



MUSCLE TIME FITNESS

Basic Indian Diet Plan • General Fitness & Healthy Eating

Daily Meal Plan

Time	Meal	Suggested Foods
6:30–7:00 AM	Morning	1–2 glasses water + 4–5 soaked almonds. Tea/coffee without excess sugar if desired.
8:00–9:00 AM	Breakfast	2–3 eggs OR paneer/curd + 2 chapati OR oats/poha/upma + 1 fruit.
11:00 AM	Snack	1 fruit + 1 small handful of nuts OR plain curd/buttermilk.
1:00–2:00 PM	Lunch	2 chapati OR 1 cup cooked rice + dal + vegetables + salad + curd. Add chicken/fish/paneer if required.
4:30–5:30 PM	Evening	Sprouts/chana OR fruit + curd. Tea/coffee with little or no added sugar.
7:30–8:30 PM	Dinner	2 chapati OR small rice portion + vegetables + dal/paneer/chicken/fish + salad.
9:30 PM	Optional	If hungry: a small glass of milk or plain curd.

Simple Portion Guide

Food Group	Basic Portion Guide
Protein	Eggs, chicken, fish, paneer, dal, sprouts or curd at most meals.
Carbohydrates	Prefer roti, oats, rice, poha, upma and potatoes in moderate portions.
Vegetables	Aim for 2–3 servings daily, including leafy vegetables.
Fruit	1–2 servings daily; choose whole fruit instead of juice.
Healthy fats	Nuts, seeds and limited cooking oil.

Hydration & Lifestyle

- Drink water regularly through the day; increase intake with exercise and hot weather.
- Keep fried foods, sugary drinks, sweets and highly processed snacks occasional.
- Use cooking oil in moderation and include protein with each main meal.
- Combine the diet with regular strength training/cardio and adequate sleep.

Note: This is a general basic diet template, not an individualized medical or therapeutic diet. Calories and portions should be adjusted according to age, body weight, activity level and goal.

MUSCLE TIME FITNESS • Hinjawadi & Pimple Gurav