










SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN FEMALE - SOUTH INDIAN; VEG

ICMR NIN has suggested a daily intake of 25g of dietary fibre for a sedentary adult female. 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: 1600-1800kcal , Protein: 44-55g & Fiber: 23-25g / 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)	Coffee (1 cup)	Black Tea (1 cup)	Lukewarm lime water (1 glass)	Barley water (1 glass)	Milk (1 cup)	Chia seed water (1 glass with 1 tsp chia seed)
 Breakfast (8:00 - 8:30am)	Idli (4 Medium) + Sambar (1 small bowl) + Coconut Chuttney (1 Tbsp)	Multigrain Dosa (2 nos.) + Tomato Chuttney (2 Tbsp) + Sambar (1 small bowl)	Veg Rava upma (1 small bowl) + Boondi Curd raita (1 small bowl) + Rava Kesari Bath (1 small Bowl)	Rava Idli (3 medium) + Mint Chuttney (2 tbsp) + Veg sambar (1 small bowl)	Puttu (2 medium) + Sambar (1 small bowl) + Coconut chutney (1 Tbsp)	Puttu (2 medium) + Sambar (1 medium bowl) + Coconut chutney (1 Tbsp)	Iddiyapam (2 nos.) + Coconut & mint chuttney (2 tbsp) + Mix dhal sambar (1 small bowl)
 Mid- Morning (10:00 - 10:30am)	Mixed fruit salad (1 medium bowl)	Tender coconut water (1 glass) + Southeikai Kosambari (3 tbsp)	Buttermilk (1 glass)	Fresh fruit juice (1 glass)	Dry fruit smoothie (1 small glass)	Dry fruit smoothie (1 small glass)	Apple banana milkshake (1 glass)
 Lunch (1:00 - 1:30pm)	Mutigrain Roti (1 medium) + Rice (1 medium bowl) + Dhal (1 small bowl) + Mix vegetable sabji (1 small bowl)	Methi pulao (1 medium bowl) + Paneer Sabji (1 small bowl) + Chapathi (1 no.)+ Curd (1 small bowl)	Ragi Ball (1 small) + Rice (1 small bowl) + Mix Green leaves sambar (1 small bowl) + Sweet curd (1 small bowl)	Multigrain roti (1 medium) + Brown Rice (1 small bowl) + (1 small bowl) Ladies finger Sabji + Bottle gourd curry (1 medium bowl)	Rasam Rice (1 medium bowl) + Missi Roti (2 nos.) + (1 small bowl) Chiken tikka + Mint chutney (1 tbsp)	Rasam Rice (1 medium bowl) + Missi Roti (2 nos.) + Cauliflower Sabji (1 small bowl)	Muligrain roti with ghee (1 medium) + Lemon rice (1 medium bowl) + Paneer gravy (1 small bowl) + Curd (1 small bowl)
 Evening (3:30 - 4:00pm)	Tea (1 cup)+ Medhu Vada (2 nos.)	Tomato Soup soup (1 small bowl) + Boiled Peanut Sundal (1 small bowl) + Lemon tea (1 cup)	Coffee (1 cup) + Paneer cheese cutlet (1 no.)	Whole Wheat bread paneer sandwich (1 no.) + Tea (1 cup)	Boiled sweet corn (1 medium bowl)+ Coffee (1 cup)	Roasted Makhana (1 medium bowl) + Coffee (1 cup)	Chana dal vada (1 no.) + Coffee (1 cup)
 Dinner (8:00 - 8:30pm)	Vegetable Dalia Khichdi (1 Medium bowl) + Paneer Bhurji or Egg Bhurji (1 small bowl) + Onion Tomato Cucumber Curd Raita (1 small bowl)	Multigrain Roti (2 medium) + Brown rice (1 small bowl) + Paneer curry (1 small bowl) + Sweet curd (1 small bowl)	Multigrain Roti (1 medium) + Jeera rice (1 small bowl) + Soya chunks curry or Egg curry (1 small bowl) + Mix veg salad (1 small bowl)	Wheat Dosa (1 no.) + Moong dal khichdi (1 medium bowl) + Peanut chutney (1 tbsp) + Sweet curd (1 small bowl)	Multigrain Roti (2 medium) + Paneer bhurji (1 small bowl) + Sweet curd (3 tbsp)	Multigrain Roti (1 medium) + Vegetable brown rice pulao (1 small bowl) + Paneer bhurji (1 small bowl) + Curd (1 small bowl)	Pesarettu (2 nos.) + Tomato chutney (2 tbsp) + Palak curry (1 small bowl) + Sweet curd (1 small bowl)
 Bedtime (10:00 - 10:30pm)	Badam milk (1 glass)	Milk (1 glass)	Badam milk (1 glass)	Milk (1 glass)	Badam milk (1 glass)	Milk (1 glass)	Badam milk (1 glass)

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