The Indian Family Plate

Familiar food. A little more balance.
A routine your household can keep.



Build from the food you already cook

Think variety across your day: vegetables and fruit, grains, pulses or other protein foods, and milk or suitable alternatives. Your plate does not need expensive ingredients or a different menu for everyone.

A familiar meal might be roti or rice, dal or another protein choice, and a vegetable dish. This picture is an idea, not a prescribed portion. Portions and suitable foods depend on the person.

Make it personal
This guide is for general family meal organisation. Children, pregnancy, allergies and medical conditions need advice suited to the individual. Follow any food restrictions given by your clinician.

Start with the calendar

Mark late meetings, travel and meals away from home first. Then choose one main home meal per day. These are examples to adapt, not a seven-day diet prescription.

Monday Dal, rice and a vegetable you already enjoy
Check pantry staples.

Tuesday Roti, chana and seasonal sabzi
Soak pulses if your recipe needs it.

Wednesday Vegetable khichdi; curd if suitable
Keep this evening simple.

Thursday Roti, vegetable dish and paneer or tofu
Choose an option your family eats.

Friday Rice with dal, eggs, fish or chicken
Use your usual preferred protein.

Saturday A favourite family meal
Plan around guests or outings.

Sunday A meal built from ingredients on hand
Write next week's short shopping list.

Your easiest fallback

Write one meal you can make on a busy evening: _____

Keep its ingredients on your shopping list. Repeating a practical meal is allowed.

A short shopping list

Check before buying
Look at your fridge, freezer and pantry. Cross off what you already have.

Vegetables and fruit
Pick familiar seasonal options in amounts your household can use.

Grains and staples
Rice, atta, oats or millets you already enjoy. There is no need to buy every option.

Protein choices
Dal, beans, chana, eggs, paneer, tofu, fish or chicken according to your preferences.

The extras
Curd or suitable alternatives, herbs, spices and the ingredients for your fallback meal.

One change for this week

Choose one: plan tomorrow's lunch, prepare your shopping list, or keep an easy breakfast option ready. Write your choice:

_____

Want help making this fit your home?
Richa offers online nutrition consultations in English and Hindi. Request a conversation at nutritionwithricha.com/book or message +91 98211 15498. Appointments need confirmation.

Food-group background: ICMR-NIN, Dietary Guidelines for Indians (2024). Meal examples and planning prompts are illustrative. Nutrition guidance supports your doctor's care and does not replace it. Prepared October 2026.