

— NUTRITION SYSTEM · THE FOUNDATION

THE INDIAN PLATE

How to build a plate that works for any goal — protein-first, portioned by hand, and built around how India actually eats.

LEVEL

All Levels

FOCUS

The Foundation

FORMAT

Free PDF

PAIRS WITH

Every Program



01 — BEGIN HERE

EVERY GOAL STARTS HERE.

Indian food is not the problem — most diet advice just wasn't built for it. This is the foundation under every VYSN program: one repeatable plate, built around protein, portioned with your hand, that bends to fat loss or muscle gain without ever counting a single calorie if you don't want to.

FOR YOU, IF

You eat Indian food and want nutrition to finally make sense — no chicken-and-broccoli, no foreign foods, no spreadsheet. Veg or non-veg, any city, any budget.

WHAT THIS IS

The base plate. Once you own it, the goal-specific systems — Fat-Loss Architecture and Muscle-Gain System — are just small adjustments on top.

BY THE END, YOU WILL

Build a balanced Indian plate without thinking · know where your protein actually comes from · size any meal with your hand · fix the meals you already eat · and have a way of eating you can keep for life.

WHAT'S INSIDE

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02

THE FIVE PRINCIPLES

Nutrition gets simple once these are settled. Everything in this guide follows from them.

01 PROTEIN LEADS

It is the one thing the Indian plate is usually short on, and the one thing every goal needs most. Build each meal around its protein first; fill in the rest after.

02 THE PLATE, NOT THE SPREADSHEET

You don't need to count calories forever — you need a plate you can repeat. Get the proportions right and the numbers mostly take care of themselves.

03 WHOLE FOODS, MOSTLY

Dal, sabzi, curd, roti, rice, eggs, paneer, fruit. Real food you already eat, in the right balance — not powders and imported substitutes.

04 PORTIONS BY HAND

Your hand travels with you and scales to your body. A palm, a fist, a cupped hand, a thumb — no scale, no app, no excuses.

05 CONSISTENCY OVER PERFECTION

The plate you eat most days decides your results — not the perfect one, and not the off one. Aim for "good, most of the time," and keep going.



03

THE PLATE AT A GLANCE

One page, every meal. Screenshot it. Build the plate in this order, in these amounts, and you're done.

THE ORDER · BUILD EVERY PLATE LIKE THIS

FIRST

PROTEIN

A palm, each meal. Dal, curd, paneer, soya, eggs, chicken, fish. The anchor.

THEN

VEG

Two fists. Any sabzi, salad, greens. Volume, fibre, fullness.

THEN

CARBS

A cupped hand. Rice, roti, poha. More if you train, less if you don't.

LAST

FATS

A thumb. Ghee, oil, nuts. Enough for flavour and health, by habit.

THE HAND · YOUR PORTION GUIDE

PALM

PROTEIN

- 1 Thickness & size of your palm
- 2 One per meal, two if big or active
- 3 The part to never skip

CUPPED HAND

CARBS

- 1 What fits in a cupped palm
- 2 Rice, roti, poha, oats, fruit
- 3 Dial up/down by goal

FIST + THUMB

VEG · FATS

- 1 Two fists of vegetables
- 2 A thumb of added fat
- 3 Veg fills the plate

THE ONE RULE

Protein first, vegetables second, carbs to fuel, fats by a thumb. Hit a palm of protein at every meal and the hardest part of Indian nutrition is already done.



04

THE FOUR PARTS

Every plate, every goal, is built from the same four parts. Only the proportions change. Here is what each is, and where it comes from on an Indian table.

PROTEIN

A palm · each meal

Dal & rajma, curd, paneer, soya, eggs, chicken, fish, whey. The anchor and the part to guard.

VEGETABLES

Two fists

Any sabzi, salad, bhaji, greens. Fibre, micronutrients, and fullness for very few calories.

CARBS

A cupped hand

Rice, roti, poha, oats, fruit, potato. Energy to train and live — sized to how active you are.

FATS

A thumb

Ghee, oil, nuts, seeds. A little, on purpose — for hormones, satiety and flavour.

WHY THIS ORDER

Protein and vegetables are the parts that fill you up and the parts you tend to miss. Put them first and you naturally leave the right room for carbs and fats — appetite does the maths for you.

THE INDIAN REALITY

Most Indian plates are carb-heavy and protein-light — lots of rice and roti, a little dal. This system simply flips the emphasis without removing anything you love.



05

INDIAN PROTEIN, SOLVED

The single hardest part of eating well in India — made simple. Aim for a palm of protein at each meal; these are your go-to sources and roughly what they give.

SOURCE	PER SERVING	PROTEIN
Eggs	2 whole	~12 g
Curd / dahi	1 bowl (200 g)	~8–11 g
Paneer	100 g	~18 g
Soya chunks	50 g dry	~26 g
Dal / rajma / chana (cooked)	1 katori	~7–9 g
Chicken / fish	100 g	~22–26 g
Whey protein	1 scoop	~24 g

VEGETARIAN? STACK & COMBINE

Dal + rice or rajma + roti make a complete protein together. Lean on curd, paneer, soya and a daily whey scoop to reach your palm-per-meal without much effort.

THE DAILY TARGET

Roughly **1.6–2.0 g per kg** of bodyweight if you train. A 70 kg person ≈ 110–140 g — which is just a palm at each of three or four meals, plus a scoop.



06

PORTIONS BY HAND

No scale, no app. Your hand is calibrated to your own body, and it goes everywhere you go. This is the whole portion system.



PALM — PROTEIN

A palm-sized, palm-thick portion

One palm per meal; two if you're larger or training hard. Eggs, paneer, chicken, fish, a generous katori of dal.



FIST — VEGETABLES

Two fists, minimum

Pile them on — sabzi, salad, greens. Hard to overeat; they fill the plate and you.



CUPPED HAND — CARBS

One cupped hand per meal

Rice, roti, poha, oats. Two cupped hands on hard training days; one or less on rest days.



THUMB — FATS

One thumb of added fat

Ghee, oil, nuts, seeds. Calorie-dense — a little goes far. Measure it with the thumb, not the heart.

TO ADJUST

Want to lose fat? **Keep the palm, hold the veg, trim a cupped hand of carbs and a thumb of fat.**
Want to gain? Add a cupped hand of carbs around training. The protein never changes.



07

THE THALI, RE-ARCHITECTED

You don't change what you eat — you rebalance it. The same familiar meals, tilted toward protein and vegetables. A few common fixes:

THE USUAL	THE FIX	WHY
4 roti + little dal	2 roti + double dal + curd	More protein, fewer loose carbs
Big rice + thin rajma	Half rice + full rajma + salad	Protein and fibre lead
Poha alone	Poha + 2 eggs or a bowl of curd	Turns a carb into a meal
Paratha + chai	1 paratha + paneer bhurji	Adds the missing protein
Fruit + biscuits snack	Fruit + curd, or roasted chana	Protein with the carbs

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A DAY ON THE PLATE

MEAL	WHAT (≈ 70 KG, MAINTENANCE, ~130 G PROTEIN)
Breakfast	3 eggs or paneer bhurji · 1–2 roti or poha · a fruit
Lunch	Palm of chicken / double dal + curd · cupped hand rice or 2 roti · big sabzi
Snack	Bowl of curd or a whey scoop · roasted chana or a fruit
Dinner	Palm of paneer / fish / soya · salad · small rice or 1 roti



09

EATING OUT & REAL LIFE

The plate has to survive weddings, dhabas, travel and Sundays — or it isn't a real plan. It does, with the same rule.

RESTAURANT & DHABA

Lead with a tandoori / grilled protein or dal, share the rich gravies, take one roti not four, and fill the gaps with salad. Protein first, even here.

TRAVEL

Curd, eggs, roasted chana, fruit, milk, paneer rolls, a whey scoop. Protein is portable if you plan one source ahead.

SWEETS & ALCOHOL

Built in, not banned. Keep them to the edges of a protein-led day. One mithai after a good plate costs nothing; a day built on them is the issue.

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TUNING FOR YOUR GOAL

The same plate shifts with three small moves. **Lose fat:** hold protein and veg, trim carbs and fat, lean on volume foods — the full system is **Fat-Loss Architecture**. **Build muscle:** hold protein, add carbs around training, eat a touch above maintenance — see **Muscle-Gain System**. **Around training:** see **Performance Fueling**. Same foundation, different dials.



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THE PLATE TRACKER

Print this. For two weeks, just tick whether each meal hit its palm of protein and its veg. Awareness alone fixes most of it — no calorie counting required.

DAY	PROTEIN ×3-4	VEG 2 MEALS	WATER	NOTE
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

MY PROTEIN ANCHORS

MY DAILY PROTEIN TARGET (G)



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QUESTIONS, ANSWERED

DO I HAVE TO COUNT CALORIES?

No. Build the plate by hand and proportions and most people land in the right range automatically. Count only if progress stalls and you want precision.

I'M VEGETARIAN — CAN I GET ENOUGH PROTEIN?

Yes. Curd, paneer, soya, dal + rice combos, and a daily whey scoop get you there comfortably. Soya and paneer are your highest-protein friends.

IS RICE BAD? SHOULD I CUT ROTI?

Neither is bad — they're your carbs. Size them with a cupped hand and put protein and veg first. Carbs fuel you; they don't need cutting, just portioning.

IS GHEE ALLOWED?

Yes — a thumb's worth. It's a healthy fat; the issue is only quantity. Measure it instead of pouring it.

HOW MANY MEALS A DAY?

Three or four — whatever fits your life. Spreading protein across them is more useful than the exact number of meals.

WHAT ABOUT MY FAMILY'S COOKING?

Eat it — just rebalance your plate: more of the dal/sabzi/protein, a measured portion of the rice/roti. You adjust your plate, not the whole kitchen.

DO I NEED SUPPLEMENTS?

Only whey, and only for convenience if you struggle to hit protein. Everything else here is food first.

WHERE DO I GO NEXT?

Pick your goal: **Fat-Loss Architecture** to lean down, **Muscle-Gain System** to build. Both are this plate, tuned.



EAT LIKE IT'S FOR LIFE.

No diet survives if it fights your food. This one doesn't — it's the plate you already know, built around protein and portioned by hand. Learn it once and every goal becomes a small adjustment, not a fresh start.

TO LEAN DOWN

FAT-LOSS ARCHITECTURE

This plate, in a smart deficit.

TO BUILD

MUSCLE-GAIN SYSTEM

This plate, in a lean surplus.

EVERY MORNING

THE EDGE

One letter before noon.

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