











SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN MALE - SOUTH 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
 Early morning (7:00 - 7:30am)	Tea (1 cup)	Lemon Tea (1 cup)	Coffee (1 cup)	Lemon water (1 glass)	Barley water (1 glass)	Milk (1 small glass) + Almonds (7 nos.)	Chia seed water (1 glass with 2 tsp chia seed)
 Breakfast (8:00 - 8:30am)	Idli (4 medium) + Sambar (1 small bowl) + Coconut Chuttney (2 Tbsp)	Dosa (3 nos.) + Tomato Chuttney (3 Tbsp) + Sambar (1 small bowl)	Veg Rava upma (1 small bowl) + Curd (1 small bowl) + Rava Kesari Bath (1 small Bowl)	Ragi Idli (3 medium) + Mint Chuttney (2 tbsp)+ Veg sambar (1 small bowl)	Puttu (2 medium)+ Sambar (1 small bowl) + Coconut chutney (2 tbsp)	Vermicelli vegetable upma (1 Large bowl) + Coconut chutney (3 tbsp)	Iddiyapam (2 nos.)+ Kara pongal (1 small bowl)+ Coconut coriander chutney (3 tbsp)
 Mid- Morning (10:00 - 10:30am)	Mixed fruit salad (1 small bowl)	Tender coconut water (1 glass) + Southekai Kosambari (1 small bowl)	Mixed sprouts (1 small bowl) + Almonds (8 nos.)	Fresh fruit juice (1 glass) + Mixed nuts (2 tbsp)	Dry fruit smoothie (1 glass)	Mixed fruit bowl (1 medium)	Buttermilk (1 glass)
 Lunch (1:00 - 1:30pm)	Multigrain Roti (3 medium)+ Rice (1 small bowl) + Tomato rasam (1 small bowl) + Mix vegetable sabji (1 small bowl)	Phulka (2 nos.) + Chicken pulao (1 medium bowl) + Beetroot sabji (1 small bowl)+ Mint Raita (1 small bowl)	Ragi Mudde (1 medium) + Rice (1 medium bowl) + Fish curry (1 small bowl) + Carrot cucumber salad (1 medium bowl)	Multigrain Roti (2 medium)+ Rice (1 small bowl) + Spicy & sour dhal (1 small bowl) + 1 piece Fish Fry	Pepper Rasam (1 medium bowl) + Rice (1 medium bowl) + 1 Missi Roti + Peanut chutney (2 tbsp) + Tomato Onion Cucumber salad (1 small bowl)+ Grilled Chicken Lollipop (1 no.)	Multigrain roti (3 medium) +Tomato cucumber salad (1 medium bowl) + Coriander chutney (4 tbsp) + Curd rice (1 small bowl) + Dal (1 small bowl)	Multigrain Roti (2 medium)+ Lemon rice (1 medium bowl) + Chicken gravy (1 small bowl) + Sweet curd (1 small bowl)
 Evening (3:30 - 4:00pm)	Tea (1 cup) + Medhu Vada 1 no.	Peanut Sundal (1 small bowl)	Chana dal vada (2 nos.) + Green tea (1 cup)	Vegetable sandwich (1 no.) + Tea (1 cup)	Vegetable cutlet (2 nos.) + Coffee (1 cup)	Bhel puri with sprouts (1 small bowl) + Green tea (1 cup)	Vegetable soup (1 small bowl) + Garlic bread rolls (2 nos.)
 Dinner (8:00 - 8:30pm)	Multigrain Roti (2 medium) + Rice (1 medium bowl) + Chicken masala curry (1 medium bowl) + Mint Raita (1 small bowl)	Multigrain roti (2 medium) + Chicken aloo kheema dry (1 small bowl) + Peanut Chutney (3 Tbsp) + Sweet curd (1 small bowl)	Multigrain Roti (3 medium) +Jeera rice (1 medium bowl) + Fish curry (1 small bowl) + Mix veg salad (1 medium bowl)	Dosa (2 nos.) + Moong dalh khichdi (1 medium bowl) + Methi Sabji (1 medium bowl) + Onion raita (1 medium bowl)	Multigrain roti (3 medium) + Egg Bhurji (1 small bowl) + Sweet curd (1 small bowl) + Carrot cucumber salad (1 small bowl)	Multimillet vegetable khichdi (1 medium bowl) + Tomato cucumber salad (1 medium bowl)+ Mint raita (1 medium bowl) + Fried chicken pieces (2 nos.)	Pesarettu (1 no.) + Brown rice (1 medium bowl) + Paneer masala Gravy (1 small bowl) + Beetroot sabji (1 medim bowl)+ Cucumber salad (1 samll bowl)+ Curd (1 small bowl)
 Bedtime (10:00 - 10:30pm)	Milk (1 glass)	Milk (1 glass)	Milk (1 glass)	Buttermilk (1 glass)	Buttermilk (1 glass)	Milk (1 glass)	Milk (1 glass)

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