1600 Calorie Indian Diet Protocol • Sustainable Fat Loss (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
634 kcal / day	18.2 g Target	111.1 g Complex	13.1 g Healthy	28-35 g Soluble/Insol.

PRESCRIBED DAILY MEAL SCHEDULE

SUN (Nov 22)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	1 Medium Apple + 6 Almonds & 2 Walnuts	1 fruit + nuts (30g)	170	3.5g	22g	8g
	Vegetable Oats Upma with Roasted Peanuts	1 bowl (200g)	340	12g	48g	10g
Total			510	15.5g	70.0g	18.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Moong Dal Cheela (2) + Green Tea	1 piece (40g)	108	3g	22.4g	1g
	↳1 Medium Apple + 6 Almonds & 2 Walnuts	1 piece (40g)	116	3.2g	23g	1.4g
	Sprouted Moong Chaat with Lemon Juice	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Vegetable Oats Upma with Roasted Peanuts	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Multigrain Rotis (2), Dal Tadka & Mix Veg Sabzi	2 pieces (80g)	216	6g	44.8g	2g
Total			757	20.9g	152.2g	8.2g

GENERAL CLINICAL & LIFESTYLE INSTRUCTIONS

- Hydration: Drink minimum 2.5 to 3.0 Liters of filtered water throughout the day.
- Timing: Try to consume meals within 30 minutes of scheduled slot timings.
- Preparation: Use cold-pressed oils or ghee sparingly as prescribed. Avoid deep-fried items and refined sugars.