7-Day High-Protein Indian Vegetarian Meal Planner

Hit 85g–100g of bio-available protein daily eating normal Indian home meals. By replacing ordinary low-protein wheat with NutriChakki (35% certified protein), your 4–5 daily rotis deliver 35g to 44g of clean protein alone—without requiring chalky whey shakes or expensive daily paneer blocks.

35.05g	~8.8g	< 50	18.78g
PROTEIN / 100G ATTA	PROTEIN IN 1 ROTI	LOW GLYCEMIC INDEX	DIETARY FIBER / 100G

The Indian Vegetarian Protein Equation

73% of Indian diets are protein-deficient because standard staples (rice and regular wheat) provide fast starch and only 10% poor-quality protein. With NutriChakki, 2 rotis at lunch (17.6g) + 2 rotis at dinner (17.6g) = **35.2g clean plant protein** before you even touch your dal, curd, or sabzi!

🗓️ Monday · High Energy Kickoff

Total Protein: 94g · 1,920 kcal

BREAKFAST
Moong dal chilla (2) with green chutney + Greek curd (100g)
22g Protein

LUNCH
2 NutriChakki Rotis + 1 bowl Chana Masala + cucumber salad
28g Protein

EVENING SNACK
Roasted makhana + 1 glass sattu buttermilk / spiced lassi
14g Protein

DINNER
2 NutriChakki Rotis + Palak Tofu / low-fat Paneer bhurji (100g)
30g Protein

🗓️ Tuesday · Muscle Recovery Day

Total Protein: 98g · 1,980 kcal

BREAKFAST
Sprouted moong & peanut chaat with lemon + 1 cup soy milk
24g Protein

LUNCH
3 NutriChakki Rotis + 1 bowl Dal Tadka + Bhindi masala
34g Protein

EVENING SNACK
Roasted black chana (50g) + masala green tea
12g Protein

DINNER
2 NutriChakki Rotis + Rajma curry (1.5 bowls) + shredded salad
28g Protein

Visit **nutrichakki.com** for authentic lab-certified functional staples.

🗓️ Wednesday · Metabolic Gut Balance (Low GI)

Total Protein: 91g · 1,860 kcal

BREAKFAST	LUNCH	EVENING SNACK	DINNER
Besan oats vegetable chilla (2) + peanut mint chutney	2 NutriChakki Rotis + 1 bowl Soya chunks curry + raita	Mixed soaked almonds, walnuts & pumpkin seeds (30g)	2 NutriChakki Rotis + Yellow Moong Dal + Methi aloo subzi
20g Protein	36g Protein	9g Protein	26g Protein

🗓️ Thursday · High Fiber & Satiety

Total Protein: 93g · 1,890 kcal

BREAKFAST	LUNCH	EVENING SNACK	DINNER
Paneer stuffed NutriChakki paratha (dry roasted) + curd	2 NutriChakki Rotis + 1 bowl Chawli (Black-eyed peas) curry	Sprouted methi & kala chana chaat + lime juice	2 NutriChakki Rotis + Mixed Vegetable Dal stew + salad
28g Protein	26g Protein	11g Protein	28g Protein

🗓️ Friday to Sunday · Active Weekend Rhythm

Daily Avg: 95g+ Protein

FRIDAY DINNER	SATURDAY LUNCH	SUNDAY BRUNCH	SUNDAY DINNER
2 NutriChakki Rotis + Paneer Makhani (low fat) + sprouts	3 NutriChakki Rotis + Panchratna 5-dal mix + kachumber	2 NutriChakki Methi Theplas + Chana pindi + spiced hung curd	2 NutriChakki Rotis + Tofu vegetable stir fry + mint raita
32g Protein	35g Protein	34g Protein	30g Protein

🛒 High-Protein Indian Vegetarian Pantry Checklist

Core Staples

- ✓ NutriChakki 35% Protein Atta
- ✓ Brown chana & Kabuli chana
- ✓ Whole green moong & sprouts
- ✓ Rajma (Kidney beans)
- ✓ Yellow toor dal & Masoor dal

Dairy & Plant Proteins

- ✓ Low-fat fresh paneer
- ✓ Organic Firm Tofu
- ✓ Soya chunks (Nutrela)
- ✓ Unsweetened soy / almond milk
- ✓ Probiotic Greek curd or hung dahi

Seeds & Healthy Fats

- ✓ Roasted makhana (foxnuts)
- ✓ Pumpkin seeds & Chia seeds
- ✓ Raw almonds & walnuts
- ✓ Roasted black chana
- ✓ Pure A2 desi cow ghee