

# Indian Vegetarian High-Protein Diet

**Bombay Spine Clinic™**

Patient Nutrition Guide for Spine Health, Bone Strength & Recovery

## Why Protein Is Important

Protein is essential for maintaining healthy muscles, supporting bone strength, promoting wound healing after spine surgery and aiding recovery. Most adults recovering from surgery or rehabilitation benefit from regular intake of high-quality protein spread throughout the day. Individual protein requirements vary depending on age, body weight and medical conditions.

## Sample Vegetarian High-Protein Meal Plan

| Time          | Suggested Meal                                                     |
|---------------|--------------------------------------------------------------------|
| 6:30–7:00 am  | Warm water + 5 soaked almonds + 2 walnuts                          |
| Breakfast     | Paneer Bhurji / Moong Chilla / Besan Chilla + Milk or Greek Yogurt |
| Mid-Morning   | Seasonal fruit + Greek Yogurt / Curd                               |
| Lunch         | 2 Chapatis + Dal + Rajma/Chole + Paneer/Tofu + Salad               |
| Evening Snack | Sprouts Chaat / Roasted Chana / Soy Nuts                           |
| Dinner        | Tofu or Paneer + Mixed Vegetables + Dal + Chapati                  |
| Bedtime       | Glass of Milk or Unsweetened Greek Yogurt                          |

## Best Vegetarian Protein Sources

- Paneer
- Tofu
- Milk and Curd
- Greek Yogurt
- Dal (Lentils)
- Rajma (Kidney Beans)
- Chickpeas (Chole)
- Soybeans
- Moong
- Sprouts
- Quinoa
- Peanuts (in moderation)
- Almonds and Walnuts
- Pumpkin, Chia and Flax Seeds

## Healthy Eating Tips

- Include a protein source with every meal.
- Combine cereals and pulses for better protein quality.
- Eat plenty of fruits and vegetables.
- Stay well hydrated (2–3 litres/day unless medically restricted).
- Include calcium- and Vitamin D-rich foods for bone health.

## **Foods to Limit**

- Deep-fried foods
- Sugary drinks
- Highly processed snacks
- Excess sweets
- Smoking and alcohol

## **Frequently Asked Questions**

**Can vegetarians meet their protein needs?** Yes. A well-planned vegetarian diet can provide adequate protein from dairy products, pulses, soy foods, legumes, nuts and seeds.

**Do I need protein supplements?** Most people can meet their requirements through food. Supplements may be recommended for selected patients after medical advice.

**Is paneer healthier than cheese?** Paneer is generally a better everyday protein choice because it is less processed and provides high-quality protein and calcium.

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