



# SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN MALE - EAST INDIAN; 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)	Black Tea (1 Medium Cup)	Coffee (1 Medium Cup)	Tea (1 Medium Cup)	Lemon Tea (1 Medium Cup)	Coffee (1 Medium Cup)	Tea (1 Medium Cup)
 <b>Breakfast</b> (8:00 - 8:30am)	Radhaballabhi (2 Medium) + Chholar Dal Posto (1 Small Bowl)	Chana Dal Poori (2 Medium) + Soya Kheema Sabji (1 Small Bowl) + Curd (1 Small Bowl)	Vegetable Suji Uppuma With Ghee (1 Medium Bowl) + Curd ( 1 Small Bowl)	Poori ( 2 Small) + Aloo Sabji (1 Small Bowl) + Curd ( 1 Small Bowl)	Masala Paratha (2 Medium) + Raw Mango Chutney Bengali Style (1 Tbsp) + Curd (1 Small Bowl)	Multigrain Paratha (2 Medium) + Aloo Bhujiya Dry Veg (1 Small Bowl) + Curd (1 Small Bowl)	Coriander Ajwain Luchi ( 2 Large) + Alu Methi Palak Sabji (1 Small Bowl) + Curd (1 Small Bowl)
 <b>Mid- Morning</b> (10:00 - 10:30am)	Fruit Salad (1 Small Bowl)	Mixed Fruit Smoothie (1 Small Bowl)	Fruits And Nuts Salad With Chia Seeds (1 Small Bowl) + Butter Milk (1 Small Glass)	Fruit Bowl (1 Small Bowl)	Fresh Fruit Juice (1 Small Glass)	Fruit Yogurt (1 Small Bowl)	Fruit Salad ( 1 Small Bowl)
 <b>Lunch</b> (1:00 - 1:30pm)	Bengali Paneer Pulao ( 1 Small Bowl) + Multigrain Roti (1 Small) + Bengali Fish Gravy ( 1 Small Bowl) + Onion Tomato Cucumber Curd Raita (1 Small Bowl) + Mixed Vegetable Salad ( 1 Small Bowl)	Sattu Paratha (1 Medium) + Rice (1 Small Bowl) + Aloo Bhindi Sabji (1 Small Bowl) + Mix Daal Fry (1 Small Bowl) + Sweet Curd (1 Small Bowl)	Mixed Vegetable Moong Dal Pulao ( 1 Medium Bowl) + Aloo Baingan Sukhi Sabji (1 Small Bowl) + Multigrain Roti (1 Small) + Tomato Cucumber Salad (1 Small Bowl) + Paneer Masala Gravy ( 1 Small Bowl) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)	Multigrain Roti (1 Medium) + Aloo Methi Shaak Bamboo Shoot Dry Sabji (1 Small Bowl) + Rice (1 Medium Bowl) + Roasted Green Gram Dhal ( 1 Medium Bowl)+ Mixed Vegetable Salad (1 Small Bowl) + Sweet Curd (1 Small Bowl)	Bengali Vegetable Pulao (1 Medium Bowl)+ Aloo Phool Gobi Matar Bengali Style (1 Small Bowl) + Baigan Bhaja (1 No) + Onion Tomato Cucumber Curd Raita ( 1 Small Bowl)	Multigrain Roti (1 Small) + Rice (1 Medium Bowl) + Dahi Kadi With Pakoda (1 Small Bowl) + Mix Veg Paneer Sabji (1 Small Bowl) + Carrot Cucumber Salad (1 Small Bowl) + Tomato Raita (1 Small Bowl)	Multigrain Roti (1 Small) + Vegetable Pulao With Dry Fruits (1 Medium Bowl) + Capsicum Gravy (1 Small Bowl) + Paneer Bhurji (1 Small Bowl) + Onion Tomato Cucumber Curd Raita (1 Small Bowl) + Cucumber Salad ( 1 Small Bowl)
 <b>Evening</b> (3:30 - 4:00pm)	Bengali Style Ghugni (1 Small Bowl) + Coffee (1 Medium Cup)	Bihari Drumstick Leaves Sattu Drink Without Sugar (1 Small Glass) + Wheat Jaggery Thekua (1 no.)	Bhelpuri (1 Medium Bowl) + Tea ( 1 Medium Cup)	Namkeen Khaja (1 no.) + Tea (1 Medium Cup)	Bajra Bhel (1 Small Bowl) + Tea (1 Medium Cup)	Malpua ( 1 no.) + Tea (1 Medium Cup)	Gulgulay ( 1 no. ) + Tea( 1 Medium Cup)
 <b>Dinner</b> (8:00 - 8:30pm)	Multigrain Roti (1 Small) + Bangali Style Anda Sabji ( 1 Medium Bowl) + Bengali Style Khichdi (1 Medium Bowl) + Sweet Curd (1 Small Bowl)	Multigrain Roti (1 Small) + Hari Matar Nimona (1 Small Bowl) + Rice (1 Small Bowl) + Paneer Bhurji (1 Small Bowl) + Cucumber Salad (1 Small Bowl)	Multigrain Roti (2 Small) + Dalma (1 Small Bowl) + Mix Veg Paneer Sabji (1 Small Bowl) + Rice (1 Medium Bowl) + Sweet Curd (1 Small Bowl)	Multigrain Roti ( 1 Small) + Drumstick Leaves Lentils Curry (1 Small Bowl) + Moong Dal Khichdi (1 Medium Bowl) + Spicy Tomato Cucumber Raita With Curd ( 1 Small Bowl)	Multigrain Roti (2 Small)+ Paneer Bhurji (1 Small Bowl) + Rice (1 Medium Bowl) + Bengali Spicy Moong Daal (1 Small Bowl) + Sweet Curd (1 Small Bowl)+ Tomato Cucumber Salad (1 Small Bowl)	Multigrain Roti (2 Small) + Mix Dal Khichdi (1 Medium Bowl) + Mint Raita (1 Tbsp) + Paneer Curry (1 Small Bowl) + Sweet Curd ( 1 Small Bowl)	Multigrain Roti (1 Small) + Moong Curry (1 Medium Bowl) + Rice (1 Medium Bowl) + Palak Tamatar Sabji (1 Small Bowl) + Mixed Vegetable Salad (1 Small Bowl) + Sweet Curd 1 (Small Bowl)
 <b>Bedtime</b> (10:00 - 10:30pm)	Milk (1 Medium Cup)	Badam Milk (1 Medium cup)	Turmeric Milk (1 Medium cup)	Milk (1 Medium Cup)	Badam Milk (1 Medium cup)	Turmeric Milk (1 Medium cup)	Milk (1 Medium Cup)

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