + 1 tsp honey | 12 | 20 | 7 | 195 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|------------------------------|----------------------------------|--|---------|-----------|----------|----------|
| Curd with flaxseeds | Tuna salad | 200g curd + 1 tbsp flaxseeds / 80g tuna + greens | 15 | 10 | 5 | 145 |
| Almonds and walnuts | Chicken broth with veggies | 30g mixed nuts / 1 cup broth + 1/2 cup veg-gies | 10 | 8 | 6 | 126 |
| Cottage cheese cubes | Boiled eggs with black pepper | 100g cot-tage cheese / 2 eggs | 14 | 5 | 9 | 157 |
| Makhana (fox nuts) roasted | Smoked fish with cucumber slices | 50g makhana / 80g fish + 1 cu-cum-ber | 15 | 8 | 10 | 182 |
| Hummus with whole wheat pita | Turkey breast slices with olives | 4 tbsp hum-mus + 1 small pita / 80g turkey + 10 olives | 14 | 12 | 8 | 176 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--------------------------------|----------------------------|---|---------|-----------|----------|----------|
| Granola bar with seeds | Hard-boiled eggs with nuts | 1 home-made bar / 2 eggs + 15g nuts | 12 | 18 | 10 | 210 |
| Greek yogurt with berries | Protein shake with banana | 200g yogurt + 1/2 cup berries / 1 scoop protein + 1 banana | 20 | 30 | 5 | 245 |
| Soya chunks salad | Chicken breast stir-fry | 50g dry soya chunks (cooked) + veggies / 100g chicken + veggies | 22 | 25 | 12 | 296 |
| Paneer tikka with mint chutney | Egg muffins with spinach | 100g paneer + 2 tbsp chutney / 2 egg muffins | 18 | 15 | 10 | 222 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-----------------------------|---------------------------------|--|---------|-----------|----------|----------|
| Fruit smoothie with spinach | Shrimp salad with quinoa | 1 cup smoothie / 80g shrimp + 1/4 cup quinoa | 20 | 25 | 6 | 238 |
| Bajra khakhra with curd dip | Chicken clear soup | 4 khakhra + 4 tbsp dip / 1 cup soup | 10 | 18 | 4 | 148 |
| Roasted chickpeas | Smoked salmon with cucumber | 1/2 cup chick-peas / 80g salmon + cu-cum-ber | 14 | 15 | 8 | 190 |
| Moong dal vada (mini) | Boiled egg whites with turmeric | 2 small vadas / 3 egg whites | 12 | 16 | 5 | 157 |
| Beetroot and carrot juice | Chicken satay (small portion) | 1 glass juice / 80g chicken satay | 15 | 12 | 8 | 180 |
| Sesame laddu (small) | Fish tikka (small portion) | 1 small laddu / 80g fish tikka | 8 | 15 | 12 | 200 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--|------------------------------------|--|---------|-----------|----------|----------|
| Steamed sweet corn | Egg salad with minimal mayo | 1 cup corn / 2 eggs + 1 tsp mayo | 12 | 20 | 8 | 200 |
| Roasted sunflower seeds | Turkey jerky (homemade) | 30g seeds / 50g jerky | 16 | 5 | 6 | 138 |
| Buttermilk with cumin and curry leaves | Sardines on whole grain crackers | 1 glass buttermilk / 80g sardines + 4 crackers | 14 | 12 | 10 | 194 |
| Puffed rice with peanuts and spices | Chicken keema stuffed bell peppers | 2 cups puffed rice mix / 2 stuffed peppers | 16 | 14 | 7 | 187 |

Lunch (1:00 - 2:30 PM)

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|------------------------------------|------------------------------|---|---------|-----------|----------|----------|
| Rajma with brown rice | Chicken curry with roti | 1 cup rajma + 1/2 cup rice / 120g chicken + 2 rotis | 25 | 50 | 12 | 404 |
| Dal tadka with jeera rice | Fish curry with steamed rice | 1 cup dal + 1/2 cup rice / 120g fish + 1/2 cup rice | 22 | 55 | 14 | 434 |
| Soya chunks with chapati | Egg bhurji with paratha | 100g cooked soya + 3 chapatis / 3 eggs + 2 parathas | 28 | 45 | 16 | 436 |
| Paneer bhurji with multigrain roti | Keema curry with rice | 150g paneer + 3 rotis / 100g keema + 1/2 cup rice | 26 | 48 | 18 | 458 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-----------------------------|--------------------------------------|---|---------|-----------|----------|----------|
| Chole with roti | Mutton curry with bajra roti | 1 cup chole + 3 rotis / 100g mutton + 3 bajra rotis | 24 | 50 | 20 | 476 |
| Bhindi masala with quinoa | Grilled fish with sautéed vegetables | 1.5 cups bhindi + 1/2 cup quinoa / 150g fish + 1 cup veg-gies | 22 | 48 | 14 | 410 |
| Quinoa salad with chickpeas | Chicken stew with multigrain bread | 1 cup quinoa + 1/2 cup chick-peas / 120g chicken + 2 bread slices | 20 | 45 | 12 | 368 |

| Vegetarian Options | Non- Vegetarian Options | Quantity(g) | Protein (g) | Carbs (g) | Fats (g) | Calories |
|-----------------------------------|---|--|----------------|--------------|-------------|----------|
| Vegetable biryani with curd | Shrimp stir-fry with brown rice | 1.5 cups biryani + 100g curd / 120g shrimp + 1/2 cup rice | 25 | 50 | 14 | 426 |
| Millet khichdi with yogurt | Lamb kebabs with hummus | 1.5 cups khichdi + 100g yogurt / 120g lamb + 4 tbsp hum- mus | 26 | 42 | 18 | 434 |
| Spinach dal with roti | Grilled turkey with mashed sweet potato | 1 cup dal + 3 rotis / 120g turkey + 1 cup mashed potato | 24 | 50 | 15 | 431 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|------------------------------|--|--|---------|-----------|----------|----------|
| Vegetable pulao with raita | Baked chicken with broccoli | 1.5 cups pulao + 100g raita / 120g chicken | 22 | 45 | 12 | 376 |
| Black chana curry with rice | Fish molee with appam | 1 cup chana + 1/2 cup rice / 120g fish + 3 appams | 24 | 48 | 14 | 416 |
| Tofu curry with red rice | Chicken tikka masala with naan (small) | 150g tofu + 1/2 cup rice / 120g chicken + 1 small naan | 26 | 50 | 15 | 439 |
| Lobia masala with jowar roti | Basa fish curry with millet rice | 1 cup lobia + 3 jowar rotis / 150g fish + 1/2 cup rice | 24 | 46 | 12 | 384 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|----------------------------------|---------------------------------------|--|---------|-----------|----------|----------|
| Mixed dal with brown rice | Tandoori chicken with vegetable salad | 1 cup mixed dal + 1/2 cup rice / 150g chicken + 2 cups salad | 28 | 42 | 14 | 406 |
| Lauki kofta with multigrain roti | Egg curry with quinoa | 4 koftas + 3 rotis / 3 eggs + 1/2 cup quinoa | 22 | 48 | 16 | 424 |
| Pumpkin sabzi with bajra roti | Fish kebabs with mint yogurt dip | 1.5 cups sabzi + 3 rotis / 120g fish + 4 tbsp yogurt dip | 24 | 44 | 14 | 396 |
| Sprouts khichdi with ghee | Chicken do pyaza with steamed rice | 1.5 cups khichdi + 1 tsp ghee / 120g chicken + 1/2 cup rice | 26 | 50 | 16 | 448 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-----------------------------|---------------------------|---|---------|-----------|----------|----------|
| Palak kadhi with jowar rice | Tuna curry with ragi roti | 1 cup kadhi + 1/2 cup rice / 120g tuna + 3 ragi rotis | 24 | 48 | 14 | 416 |

Evening Snack (5:00 - 6:30 PM)

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--------------------------------------|------------------------|---|---------|-----------|----------|----------|
| Banana shake with dates | Boiled eggs with fruit | 1 glass shake + 2 dates / 2 eggs + 1 fruit | 12 | 35 | 10 | 278 |
| Sweet potato chaat | Chicken soup | 1 cup chaat / 1 bowl soup | 15 | 25 | 8 | 232 |
| Vegetable cutlets with green chutney | Smoked salmon toast | 2 cutlets + 2 tbsp chutney / 80g salmon + 1 toast | 14 | 30 | 12 | 284 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|---------------------------------|-------------------------------------|---|---------|-----------|----------|----------|
| Sprouted moong salad | Tuna wrap with whole wheat tortilla | 1 cup sprouts / 80g tuna + 1 tortilla | 18 | 35 | 14 | 342 |
| Paneer fingers with herbs | Chicken kebabs with mint sauce | 100g paneer / 100g chicken + 2 tbsp sauce | 20 | 25 | 10 | 270 |
| Masala makhana | Boiled eggs with green tea | 50g makhana / 2 eggs + 1 cup tea | 12 | 10 | 6 | 142 |
| Cottage cheese and walnut salad | Protein smoothie with berries | 100g cheese + 15g walnuts / 1 scoop protein + 1/2 cup berries | 22 | 40 | 8 | 320 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein (g) | Carbs (g) | Fats (g) | Calories |
|------------------------------|-------------------------------------|---|-------------|-----------|----------|----------|
| Hummus with vegetable sticks | Turkey roll-ups with cheese | 4 tbsp hummus + mixed veggies / 80g turkey + 30g cheese | 14 | 12 | 10 | 194 |
| Greek yogurt with flaxseeds | Shrimp cocktail | 200g yogurt + 1 tbsp seeds / 100g shrimp | 18 | 15 | 7 | 195 |
| Ragi chips with curd dip | Egg salad with whole wheat crackers | 15 chips + 4 tbsp dip / 2 eggs + 6 crackers | 16 | 30 | 9 | 265 |
| Savory chickpea salad | Prawn tacos with lettuce wraps | 1 cup chickpeas + veggies / 100g prawns + 2 lettuce wraps | 20 | 25 | 10 | 270 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-----------------------------------|-------------------------------------|---|---------|-----------|----------|----------|
| Baked sweet potato with cinnamon | Chicken salad with minimal dressing | 1 medium potato / 100g chicken + salad | 14 | 22 | 8 | 216 |
| Roasted peanuts with curry leaves | Fish cutlet (small portion) | 50g peanuts / 2 small cut-lets | 15 | 20 | 12 | 248 |
| Kala chana chaat | Shredded chicken lettuce wraps | 1 cup chaat / 100g chicken + 3 lettuce leaves | 18 | 16 | 8 | 212 |
| Beetroot tikki with mint yogurt | Boiled egg whites with paprika | 2 tikkis + 2 tbsp yogurt / 4 egg whites | 14 | 18 | 5 | 173 |
| Roasted soya sticks | Tuna stuffed tomatoes | 50g soya sticks / 80g tuna + 2 tomatoes | 18 | 10 | 8 | 184 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|---|------------------------------------|---|---------|-----------|----------|----------|
| Multi-seed mix (sunflower, pumpkin, flax) | Turkey meatballs (small portion) | 30g seed mix / 100g meatballs | 16 | 12 | 10 | 202 |
| Cucumber and peanut salad | Sardine toast on whole grain bread | 1 cucumber + 30g peanuts / 80g sardines + 1 slice bread | 18 | 22 | 12 | 268 |
| Rice flakes with vegetables | Egg white frittata with vegetables | 1 cup flakes + 1/2 cup veggies / 4 egg whites + 1 cup veggies | 15 | 20 | 7 | 203 |

Dinner (8:00 - 9:30 PM)

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|---------------------------------------|---|---|---------|-----------|----------|----------|
| Palak paneer with roti | Grilled chicken with sautéed vegetables | 1 cup palak paneer + 2 rotis / 150g chicken + 1.5 cups veg-gies | 28 | 35 | 12 | 360 |
| Dal khichdi with curd | Baked fish with salad | 1.5 cups khichdi + 100g curd / 150g fish + 2 cups salad | 25 | 40 | 14 | 386 |
| Mixed vegetable curry with brown rice | Prawn curry with roti | 1.5 cups curry + 1/2 cup rice / 120g prawns + 2 rotis | 22 | 45 | 16 | 410 |
| Soya bhurji with chapati | Egg curry with jeera rice | 100g soya + 3 chapatis / 3 eggs + 1/2 cup rice | 26 | 50 | 18 | 466 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|------------------------------|-----------------------------------|--|---------|-----------|----------|----------|
| Mushroom matar with quinoa | Chicken tikka with green chutney | 1.5 cups mushroom curry + 1/2 cup quinoa / 150g chicken + 2 tbsp chutney | 30 | 40 | 12 | 388 |
| Vegetable stir-fry with tofu | Grilled turkey with mashed potato | 1.5 cups stir-fry + 100g tofu / 120g turkey + 1 cup mashed potato | 24 | 42 | 14 | 390 |
| Dal palak with chapati | Shrimp and vegetable stir-fry | 1 cup dal + 3 chapatis / 120g shrimp + 1.5 cups stir-fry | 22 | 40 | 12 | 356 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--------------------------------------|-----------------------------|--|---------|-----------|----------|----------|
| Millet dosa with coconut chutney | Lamb curry with quinoa | 3 dosas + 3 tbsp chutney / 120g lamb + 1/2 cup quinoa | 25 | 45 | 14 | 410 |
| Bhindi sabzi with roti | Baked salmon with asparagus | 1.5 cups bhindi + 3 rotis / 150g salmon + 1 cup asparagus | 28 | 38 | 10 | 354 |
| Moong dal soup with multigrain bread | Chicken stew with barley | 1.5 cups soup + 2 slices bread / 120g chicken + 1/2 cup barley | 26 | 42 | 12 | 380 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|------------------------------------|---------------------------------------|---|---------|-----------|----------|----------|
| Vegetable khichdi with curd | Baked chicken with sweet potato | 1.5 cups khichdi + 100g curd / 120g chicken | 24 | 40 | 12 | 364 |
| Lauki kofta curry with jowar roti | Fish curry with cauliflower rice | 4 koftas + 3 rotis / 120g fish + 1 cup cauliflower rice | 24 | 35 | 14 | 362 |
| Paneer makhani (light) with roti | Chicken soup with multigrain crackers | 1 cup curry + 2 rotis / 1.5 cups soup + 6 crackers | 26 | 32 | 10 | 322 |
| Bean sprouts curry with brown rice | Egg masala with quinoa | 1.5 cups curry + 1/2 cup rice / 3 eggs + 1/2 cup quinoa | 28 | 38 | 12 | 372 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|------------------------------------|--------------------------------------|--|---------|-----------|----------|----------|
| Methi thepla with curd | Baked fish with lemon herbs | 3 theplas + 100g curd / 150g fish + fresh herbs | 20 | 30 | 8 | 272 |
| Bottle gourd sabzi with bajra roti | Chicken clear soup with vegetables | 1.5 cups sabzi + 3 rotis / 1.5 cups soup + 1 cup veggies | 22 | 25 | 6 | 238 |
| Spinach and corn curry with millet | Grilled fish with steamed vegetables | 1.5 cups curry + 1/2 cup millet / 150g fish + 1.5 cups veggies | 24 | 38 | 10 | 342 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-------------------------------------|---|--|---------|-----------|----------|----------|
| Red pumpkin curry with jowar roti | Chicken tikka with mint chutney (no naan) | 1.5 cups curry + 3 rotis / 150g chicken + 2 tbsp chutney | 26 | 32 | 8 | 304 |
| Cauliflower and pea curry with rice | Egg white curry with brown rice | 1.5 cups curry + 1/2 cup rice / 6 egg whites + 1/2 cup rice | 22 | 40 | 10 | 338 |
| Lentil soup with vegetable salad | Steamed fish in banana leaf | 1.5 cups soup + 2 cups salad / 150g fish | 20 | 30 | 8 | 272 |

Late-Night Snack (10:30 PM)

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|---------------------------------------|--------------------------------|--|---------|-----------|----------|----------|
| Warm milk with almonds | Cottage cheese with nuts | 200ml milk + 10 almonds / 100g cheese + 10g nuts | 12 | 15 | 8 | 180 |
| Dark chocolate with walnuts | Casein protein shake | 2 squares chocolate + 6 walnuts / 1 scoop protein | 10 | 12 | 5 | 137 |
| Herbal tea with whole grain crackers | Greek yogurt with honey | 1 cup tea + 4 crackers / 150g yogurt + 1 tsp honey | 8 | 10 | 3 | 99 |
| Turmeric milk with a teaspoon of ghee | Boiled egg white with pepper | 200ml milk + 1 tsp ghee / 3 egg whites | 10 | 8 | 4 | 108 |
| Chamomile tea with flaxseeds | Bone broth (chicken or mutton) | 1 cup tea + 1 tbsp seeds / 1 cup broth | 6 | 2 | 3 | 59 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-----------------------------------|--------------------------------|--|---------|-----------|----------|----------|
| Roasted pumpkin seeds | Turkey slice with cucumber | 20g seeds / 50g turkey + 1/2 cucumber | 8 | 4 | 5 | 93 |
| A small handful of pistachios | Tuna salad (small portion) | 20g pistachios / 50g tuna | 12 | 6 | 7 | 135 |
| Warm water with soaked chia seeds | Protein shake with almond milk | 1 cup water + 1 tbsp seeds / 1 scoop protein + 200ml milk | 15 | 10 | 4 | 136 |
| Mint tea with 2-3 walnuts | Chicken broth (clear) | 1 cup tea + 3 walnuts / 1 cup broth | 8 | 5 | 6 | 106 |
| Warm almond milk with cinnamon | Cottage cheese with cinnamon | 200ml milk + 1/4 tsp cinnamon / 100g cheese + 1/4 tsp cinnamon | 10 | 8 | 5 | 117 |

Regional Specialties (Budget-Friendly Options)

North Indian

| Vegetarian Options | Non-Vegetarian Options | Quantity | Protein (g) | Carbs (g) | Fats (g) | Calories |
|---------------------------------|--|--|-------------|-----------|----------|----------|
| Rajma chawal | Butter chicken (small portion) with roti | 1 cup rajma + 1/2 cup rice / 100g chicken | 24 | 45 | 15 | 411 |
| Sattu paratha with mint chutney | Keema matar with roti | 2 parathas + 2 tbsp chutney / 100g keema | 22 | 48 | 16 | 424 |
| Aloo gobi with missi roti | Tandoori chicken with mint chutney | 1.5 cups sabzi + 3 rotis / 150g chicken | 18 | 42 | 14 | 364 |
| Mooli paratha with curd | Egg curry with jeera rice | 2 parathas + 100g curd / 3 eggs + 1/2 cup rice | 20 | 46 | 12 | 372 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-------------------------|-----------------------------|--|---------|-----------|----------|----------|
| Paneer bhurji with roti | Mutton rogan josh with rice | 150g paneer + 3 rotis / 100g mutton + 1/2 cup rice | 25 | 50 | 18 | 462 |

South Indian

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|---------------------------|-----------------------------------|--|---------|-----------|----------|----------|
| Idli sambar | Fish curry with appam | 4 idlis + 1 cup sambar / 120g fish + 2 appams | 18 | 40 | 10 | 322 |
| Dosa with coconut chutney | Chicken chettinad with brown rice | 2 dosas + 3 tbsp chutney / 120g chicken + 1/2 cup rice | 22 | 45 | 14 | 394 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-----------------------|--------------------------------------|---|---------|-----------|----------|----------|
| Rasam rice with papad | Egg podimas with parotta (small) | 1 cup rasam + 1/2 cup rice + 1 papad / 3 eggs + 1 small parotta | 20 | 48 | 16 | 416 |
| Avial with brown rice | Kerala fish fry with kappa (tapioca) | 1.5 cups avial + 1/2 cup rice / 120g fish + 1 cup tapioca | 24 | 50 | 18 | 458 |
| Bisi bele bath | Andhra chicken curry with rice | 1.5 cups bisi bele bath / 120g chicken + 1/2 cup rice | 22 | 46 | 15 | 407 |

East Indian

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--------------------------------|------------------------|--|---------|-----------|----------|----------|
| Dalma with rice | Fish curry with rice | 1.5 cups dalma + 1/2 cup rice / 120g fish + 1/2 cup rice | 20 | 45 | 12 | 364 |
| Pakhala bhata (fermented rice) | Chicken jhol with rice | 1.5 cups pakhala + side veg-gies / 120g chicken + 1/2 cup rice | 18 | 48 | 14 | 386 |
| Litti chokha | Mutton kosha with rice | 3 littis + 1 cup chokha / 100g mutton + 1/2 cup rice | 25 | 50 | 18 | 458 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--------------------------|-----------------------------|--|---------|-----------|----------|----------|
| Ghugni with puffed rice | Fish paturi with rice | 1 cup ghugni + 2 cups puffed rice / 120g fish + 1/2 cup rice | 22 | 42 | 15 | 389 |
| Vegetable chop with curd | Egg chop with mustard sauce | 3 chops + 100g curd / 3 egg chops + 2 tbspc sauce | 18 | 40 | 16 | 372 |

West Indian

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|------------------------|---------------------------|---|---------|-----------|----------|----------|
| Methi thepla with curd | Goan fish curry with rice | 3 the-plas + 100g curd / 120g fish + 1/2 cup rice | 18 | 45 | 14 | 378 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein (g) | Carbs (g) | Fats (g) | Calories |
|---------------------------------------|------------------------------------|---|-------------|-----------|----------|----------|
| Moong dal khichdi with kadhi | Kombdi vade (chicken curry) | 1.5 cups khichdi + 1 cup kadhi / 120g chicken | 24 | 50 | 16 | 440 |
| Dhokla with green chutney | Malvani fish curry with rice | 6 pieces dhokla + 3 tbsp chutney / 120g fish + 1/2 cup rice | 20 | 42 | 12 | 356 |
| Bajra rotla with onion garlic chutney | Chicken sukka with bhakri | 3 rotlas + 3 tbsp chutney / 120g chicken + 2 bhakri | 22 | 48 | 15 | 415 |
| Vegetable undhiyu with rotla | Kheema curry with multigrain rotis | 1.5 cups undhiyu + 2 rotlas / 100g kheema + 3 rotis | 25 | 40 | 18 | 422 |

Seasonal Variations

Summer Options (Light and Hydrating)

| Vegetarian Options | Non-Vegetarian Options | Quantity | Protein (g) | Carbs (g) | Fats (g) | Calories |
|-----------------------------------|---|--|-------------|-----------|----------|----------|
| Cucumber and mint raita with rice | Lemon chicken with quinoa | 1.5 cups raita + 1/2 cup rice / 120g chicken + 1/2 cup quinoa | 18 | 40 | 10 | 322 |
| Watermelon and paneer salad | Cold chicken salad with yogurt dressing | 2 cups watermelon + 100g paneer / 120g chicken + 3 tbsp yogurt | 20 | 25 | 12 | 285 |
| Sattu drink with lemon | Fish in banana leaf (steamed) | 1 glass sattu drink / 120g fish | 22 | 30 | 8 | 288 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--|-------------------------------------|--|---------|-----------|----------|----------|
| Buttermilk curry with rice | Egg white and vegetable scramble | 1.5 cups curry + 1/2 cup rice / 6 egg whites + 1.5 cups veg- gies | 18 | 35 | 10 | 306 |
| Mango lassi with protein powder | Chicken clear soup (cold) | 1 glass lassi + 1/2 scoop pro- tein / 1.5 cups soup | 15 | 25 | 8 | 232 |
| Cucumber tomato sandwich with mint chutney | Cold tuna salad with lemon dressing | 2 multi- grain bread slices + veg- gies / 100g tuna + mixed greens | 16 | 30 | 10 | 274 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-----------------------------------|------------------------------------|---|---------|-----------|----------|----------|
| Sprouted moong and cucumber salad | Chilled prawns with lime and herbs | 1.5 cups sprouts + 1 cucumber / 100g prawns | 18 | 28 | 8 | 256 |
| Beetroot yogurt soup (cold) | Chicken and mint lettuce wraps | 1.5 cups soup / 100g chicken + 4 lettuce leaves | 20 | 25 | 9 | 265 |
| Mixed melon with cottage cheese | Fish ceviche with fresh herbs | 2 cups melon + 100g cottage cheese / 100g fish ceviche | 18 | 30 | 8 | 264 |
| Kokum sherbet with roasted chana | Cold chicken with hung curd dip | 1 glass sherbet + 50g chana / 100g chicken + 4 tbsp dip | 20 | 25 | 10 | 270 |

Winter Options (Warming and Hearty)

| Vegetarian Options | Non-Vegetarian Options | Quantity | Protein (g) | Carbs (g) | Fats (g) | Calories |
|---------------------------------|-----------------------------------|--|-------------|-----------|----------|----------|
| Sarson ka saag with makki roti | Mutton soup with multigrain bread | 1.5 cups saag + 3 rotis / 1.5 cups soup + 2 bread slices | 24 | 45 | 16 | 420 |
| Sweet potato and chickpea curry | Chicken yakhni pulao | 1.5 cups curry + 2 rotis / 1.5 cups pulao | 22 | 50 | 14 | 414 |
| Peanut and jaggery laddoo | Fish curry with rice | 2 small laddoos / 120g fish + 1/2 cup rice | 20 | 48 | 18 | 434 |
| Dry fruit milk | Egg curry with extra spices | 1 glass milk with nuts / 3 eggs in curry + 2 rotis | 18 | 42 | 15 | 375 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|----------------------------------|--------------------------|---|---------|-----------|----------|----------|
| Masala chai with roasted almonds | Bone broth with turmeric | 1 cup chai + 20g almonds / 1.5 cups broth | 12 | 15 | 10 | 198 |

Budget Meal Prep Ideas

One-Pot Meals

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--------------------|-------------------------|---|---------|-----------|----------|----------|
| Mixed dal khichdi | Chicken pulao | 2 cups khichdi / 1.5 cups pulao | 22 | 45 | 12 | 376 |
| Vegetable biryani | Egg biryani | 2 cups veg biryani / 1.5 cups egg biryani | 18 | 50 | 14 | 398 |
| Spinach rice | Fish and vegetable stew | 1.5 cups spinach rice / 1.5 cups stew | 20 | 48 | 10 | 358 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|-----------------------------|--------------------------------|---|---------|-----------|----------|----------|
| Pongal with vegetables | Keema rice bowl | 1.5 cups pongal + veg-gies / 1.5 cups keema rice | 22 | 46 | 15 | 407 |
| Curd rice with vegetables | Chicken and vegetable stir-fry | 1.5 cups curd rice + veg-gies / 1.5 cups stir-fry | 24 | 40 | 12 | 364 |
| Masala oats with vegetables | Chicken soup with barley | 1.5 cups oats + mixed veg-gies / 1.5 cups soup + 1/3 cup barley | 18 | 35 | 10 | 302 |
| Quinoa vegetable pilaf | Tuna and vegetable rice bowl | 1.5 cups quinoa pilaf / 1.5 cups tuna rice bowl | 20 | 42 | 12 | 356 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|---------------------------------------|--------------------------------------|---|---------|-----------|----------|----------|
| Millet porridge with mixed vegetables | Egg fried rice with peas and carrots | 1.5 cups millet porridge / 1.5 cups egg fried rice | 16 | 38 | 14 | 342 |
| Lentil and vegetable stew | Fish curry with one-pot tapioca | 1.5 cups lentil stew / 1.5 cups fish curry with tapioca | 24 | 40 | 10 | 346 |
| Beans and rice casserole | Chicken and sweet potato one-pot | 1.5 cups beans rice / 1.5 cups chicken sweet potato | 22 | 45 | 12 | 376 |

Freezer-Friendly Options

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein | Carbs (g) | Fats (g) | Calories |
|--------------------|------------------------|-----------------------|---------|-----------|----------|----------|
| Vegetable cutlets | Chicken cutlets | 4 cutlets / 4 cutlets | 15 | 30 | 10 | 270 |

| Vegetarian Options | Non-Vegetarian Options | Quantity(g) | Protein (g) | Carbs (g) | Fats (g) | Calories |
|-------------------------|------------------------|---------------------------|-------------|-----------|----------|----------|
| Paneer paratha | Fish curry (portioned) | 2 parathas / 1 cup curry | 20 | 35 | 14 | 346 |
| Rajma curry (portioned) | Egg curry (portioned) | 1 cup curry / 1 cup curry | 22 | 25 | 12 | 292 |
| Methi thepla | Chicken kheema | 4 theplas / 1 cup kheema | 18 | 40 | 15 | 367 |
| Beetroot tikki | Shami kebab | 4 tikkis / 4 kebabs | 16 | 25 | 10 | 254 |

Guidelines for a Budget-Friendly Student Diet

Protein Intake

- **Vegetarian Sources:** Prioritize lentils (dal), paneer, soya chunks, tofu, milk, curd, and legumes like chickpeas and rajma.
- **Non-Vegetarian Sources:** Focus on eggs, fish (especially local varieties), chicken (thighs are more affordable than breast), and occasional mutton.
- **Daily Target:** Aim for at least 1g of protein per kg of body weight.
- **Budget Tip:** Buy in bulk when possible and freeze portions.

Carbohydrate Sources

- **Complex Carbs:** Whole grains, brown rice, multigrain roti, bajra, jowar, ragi, sweet potato.
- **Simple Carbs:** Limit refined grains and sugar; choose fruits for natural sugars.
- **Portions:** Adjust based on activity level – more for active days, less for sedentary days.
- **Budget Tip:** Local grains are often cheaper than imported options like quinoa.

Healthy Fats

- **Sources:** Nuts (especially peanuts), seeds, ghee, mustard oil, coconut oil, olive oil.
- **Portion Control:** Fats are calorie-dense; use in moderation.
- **Budget Tip:** Buy nuts in bulk during sale seasons and store properly.

Meal Timing

- **Regular Schedule:** Stick to the time windows provided for sustained energy levels.
- **Avoid Skipping:** Never skip breakfast, as it sets your metabolism for the day.
- **Night Eating:** Keep dinner light and early when possible.

Hydration

- **Water Intake:** Drink at least 2.5-3L of water daily.
- **Alternatives:** Homemade coconut water, buttermilk, herbal teas.
- **Budget Tip:** Avoid commercial beverages; make infused water with seasonal fruits.

Portion Control

- **Hand Method:**
 - Protein: Palm-sized portion
 - Carbs: Cupped hand portion
 - Vegetables: Two fists
 - Fats: Thumb-sized portion
- ****Adjust portions based on individual energy needs and activity levels.**

Cooking Methods

- **Healthy Options:** Opt for steaming, grilling, baking, or pressure cooking instead of frying.
- **Oil Usage:** Measure oil with a spoon rather than pouring freely.
- **Budget Tip:** Use a non-stick pan to reduce oil requirements.

Shopping Strategies

- **Seasonal Produce:** Buy fruits and vegetables in season when they're cheapest.
- **Local Markets:** Visit local vendors for better prices than supermarkets.
- **Bulk Buying:** For non-perishables like lentils, rice, and spices.
- **Meal Planning:** Plan weekly meals to reduce wastage and impulse purchases.
- **Leftovers:** Repurpose leftovers creatively to avoid waste.

Supplements (Only if necessary)

- **Protein:** Whey/plant protein if unable to meet needs through diet.
- **Multivitamin:** A basic supplement for days when diet variety is limited.
- **Vitamin D & B12:** Consider if you're vegetarian/vegan or have limited sun exposure.
- **Budget Tip:** Prioritize food sources over supplements when possible.

Dining Out Tips

- **Occasional Treat:** Limit to once a week or special occasions.
- **Smart Choices:** Look for protein-rich, less oily options.
- **Budget Options:** South Indian meals, thali options, or shared dishes.
- **Weekday Specials:** Many restaurants offer student discounts or weekday deals.

Sample Grocery List (Monthly Budget ~ 3000-4000)

Staples (Monthly)

- Rice (brown/white mix): 5kg
- Wheat flour (atta): 5kg
- Mixed lentils (toor, moong, masoor, urad): 2kg total
- Millets (ragi, jowar, bajra): 1kg total
- Oats: 500g
- Poha: 500g

Proteins (Weekly)

- Eggs: 12-18 (for non-vegetarians)
- Chicken: 500g (for non-vegetarians)
- Fish: 250g (for non-vegetarians)
- Paneer: 200g
- Tofu: 200g
- Milk: 1L
- Curd/yogurt: 500g
- Soya chunks: 250g

Vegetables (Weekly)

- Seasonal green vegetables: 1kg
- Onions: 500g
- Potatoes: 500g
- Tomatoes: 500g
- Carrots: 250g
- Cucumber: 250g
- Spinach/other greens: 1 bundle
- Seasonal fruits: 1kg

Healthy Fats (Monthly)

- Peanuts: 500g
- Mixed seeds (flax, sunflower): 200g
- Cooking oil (mustard/groundnut): 1L
- Ghee: 200g

Others (Monthly)

- Spices (as needed)
- Salt, sugar, tea/coffee
- Wheat bread: 1 loaf (weekly)
- Roasted chana: 200g

University/Hostel-Specific Tips

Minimal Equipment Cooking

1. **Electric kettle recipes:** Oatmeal, boiled eggs, cup noodles with added vegetables and protein
2. **Microwave meals:** Quick rice bowls, steamed vegetables, heating pre-prepared curries
3. **No-cook options:** Overnight oats, sandwiches, salads, yogurt bowls

Mess/Canteen Optimization

1. **Supplement protein:** Carry boiled eggs or peanuts to add to mess meals
2. **Choose wisely:** Opt for less oily dishes, add extra salad/curd when available
3. **Timing:** Eat fresh batches when possible for better nutritional value

Food Storage

1. **Portion and freeze:** Cook in bulk and freeze individual portions
2. **Air-tight containers:** Invest in good quality containers for longer shelf life
3. **Fresh produce:** Store properly with paper towels to absorb moisture

Academic Performance Boosting Foods

1. **Brain Foods:**
 - Eggs (choline for memory)
 - Fatty fish (omega-3s)
 - Nuts and seeds (vitamin E)
 - Berries (antioxidants)
 - Dark chocolate (flavonoids) - in moderation
2. **Exam Preparation Diet:**
 - Complex carbs for sustained energy

- Protein-rich foods for focus
- Hydration with water and herbal teas
- Avoid heavy, fried foods that cause lethargy

3. **Late-Night Study Sessions:**

- Light protein snacks like yogurt with nuts
- Small fruit portions
- Herbal teas
- Avoid caffeine within 6 hours of sleep

Conclusion

This comprehensive meal plan is designed to provide nutritional balance while keeping costs affordable for Indian students. The plan now includes portion sizes and calorie counts to help with proper meal planning. Unhealthy options have been removed and replaced with more nutritious alternatives. By following these guidelines and incorporating the suggested meals, students can maintain good health and energy levels for academic excellence without straining their budget. Remember to adapt portions and selections based on individual needs, activity levels, and personal preferences.