







SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN MALE - WEST 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)	Lemon Tea (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)
 Breakfast (8:00 - 8:30am)	Aloo Matar Poha (1 Medium Bowl) + Green Chutney (1 Tbsp) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)	Methi Jowar Thepla (2 Small) + Green Chutney (1 Tbsp) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)	Masala Poori (4 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 (2 Medium) + Garlic Chutney (1Tbsp) + Jeera Soya Curd Raita (1 Small Bowl)	Jowar Thalipeeth With Ghee (2 Small) + Curd (1 Small Bowl)
 Mid- Morning (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)
 Lunch (1:00 - 1:30pm)	Chapathi With Oil (2 Small) + Varan Bhaat (1 Small Bowl) + Egg bhurji (1 Small Bowl) + Butter Milk (1 Small Glass)	Multigrain Roti (1 Small) + 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 - 1.0 Medium Bowl Multigrain Roti - (1 Small) Green Cabbage Bhaji (1 Small Bowl) + Goan Chicken Curry With Coconut (1 Small Bowl) + Butter Milk (1 Small Glass) + Cucumber Raita (1 Small Bowl)	Oondhiyo (1 Small Bowl) + Multigrain Roti (1 Small) + Baroda Chicken 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) + Tomato Cucumber Salad (1 Small Bowl) + Jeera Chaas (1 Small Glass)	Multigrain Roti (1 Medium) + Kolhapuri Style Egg Curry (1 Small Bowl) + Masala Bhaat With Vegetables (1 Small Bowl) + Carrot Cucumber Salad (1 Small Bowl) + Sweet Curd (1 Small Bowl)
 Evening (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)
 Dinner (8:00 - 8:30pm)	Multigrain Bhakri (1 Medium) + Khichdi (1 Small Bowl) + Roasted Green Gram Daal (1 Small Bowl) + Mixed Vegetable Salad(1 Small Bowl)+ Basa Fish Rava Fry (1 No)	Moong Dal Khichdi (1 Medium Bowl) + Multigrain Roti (1 Small) +Methi Chicken Curry (1 Small Bowl) + Tomato Cucumber Salad (1 Small Bowl) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)	Multigrain Roti (2 Small) + Laal Maas(1 Small Bowl) + Jeera Rice (1 Small Bowl) + Sweet Curd (1 Small Bowl) + Cucumber Salad (1 Small Bowl)	Multigrain Roti (1 Medium)+ Aloo Vatana Subji (1 Small Bowl) + Rice (1 Small Bowl) +Goan Prawns Curry (1 Medium 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 Small Bowl) + Multigrain Roti (1 Small) Mohan Maas Chicken (1 Small Bowl) + Curd With Salt (1 Small Bowl)	Vaalachi Khichadi (1 Small Bowl) + Multigrain Roti (1 Medium) + Varhadi Chicken Curry (1 Small Bowl) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)
 Bedtime (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