










# SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN MALE - NORTH INDIAN; NON-VEG

ICMR NIN has suggested a daily intake of 30g of dietary fibre for a sedentary adult male. Here is a suggested meal plan that will help you in meeting your daily fibre requirement.

The Below suggested meal plan is designed to provide Energy: 1800- 2000kcal, Protein: 52-65g & Fiber: 28-30g / day average.

Meal Time	Option 1	Option 2	Option 3	Option 4	Option 5	Option 6	Option 7
 <b>Early morning</b> (7:00 - 7:30am)	Tea (1 Medium Cup)	Coffee (1 Medium Cup)	Tea (1 Medium Cup)	Lemon Tea (1 Medium Cup)	Tea (1 Medium Cup)	Barley Water ( 1 Small Glass)	Lemon Mint Chia Seed Drink (1 Small Glass)
 <b>Breakfast</b> (8:00 - 8:30am)	Multigrain Mix Veg Paratha (2 Medium) + Aloo Sabji (1 Small Bowl) +Carrot Onion Tomato Curd Raita (1 Small Bowl)	Bedami Poori ( 2 Small) + Aloo Chana Sabji (1 Small Bowl) + Mint onion chutney (2 Tbsp)	Multigrain Kulcha With Ghee (2 nos.) + Chanaa Masala (1 Small Bowl) + Mint coriander chutney (1 Tbsp)	Moong Dal Cheela ( 3 nos.) + Tomato Chutney (2 Tbsp)	Carrot Paratha With Less Ghee (2 Medium) + Mint Coriander Chutney ( 2 Tbsp)	Mixed Flour Vegetable Cheela (2 nos.) + Tomato Chutney( 2 Tbsp) + Curd With Salt ( 1 Small Bowl)	Paneer Multigrain Paratha ( 2 Medium) + Coriander Onion Chutney (1 Tbsp)
 <b>Mid- Morning</b> (10:00 - 10:30am)	Fruit Bowl (1Small Bowl)	Mixed Fruit Smoothie (1 Small Glass)	Mix Fruit Lassi (1 Small Glass)	Fresh Fruit Juice (1 Small Glass)+ Tossed Green Salad( 1 small bowl)	Fruits And Nuts Salad With Chia Seeds (1 Small Bowl) + Lassi (1 Small Glass)	Mix Fruit Salad (1 Small Bowl)	Fruit Bowl ( 1 Small Bowl)
 <b>Lunch</b> (1:00 - 1:30pm)	Phulka With Ghee (1 Medium) + Rajma Rice (1 Small Bowl) + Chicken Masala Gravy (1 Small Bowl) + Cucumber Salad (1 small bowl)+ Lassi ( 1 Small Glass)	Jeera Rice (1 Medium Bowl)+ Phulka (1 Small) + Butter Chicken (1 Small Bowl) + Lassi (1 Small Glass)	Phulka ( 1 Small) + Chicken Pulao (1 Medium Bowl) + Capsicum Gravy ( 1 Small Bowl) + Curd With Salt (1 Small Bowl)	Multigrain Laccha Paratha ( 1 Medium) + Rice (1 Small Bowl) + Makhani Chicken Gravy(1 Small Bowl) + Mix veg Salad (1 small bowl) Lassi (1 Small Glass)	Chicken Biryani ( 1Small Bowl) + Multigrain Roti (1 Small) Mix Veg Green Masala Gravy ( 1 Small Bowl) + Onion Tomato Cucumber Cow Milk Curd Raita (1 Small Bowl)	Makki Roti (1 Medium) + Sarson Ka Saag ( 1 Small Bowl) + Rajma Pulao (1 Small Bowl) + Cucumber Salad (1 Small Bowl) + Lassi (1 Small Glass)	Rice ( 1 Medium Bowl) + Phulka (1 Small) + Veg Korma (1 Small Bowl) + Chicken Tandoori (1 no.) + Lassi ( 1 Small Glass)
 <b>Evening</b> (3:30 - 4:00pm)	Coffee (1 Medium cup) + Paneer Aalu Tikki ( 2 nos.)	Tea (1 Medium Cup) + Chole Tikka Chaat (1 Small Bowl)	Coffee (1 Medium Cup)+ Dahi Kachori (1 no.)	Tea (1 Medium Cup) + Veg Shammi Kebab (1 no.)	Coffee (1 Medium Cup) + Minced Chicken Pattice (2 nos.)	Coffee (1 Medium Cup) + Brown Bread Homemade Chicken Sandwich (1 no.)	Tea (1 Medium Cup) + Dahi Balle (1 Small Bowl)
 <b>Dinner</b> (8:00 - 8:30pm)	Radish Paratha With Ghee (2 Medium) + Egg Bhurji (1 Small Bowl) + Sweet Curd (1 Small Bowl)	Multigrain Paratha (2 Medium) + Chicken Matar Kheema Dry (1 Small Bowl) + Mint raita ( 1 Small Bowl)+ Carrot Cucumber Salad (1 Small Bowl)	Chapathi (1 Medium)+ Chicken Tikka Masala Gravy (1 Small Bowl) + Rice (1 Medium Bowl) + Tomato Cucumber Salad (1 Small Bowl) + Sweet Curd (1 Small Bowl)	Multigrain Roti( 2 Medium)+ Chicken Chaap Gravy(1 Small Bowl) + Carrot Cucumber Salad (1 Small Bowl) + Sweet Curd (1 Small Bowl)	Methi Bajra Roti (1 Medium) + Rice (1 Small Bowl) + Punjabi Daal Makhani (1 Small Bowl) + Tomato Cucumber Salad ( 1 Small Bowl) + Sweet Curd (1 Small Bowl)	Multigrain Paratha ( 2 Medium) + Egg Kurma Curry (1 Small Bowl) + Mixed Vegetable Salad ( 1 Small Bowl) + Sweet Curd (1 Small Bowl)	Bajra Roti (1 Medium) + Paneer Kofta Curry ( 1 Medium Bowl) + Moong Dal Khichdi ( 1 medium Bowl) + Tomato Cucumber Salad (1 Small Bowl) +Mint Curd Chutney (2 Tbsp)
 <b>Bedtime</b> (10:00 - 10:30pm)	Badam Drink Mix Milk (1 Medium Cup)	Milk (1 Medium cup)	Badam Drink Mix Milk (1 Medium Cup)	Milk (1 Medium Cup)	Badam Drink Mix Milk (1 Medium Cup)	Turmeric Saffron Milk (1 Medium Cup)	Badam Drink Mix Milk (1 Small Glass)

Note-1 tbsp = 15g, 1 tsp=5g