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FREE PREVIEW

Indian Veg Meal Planner

Plan a week of Indian vegetarian meals from a food list of 22 common items with portion, food group, approximate protein and energy; see each day's protein and food groups; flag low-protein days; and get the week's grocery servings.

What the full file has

Food List: Foods, portions and approximate values.

Week Plan: One row per food in a meal.

Daily Check: Protein, energy and food groups by day.

Grocery Count: Servings needed for the week (× people).

Free 3-page preview: the next pages show the sample file exactly as it looks in Excel and Google Sheets.

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Get the full Indian Veg Meal Planner

Blank file for your own data plus the sample file. Works in Excel, Google Sheets and WPS Office.

Buy the full product

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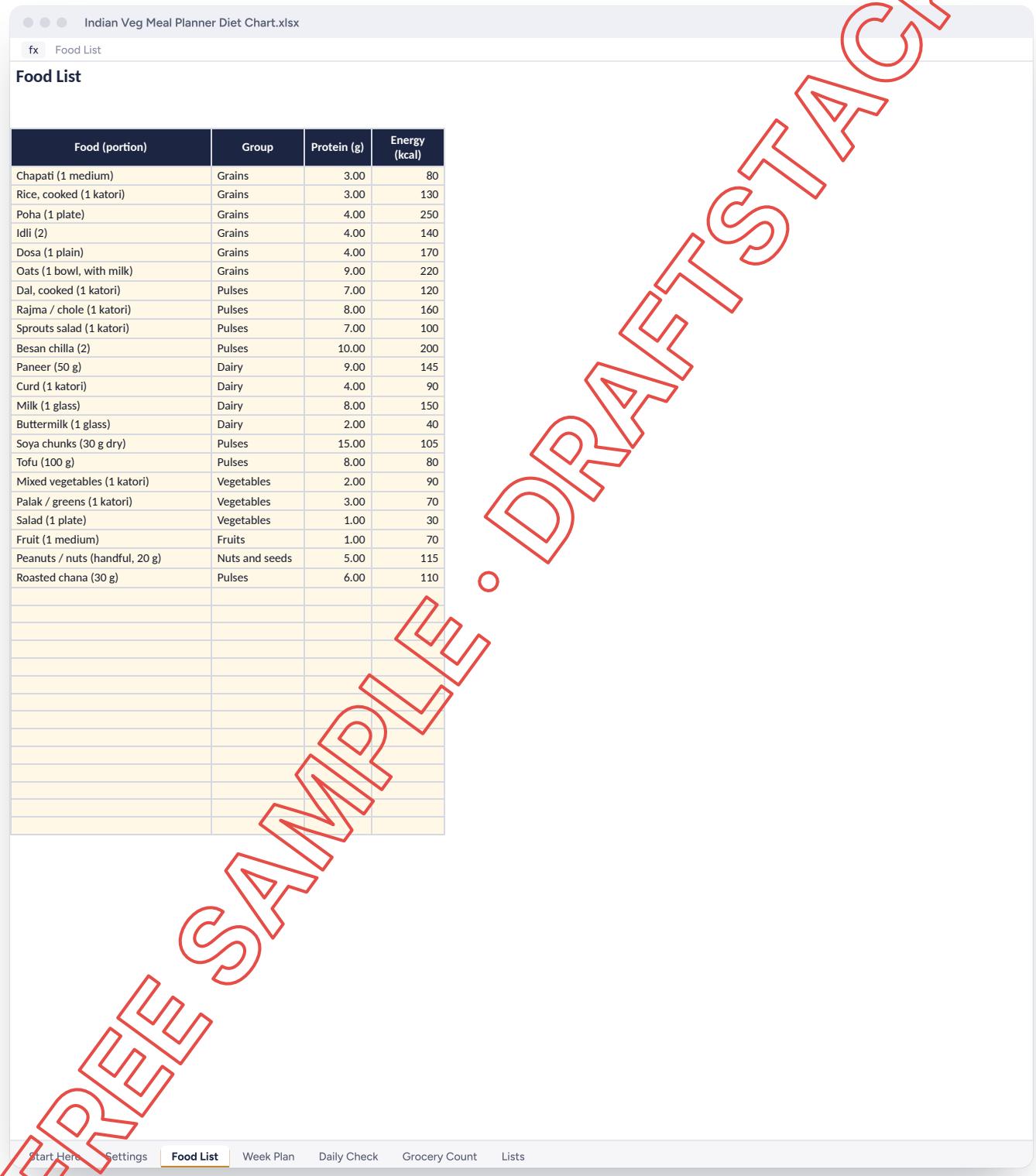
Food List

Foods, portions and approximate values.



Food (portion)	Group	Protein (g)	Energy (kcal)
Chapati (1 medium)	Grains	3.00	80
Rice, cooked (1 katori)	Grains	3.00	130
Poha (1 plate)	Grains	4.00	250
Idli (2)	Grains	4.00	140
Dosa (1 plain)	Grains	4.00	170
Oats (1 bowl, with milk)	Grains	9.00	220
Dal, cooked (1 katori)	Pulses	7.00	120
Rajma / chole (1 katori)	Pulses	8.00	160
Sprouts salad (1 katori)	Pulses	7.00	100
Besan chilla (2)	Pulses	10.00	200
Paneer (50 g)	Dairy	9.00	145
Curd (1 katori)	Dairy	4.00	90
Milk (1 glass)	Dairy	8.00	150
Buttermilk (1 glass)	Dairy	2.00	40
Soya chunks (30 g dry)	Pulses	15.00	105
Tofu (100 g)	Pulses	8.00	80
Mixed vegetables (1 katori)	Vegetables	2.00	90
Palak / greens (1 katori)	Vegetables	3.00	70
Salad (1 plate)	Vegetables	1.00	30
Fruit (1 medium)	Fruits	1.00	70
Peanuts / nuts (handful, 20 g)	Nuts and seeds	5.00	115
Roasted chana (30 g)	Pulses	6.00	110

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Daily Check

Protein, energy and food groups by day.


Indian Veg Meal Planner Diet Chart.xlsx

fx Daily Check

Daily Check

Day	Protein (g)	Energy (kcal)	Grains	Pulses	Dairy	Veg	Fruit	Protein OK?
Monday	54.00	1365	✓	✓	✓	✓	✓	Yes
Tuesday	52.00	1225	✓	✓	✓	✓		Yes
Wednesday	44.00	1040	✓	✓	✓	✓	✓	Add protein
Thursday	48.00	1160	✓	✓	✓	✓	✓	Add protein
Friday	53.00	1100	✓	✓	✓	✓	✓	Yes
Saturday	49.00	1115	✓	✓	✓	✓	✓	Add protein
Sunday	51.00	1355	✓	✓	✓	✓	✓	Yes

Aim for every food group on most days: grains, pulses, dairy, vegetables and fruit. Values are approximate.

Start Here | Settings | Food List | Week Plan | Daily Check | Grocery Count | Lists

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