

Indian Non-Vegetarian High-Protein Diet

Bombay Spine Clinic™

Patient Nutrition Guide for Spine Health, Bone Strength & Recovery

Why Protein Is Important

Protein supports muscle repair, wound healing, bone health and recovery after spine surgery. A balanced diet containing high-quality protein at each meal helps maintain muscle mass and promotes healing. Individual protein requirements vary depending on age, body weight and medical conditions.

Sample Indian Non-Vegetarian High-Protein Meal Plan

Time	Suggested Meal
6:30–7:00 am	Warm water + 5 soaked almonds + 2 walnuts
Breakfast	3 boiled/scrambled eggs + Oats/Dalia + Milk or Greek Yogurt
Mid-Morning	Seasonal fruit + Greek Yogurt / Buttermilk
Lunch	Grilled Chicken/Fish + Dal + 2 Chapatis or Brown Rice + Salad
Evening Snack	Boiled Eggs / Roasted Chana / Greek Yogurt
Dinner	Grilled Fish or Chicken + Mixed Vegetables + Dal + Chapati
Bedtime	Glass of Milk or Unsweetened Greek Yogurt

Best High-Protein Foods

- Eggs
- Chicken Breast
- Fish (Salmon, Rohu, Surmai, Pomfret, Tuna)
- Prawns
- Lean Meat (in moderation)
- Milk & Curd
- Greek Yogurt
- Paneer
- Dal & Lentils
- Soy Products
- Nuts & Seeds

Healthy Eating Tips

- Choose grilled, baked or steamed foods instead of fried foods.
- Include vegetables with every meal.
- Eat fish 2–3 times per week where appropriate.

- Stay hydrated with 2–3 litres of fluids daily unless medically restricted.
- Combine protein-rich foods with calcium- and Vitamin D-rich foods for bone health.

Foods to Limit

- Processed meats (sausages, salami, bacon)
- Deep-fried foods
- Sugary drinks
- Excess sweets
- Smoking and alcohol

Frequently Asked Questions

Should I eat eggs after spine surgery? Yes, eggs are an excellent source of high-quality protein unless you have been advised otherwise.

Is fish good for bone health? Yes. Fish provides protein and many varieties also contain healthy omega-3 fats and Vitamin D.

Do I need protein supplements? Most people can meet their protein needs through a balanced diet. Supplements should only be used if recommended by your doctor or dietitian.

Disclaimer: This guide is for general patient education. Individual nutritional requirements vary according to age, kidney disease, diabetes, body weight and other medical conditions. Please consult your treating doctor or a qualified dietitian for personalised advice.