










SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN FEMALE - INTERNATIONAL; 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 |
|--|---|--|--|--|---|--|--|
|  Early morning (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) |
|  Breakfast (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 (1 Small Bowl) + Vegetable Ragi Wonton Soup 1 (Small Soup Bowl) | Cheddar Cheese Egg Breakfast Multigrain Bread Sandwich (1 No small) + 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 (1 no.) + Fresh Fruit Juice (1 Small Glass) | French Baguette Sandwich (1 no.) + French Crepes With Strawberry Spread (1 no.) + Egg Scrambled (1 Small Bowl) + Fresh Orange Juice (1 Small Glass) |
|  Mid- Morning (10:00 - 10:30am) | Mixed Fruit Smoothie (1 Small Glass) | Fruit Salad (1 Small Bowl) | Dry Fruit Smoothie (1 Small Bowl) | Apple Smoothie (1 Small Bowl) | Fruit Bowl (1 Small Bowl) | Dry Fruit Smoothie (1 Small Bowl) | Fruits And Nuts Salad With Chia Seeds (1 Small Bowl) |
|  Lunch (1:00 - 1:30pm) | Vegetable Cheese Whole Wheat Burger -(1 No) + Tossed Green Salad (1 Small Bowl) | Tabouleh (1 Small Bowl) + Kosheri (1 Small Bowl) | Vegetable Fried Brown Rice (1 Small Bowl) + Veg Manchurian Gravy (1 Small Bowl) + Schezwan Hakka Noodles (1 Small Bowl) + Paneer Chilli Fry (1 Small Bowl) + Sprouted Green Moong Bean Chinese Salad (1 Small Bowl) | Vegetable Multigrain Pasta In Red Sauce (1 Medium Bowl) + Multigrain Garlic Bread With Cheese And Herbs (1 no.) | Cream Of Carrot Pumpkin Soup (1 Small Soup Bowl) + Multigrain Bread Mac And Cheese Sandwich (1no.) | Mexican Veg Brown Rice (1 Large Bowl) + Whole Wheat Sesame Vegetable Quesadilla Wrap (1 No) + Hung Yoghurt Garlic Dip (1Tbsp) | 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.) |
|  Evening (3:30 - 4:00pm) | Multigrain Bread Vegetable Grilled Sandwich (1 no. Small) + Spinach Broccoli Soup (1 Small Soup Bowl) | Whole Wheat Flour Paneer Vegetable Shawarma (1 no.) | Veg Manchow Soup With Fried Noodles (1 Small Soup Bowl) + Corn Cheese Spring Roll (2 nos.) | Multigrain Pizza (1 no.) + Italian Minestrone Soup (1 Small Soup Bowl) | Veg Whole Wheat Burger (1 no.) + Coffee (1 Medium Cup) | Paneer Tacos (2 nos.) + Tea (1 Medium Cup) | Multigrain Croissant (1 no.) Fruit Tart (1 Serving) + Cappuccino (1 Medium Cup) |
|  Dinner (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) | Egg 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) + Garlic Bread With Multigrain Bread Homemade (1 no.) | Quinoa Vegetable Fried Rice(1 Medium Bowl) + Broccoli Soup (1 Small Soup Bowl) + Mashed Potato Carrot (1 Small Bowl) | Bean Corn Enchiladas (1 no.) + Mexican Salad (1 Small Bowl) | French Onion Soup (1 Small Soup Bowl) + Ratatouille (1 Medium Bowl) + Rice (1 Medium Bowl) + Mashed Potato (1 Small Bowl) + Beetroot Carrot Salad (1 Small Bowl) + Garlic Bread With Multigrain Bread Homemade (1 no.) |
|  Bedtime (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