








SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN FEMALE - WEST 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: 44-55 g & 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)	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 Small Bowl) + Green Chutney (1 Tbsp)	Methi Jowar Thepla (2 Small) + Green Chutney (1 Tbsp) + Onion Tomato Cucumber Curd Raita (1 Small Bowl)	Masala Poori (3 Medium) + Aloo Paneer Sabji (1 Small Bowl) + Curd (1 Small Bowl)	Onion Semolina Bhakri (2 Small) + Garlic Chutney (1 Tbsp) + Curd (1 Small Bowl)	Methi Muthia (3 nos.) + Mint Curd Dip (2 Tbsp)	Bajra Roti (1 Medium) + Garlic Chutney (1Tbsp) + Jeera Soya Curd Raita (1Small 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)	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) + Aambat Batata Bhaji (1 Small Bowl) + Sweet Curd (1 Small Bowl)	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 Small) + Rice (1 Medium Bowl) + Bhindi Kadhi (1 Small Bowl) + Butter Milk (1 Small Glass)	Mushroom Rice (1 Small 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)	Multigrain Roti (1 Medium) + Baroda Chicken Pulao (1 Medium Bowl)+ Sev Tomato Shaak (1 Small 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)	Multigrain Roti (1 Small) + Kolhapuri Style Egg Curry (1 Small Bowl) + Masala Bhaat With Vegetables (1 Small Bowl) + Mixed Vegetable Salad (1 Small Bowl) + Butter Milk (1 Small Glass)
 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 Small) + Khichdi (1 Small Bowl) + Roasted Green Gram Daal (1 Small Bowl) + Basa Fish Rava Fry (1 No) + Mixed Vegetable Salad(1 Small Bowl)+ Curd (1 Small Bowl)	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 (1 Medium) + Laal Maas(1 Small Bowl) + Jeera Rice (1 Small Bowl) + Sweet Curd (1 Small Bowl) + Cucumber Salad (1 Small Bowl)	Multigrain Roti (1 Small)+ Aloo Vatana Subji (1 Small Bowl) + Rice (1 Small Bowl) + Goan Prawns Curry (1 Small Bowl) + Sweet Curd (1 Small Bowl)	Multigrain Roti (1 Medium) + 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 Medium Bowl) + Multigrain Roti (1 Small) Safed Maas Chicken (1 Medium Bowl) + Curd With Salt (1 Small Bowl)	Vaalachi Khichadi (1 Small Bowl) + Multigrain Roti (1 Small) + Paneer Masala Gravy (1 Small Bowl) + Sweet Curd (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