











# SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN FEMALE - SOUTH INDIAN; NON-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
 <b>Early morning</b> (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)
 <b>Breakfast</b> (8:00 - 8:30am)	Idli (4 medium) + Sambar ( 1 small bowl) + Coconut chuttney (1 Tbsp )	Multigrain Dosa (2 nos.) + Peanut Chuttney (1 Tbsp) + Sambar (1small bowl)	Veg Rava upma ( 1 small bowl) + Boondi Curd raita (1 small bowl) + Rava kesari bhath (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)	Vermicelli vegetable upma (1 medium bowl) + Coconut mint chutney (1 Tbsp)	Iddiyapam (2 nos.)+ Coconut & mint chuttney (2 tbsp) + Mix dhal sambar ( 1 small bowl)
 <b>Mid- Morning</b> (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)	Mixed sprouts salad (1 small bowl) + Buttermilk (1 glass)	Apple banana milkshake (1 glass)
 <b>Lunch</b> (1:00 - 1:30pm)	Mutigrain Roti (1 medium)+ Rice (1 medium bowl) + Mackrel fish curry (1 medium bowl) + Tomato cucumber salad (1 small bowl)	Brown rice chicken pulao (1 medium bowl) + Chapathi (1 medium) + Ladies finger sabji (1small bowl) + Curd (1small bowl)	Ragi Ball (1 small size) + Rice (1 small bowl) + Chicken masala curry ( 1 small bowl) + Carrot cucumber salad (1small bowl)	Multigrain roti (1 medium) + Brown Rice prawns pulao (1 medium bowl) + Curd (1 small bowl) + Peanut chutney (1 tbsp)	Rasam Rice (1 medium bowl) + Missi Roti (2 nos.) + (1 small bowl) Chiken tikka + Mint chutney (1 tbsp)	Multigrain roti (2 medium)+ Paneer gravy (1 small bowl) + Curd Rice 1 (medium bowl) + Vegetable salad (1 small bowl)	Egg Pulao (1 medium bowl) + Mix veg salad (1 small bowl) + Curd (1 small bowl)
 <b>Evening</b> (3:30 - 4:00pm)	Tea (1 cup) + Medhu Vada (2 nos.)	Roasted Makhana (1 small bowl) + Tea (1 cup)	Coffee (1 cup) + Chicken pattice (1 no.)	Whole wheat bread chicken sandwich (1 no.)+ Tea (1 cup)	Boiled sweet corn (1 medium bowl)+ Coffee (1 cup)	Bhel Puri (1 small bowl) + Tea ( 1 cup)	Chana dal vada (2 nos.) + Coffee (1 cup)
 <b>Dinner</b> (8:00 - 8:30pm)	Vegetable Dalia Khichdi (1 Medium bowl) +Egg Bhurji (1 small bowl) + Buttermilk ( 1 glass)	Multigrain Roti (2 medium) + Chicken aloo kheema dry (1 small bowl) + Sweet curd (1 small bowl)	Multigrain Roti (2 medium) + Jeera rice (1 small bowl) + Egg curry (1 small bowl) + Mix veg salad (1 small bowl)	Wheat Dosa (2 nos.) + Egg bhurji (1 medium bowl) + Sweet curd (1 small bowl)	Multigrain Roti (2 medium) + Paneer bhurji (1 small bowl) + Sweet curd (3 tbsp)	Onion uttapam (2 nos.) + Multi millet vegetable khichdi (1 small bowl) + Chicken dry (1 small bowl) + Curd raita (1 small bowl)	Multigrain Roti (2 medium) + Paneer gravy (1 medium bowl) + Sweet curd (1 small bowl)
 <b>Bedtime</b> (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