










# SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN MALE - NORTH 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)	Tea (1 Medium Cup)	Coffee (1 Medium Cup)	Tea (1 Medium Cup)	Lemon Tea (1 Medium Cup)	Tea (1 Medium Cup)	Barley Water ( 1 Small Glass)	Lemon Mint Chia Seed Drink (1 Small Glass)
 <b>Breakfast</b> (8:00 - 8:30am)	Multigrain Mix Veg Paratha (2 Medium) + Aloo Sabji (1 Small Bowl) + Curd With Salt (1 Small Bowl)	Bedami Poori ( 2 Small) + Aloo Chana Sabji (1 Small Bowl) + Curd With Salt (1 Small Bowl)	Multigrain Kulcha With Ghee (2 nos.) + Chanaa Masala (1 Small Bowl) + Mint Curd Dip (1 Small Bowl)	Moong Dal Cheela ( 3 nos.) + Tomato Chutney (2 Tbsp) + Mint Curd Dip (1 Small Bowl)	Carrot Paratha ( 2 Medium) + Mint Coriander Chutney ( 2 Tbsp)	Mixed Flour Vegetable Cheela ( 2 nos.) + Tomato Chutney( 2 Tbsp) + Curd With Salt ( 1 Small Bowl)	Paneer Multigrain Paratha ( 1 Medium) + Mint Coriander Chutney (2 Tbsp) + Curd With Salt (1 Small Bowl)
 <b>Mid- Morning</b> (10:00 - 10:30am)	Fruit Bowl (1 Small Bowl)	Mixed Fruit Smoothie (1 Small Glass)	Mix Fruit Lassi (1 Small Glass)	Fresh Fruit Juice (1 Small Glass)	Fruits And Nuts Salad With Chia Seeds (1 Small Bowl) + Lassi (1 Small Glass)	Mix Fruit Salad (1 Small Bowl)	Fruit Bowl ( 1 Small Bowl) + Butter Milk (1 Small Glass)
 <b>Lunch</b> (1:00 - 1:30pm)	Phulka With Ghee ( 1 Medium) + Rajma Rice (1 Medium Bowl) + Cauliflower Sabji (1 Small Bowl) + Lassi ( 1 Small Glass)	Jeera Rice (1 Medium Bowl) + Phulka (1 Small) + Daal Makhani (1 Small Bowl) + Matar Paneer Subji (1 Small Bowl) + Lassi (1 Small Glass)	Phulka ( 1 Small) + Corn Paneer Pulao (1 Medium Bowl) + Capsicum Gravy ( 1 Small Bowl) + Curd With Salt (1 Small Bowl)	Multigrain Laccha Paratha ( 1 Medium) + Rice (1 Small Bowl) + Veg Makhani (1 Small Bowl) + Tawa Paneer Sabji (1 Small Bowl) + Lassi (1 Small Glass)	Vegetable Biryani (1 Medium Bowl) + Multigrain Roti ( 1 Small) Paneer Curry/ Egg curry ( 1 Medium Bowl) + Curd With Salt (1 Small Bowl)	Makki Roti ( 1 Medium) + Sarson Ka Saag ( 1 Small Bowl) + Rajma Pulao (1 Small Bowl) + Beetroot Carrot Salad (1 small bowl) + Lassi ( 1 Small Glass)	Rice ( 1 Medium Bowl) + Phulka (1 Small) + Veg Korma (1 Small Bowl) + Lassi ( 1 Small Glass)
 <b>Evening</b> (3:30 - 4:00pm)	Coffee (1 Medium cup) + Paneer Aalu Tikki ( 2 no.)	Tea (1 Medium Cup) + Chole Tikka Chaat (1 Small Bowl)	Coffee (1 Medium Cup)+ Dahi Kachori (1 no.)	Tea (1 Medium Cup) + Veg Shammi Kebab (1 no.)	Coffee (1 Medium Cup) + Paneer Cheese Cutlet (2 nos.)	Coffee (1 Medium Cup) + Brown Bread Veggie Paneer Sandwich (1 no.)	Tea (1 Medium Cup) + Dahi Balle (1 Small Bowl)
 <b>Dinner</b> (8:00 - 8:30pm)	Radish Paratha With Ghee (2 Medium) + Paneer Sabji/ Egg bhurji (1 Medium Bowl) + Sweet Curd (1 Small Bowl)	Multigrain Paratha (2 Medium) + Soya Chunks Sabji ( 1 Medium Bowl) + Sweet Curd ( 1 Small Bowl) + Tomato Cucumber Salad (1 Small Bowl)	Chapathi ( 1 Medium) + Paneer Makhni (1 Small Bowl) + Rice (1 Medium Bowl) + Tomato Cucumber Salad (1 Small Bowl) + Sweet Curd ( 1 Small Bowl)	Multigrain Roti ( 2 Medium) + Soya Chaap Gravy (1 Small Bowl) + Carrot Cucumber Salad (1 Small Bowl) + Sweet Curd (1 Small Bowl)	Methi Bajra Roti (1 Medium) + Rice (1 Small Bowl) + Punjabi Daal Makhani (1 Small Bowl) + Tomato Cucumber Salad ( 1 Small Bowl) + Sweet Curd (1 Small Bowl)	Multigrain Paratha ( 2 Medium) + Paneer Bhurji/ Egg bhurji (1 Small Bowl) + Roasted Green Gram Daal (1 Small Bowl) + Mixed Vegetable Salad ( 1 Small Bowl) + Sweet Curd (1 Small Bowl)	Bajra Roti (1 Medium) + Paneer Kofta Curry ( 1 Medium Bowl) + Dal Khichdi With Soya ( 1 Small Bowl) + Tomato Cucumber Salad (1 Small Bowl) + Sweet Curd (1 Small Bowl)
 <b>Bedtime</b> (10:00 - 10:30pm)	Badam Drink Mix Milk (1 Medium Cup)	Milk (1 Medium cup)	Badam Drink Mix Milk (1 Medium Cup)	Milk (1 Medium Cup)	Badam Drink Mix Milk (1 Medium Cup)	Turmeric Saffron Milk (1 Medium Cup)	Badam Drink Mix Milk (1 Small Glass)

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