








SUGGESTED MEAL PLAN FOR SEDENTARY ADULT INDIAN MALE - INTERNATIONAL; VEG

ICMR NIN has suggested a daily intake of 30g of dietary fiber 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)	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 (4 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.) + 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 Medium Bowl) + Veg Manchurian Gravy (1 Small Bowl) + Schezwan Hakka Noodles (1 Medium 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) + Tossed Green Salad (1 Small 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 (1 no.) + Tossed Green Salad (1 Small Bowl)	Veg Burrito Bowl (1 Medium Bowl) + Whole Wheat Sesame Vegetable Quesadilla Wrap (1 no.)	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 (2 nos.)
 Evening (3:30 - 4:00pm)	Multigrain Bread Vegetable Grilled Sandwich (1 no.) + Spinach Broccoli Soup (1 Small Soup Bowl)	Whole Wheat Flour Paneer Vegetable Shawarma (1 no.)	Veg Manchow Soup With Fried Noodles (1Small Soup Bowl) + Corn Cheese Spring Roll (2 no.)	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 (2 No) + Pumpkin Muhamara Dip (1 Tbsp)	Egg Burnt Garlic Fried Rice (1 Medium 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) Mixed Vegetable Salad (1 Small Bowl) + Garlic Bread With Multigrain Bread Homemade (1 no.)	Quinoa Vegetable Fried Rice(1 Medium Bowl) + Broccoli Soup (1 Small Soup Bowl) + Grilled Vegetables (1 Small 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 Small Bowl) + Mashed Potato (1 Small Bowl) + Beetroot Carrot Salad (1 Small Bowl) + Garlic Bread With Multigrain Bread Homemade (2 nos.)
 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