



# SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN MALE - WEST 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)	Coffee (1 Medium Cup)	Tea (1 Medium Cup)	Tea (1 Medium Cup)	Coffee (1 Medium Cup)	Tea (1 Medium Cup)	Coffee (1 Medium Cup)	Tea (1 Medium Cup)
 <b>Breakfast</b> (8:00 - 8:30am)	Aloo Matar Poha (1 Medium Bowl) + Green Chutney (2 tbsp) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)	Methi Jowar Thepla (2 Medium) + Green Chutney (2 tbsp) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)	Masala Poori (2 Medium) + Aloo Paneer Sabji (1 Small Bowl) + Curd (1 Small Bowl)	Onion Semolina Bhakri ( 2 Medium) + Garlic Chutney ( 1 tbsp) + Curd (1 Small Bowl)	Methi Muthia (4 nos.) + Mint Curd Dip ( 2 tbsp)	Bajra Roti (1 Medium) + Garlic Chutney (1Tbsp) + Jeera Soya Curd Raita (1Small Bowl)	Jowar Thalipeeth With Ghee (2 Small) + Curd (1 Small Bowl)
 <b>Mid- Morning</b> (10:00 - 10:30am)	Mixed Fruit Smoothie ( 1 Small Glass)	Mixed Fruits (1 Small Bowl)	Fruit Yogurt (1 Small Bowl)	Kokum Juice ( 1 Small Glass)	Fruits And Nuts Salad With Chia Seeds (1 Small Bowl) + Butter Milk (1 Small Glass)	Fruit Bowl (1 Small Bowl) + Malai Lassi (1 Small Glass)	Fruit Salad (1 Small Bowl)
 <b>Lunch</b> (1:00 - 1:30pm)	Chapathi With Oil (2 Small) + Varan Bhaat (1 Medium Bowl) + Mix Veg Paneer Sabji/ Egg bhurji (1 Medium Bowl) + Butter Milk (1 Small Glass)	Multigrain Roti (1 Medium) + Dudhi Dahi Kadhi (1 Small Bowl) + Jeera Rice (1 Medium Bowl) + Karela Batata Nu Shaak( 1 Small Bowl) + Sweet Curd (1 Small Bowl)	Marwar Ki Kair Sangri ( 1 Small Bowl) + Bajra Roti (1 Medium) + Rice (1 Small Bowl) + Bhindi Kadhi (1 Small Bowl) + Butter Milk ( 1 Small Glass) + Tomato Cucumber Salad ( 1 Small Bowl)	Mushroom Rice (1 Medium Bowl) Multigrain Roti ( 1 Small) + Green Cabbage Bhaji (1 Small Bowl) + Paneer Curry (1 Small Bowl) + Butter Milk (1 Small Glass) + Cucumber Raita (1 Small Bowl)	Oondhiyo (1 Small Bowl) + Multigrain Roti (1 Small) + Paneer Pulao/ Egg pulao (1 Medium Bowl)+ Curd (1 Small Bowl)	Multigrain Roti (1 Small) + Gatte Ka Pulao (1 Small Bowl) + Rajasthani Style Dal Banjara ( 1 Small Bowl) + Sweet Curd (1 Small Bowl) + Tomato Cucumber Salad (1 Small Bowl) + Jeera Chaas (1Small Glass)	Multigrain Roti ( 1 Small) + Paneer Bhurji/ Egg bhurji (1 Small Bowl) + Masala Bhaat With Vegetables (1 Medium Bowl) + Carrot Cucumber Salad (1 Small Bowl) + Sweet Curd (1Small Bowl)
 <b>Evening</b> (3:30 - 4:00pm)	Vada Pao (1 no.) + Tea - (1 medium Cup)	Khaman Dhokla ( 1 no.) + Coffee (1 Medium Cup)	Onion Kachori (1 no.) + Coffee (1 Medium Cup)	Dill Leaves Pancake (1 no.) + Tea (1 Medium Cup)	Masala Khakra (1 Small) + Tea (1 Medium Cup)	Kanji Vada (1 no.) + Mathri (1 no.) + Tea (1 Medium Cup)	Palak Misal Pav (1 Serving) + Tea (1 Medium Cup)
 <b>Dinner</b> (8:00 - 8:30pm)	Multigrain Bhakri (1 Medium) + Khichdi (1 Medium Bowl) + Roasted Green Gram Daal (1 Small Bowl) + Mixed Vegetable Salad( 1 Small Bowl)+ Sweet Curd (1 Small Bowl)	Moong Dal Khichdi ( 1 Medium Bowl) + Multigrain Roti (1 Small) + Soya Chunks Sabji (1 Small Bowl) + Tomato Cucumber Salad (1 Small Bowl) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)	Multigrain Roti ( 2 Small) + Paneer Kofta Kadhi (1 Medium Bowl) + Rice (1 Small Bowl) + Sweet Curd (1 Small Bowl) + Cucumber Salad (1 Small Bowl)	Multigrain Roti (1 Small)+ Aloo Vatana Subji (1 Small Bowl) + Rice (1 Medium Bowl) + Goan Kaju Curry (1 Small Bowl) + Sweet Curd (1 Small Bowl)	Multigrain Roti (1 Small) + Panchkutiyo Shaak (1 Small Bowl) + Sabudana Khichdi ( 1 Medium Bowl) + Cucumber Salad( 1 Small Bowl) + Sweet Curd (1 Small Bowl)	Bajra And Moong Dal Khichdi ( 1 Medium Bowl) + Multigrain Roti (1 Small) Besan Gatte Ki Sabzi (1 Small Bowl) + Curd With Salt (1 Small Bowl)	Vaalachi Khichadi (1 Medium Bowl) + Multigrain Roti (1 Medium) + Veg Kolhapuri Gravy (1 Small Bowl) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)
 <b>Bedtime</b> (10:00 - 10:30pm)	Milk ( 1 Medium Cup)	Badam Drink Mix Milk (1 Medium Cup)	Milk ( 1 Medium Cup)	Badam Drink Mix Milk (1 Medium Cup)	Turmeric Milk (1 Medium Cup)	Badam Drink Mix Milk (1 Medium Cup)	Milk ( 1 Medium Cup)

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