











# SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN MALE - INTERNATIONAL; 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)	Coffee (1 Medium Cup)	Black Tea (1 Medium Cup)	Green Tea (1 Medium Cup)	Coffee (1 Medium Cup)	Tea (1 Medium Cup)	Tea (1 Medium Cup)	Black Coffee (1 Medium Cup)
 <b>Breakfast</b> (8:00 - 8:30am)	Banana Pancake (3 nos.) + Scrambled Egg (1 Small Bowl) + Fresh Fruit Juice ( 1 Small Glass)	Mix Dal Hummus (1 Small Bowl) + Foul Medames With Egg (1 Small Bowl) + Pita Bread (2 Small)	Vegetable Brown Rice Congee (1Small Bowl) + Vegetable Ragi Wonton Soup 1 (Small Soup Bowl)	Multigrain Bread Boiled Egg Sandwich ( 1 no.) + Fruit Bowl (1 Small Bowl) + Fresh Fruit Juice (1 Small Glass)	Multigrain Bread Toast With Butter ( 1 no.) + Sunny Side Up (1 Egg) + Baked Kidney Beans Homemade (1 Small Bowl) + Grilled Vegetables ( 1 Small Bowl)	Multigrain Bread Mexican Cheese Sandwich (1no.) + Fresh Fruit Juice (1 Small Glass)	French Baguette Sandwich (1 no.) + French Crepes With Strawberry Spread ( 1 no.) + Egg Scrambled (1Small Bowl) + Fresh Orange Juice (1 Small Glass)
 <b>Mid- Morning</b> (10:00 - 10:30am)	Mixed Fruit Smoothie (1 Small Glass)	Fruit Salad (1Small Bowl)	Dry Fruit Smoothie (1 Small Bowl)	Apple Smoothie (1 Small Bowl)	Fruit Bowl (1 Small Bowl)	Dry Fruit Smoothie (1 Small Bowl)	Chia Fruit Salad With Honey (1 Small Bowl)
 <b>Lunch</b> (1:00 - 1:30pm)	Chicken Burger Homemade (1 No small) + Tossed Green Salad (1 Small Bowl)	Tabouleh (1 Small Bowl) + Yemeni Chicken Mandi (1 Small Bowl)	Prawns Vegetable Fried Rice (1 Small Bowl) + Veg Manchurian Gravy ( 1 Small Bowl) + Schezwan Hakka Noodles (1 Small Bowl) + Paneer Chilli Fry (1 Small Bowl)	Barbecued Chicken Lasagna (1 Small Bowl) + Multigrain Garlic Bread With Cheese And Herbs (1no.)	Cream Of Carrot Pumpkin Soup (1 Small Soup Bowl) + Multigrain Bread Mac And Cheese Sandwich (1no.)	Mexican Veg Brown Rice (1 Small Bowl) + Whole Wheat Sesame Vegetable Quesadilla Wrap ( 1 no.) + Hung Curd Garlic Dip (1 Tbsp)	French Tofu Onion Soup (1 Small Soup Bowl) + Baked Vegetable Au Gratin ( 1 Small Bowl) + Tossed Green Salad (1 Small Bowl) + Garlic Bread With Multigrain Bread Homemade (1 no.)
 <b>Evening</b> (3:30 - 4:00pm)	Multigrain Bread Vegetable Grilled Sandwich (1 no.) + Spinach Broccoli Soup ( 1 Small Soup Bowl)	Whole Wheat Flour Paneer Vegetable Shawarma (1 no.)	Veg Manchow Soup With Fried Noodles (1Small Soup Bowl) + Corn Cheese Spring Roll (1 no.)	Multigrain Pizza (1 no.) + Italian Minestrone Soup ( 1 Small Soup Bowl)	Chicken Burger (1 no.) + Coffee ( 1 Medium Cup)	Chicken Fajita Taco ( 2 nos.) + Tea (1 Medium Cup)	Multigrain Croissant (1 No) Fruit Tart (1 Serving) + Black Coffee (1 Medium Cup)
 <b>Dinner</b> (8:00 - 8:30pm)	Rice (1 Small Bowl) + Grilled Vegetables (1 Small Bowl) + Field Beans Curry (1 Small Bowl) + Mashed Potato (1 Small Bowl)	Lebanese Mutabel (1 Small Bowl) + Whole Wheat Pita Bread (1 No) + Pumpkin Muhamara Dip (1 Tbsp)	Chicken Burnt Garlic Fried Rice ( 1 Small Bowl) + Paneer Sizzler With Noodles ( 1 Serving) + Babycorn Manchurian Dry (1 Small Bowl) + Chinese Green Salad (1 Small Bowl) + Fruit Yogurt (1 Small Bowl)	Mushroom Multigrain Spaghetti In White Sauce (1 Medium Bowl) Mixed Vegetable Salad (1 Small Bowl) + Garlic Bread With Multigrain Bread Homemade (1 no.)	Quinoa Vegetable Fried Rice(1 Large Bowl) + Cream of Spinach Soup (1 Small Soup Bowl) + Grilled Vegetables (1 Small Bowl) + Mashed Potato Carrot (1 Small Bowl)	Bean Corn Enchiladas (1 no.) + Roasted Egg Plant Mexican Dip (1 Tbsp)	Ratatouille (1 Medium Bowl) + Rice (1 Medium Bowl) + Baked Chicken Au Gratin ( 1 Small Bowl) + Beetroot Carrot Salad (1 Small Bowl) + Garlic Bread With Multigrain Bread Homemade (1 no.)
 <b>Bedtime</b> (10:00 - 10:30pm)	Milk (1 Medium Cup)	Badam Drink Mix Milk (1 Medium Cup)	Milk (1 Medium Cup)	Milk (1 Medium Cup)	Milk (1 Medium Cup)	Milk (1 Medium Cup)	Milk (1 Medium Cup)

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