Hypertrophy & Core Definition Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
634 kcal / day	28.0 g Target	109.1 g Complex	11.1 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	Rolled Oats with Whey / Soya, Skim Milk & 1 Sliced Banana	1 big bowl	420	32g	62g	6g
	Warm Water with Lemon & 5 Soaked Almonds + 2 Walnuts	1 glass + nuts	90	3g	4g	8g
Total			510	35.0g	66.0g	14.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Warm Lemon Green Tea + 5 Soaked Almonds	1 piece (40g)	108	3g	22.4g	1g
	↳Rolled Oats with Whey / Soya, Skim Milk & 1 Sliced Banana	1 piece (40g)	116	3.2g	23g	1.4g
	Black Coffee + 2 Brown Bread Toasts with Peanut Butter	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Warm Water with Lemon & 5 Soaked Almonds + 2 Walnuts	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Whole Wheat Roti (2 pcs), Paneer Tikka / Chicken (150g), Dal & Salad	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.