Cholesterol Diet Plan • Lipid Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
529 kcal / day	15.9 g Target	100.6 g Complex	6.9 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 Skim Milk, Chia Seeds & Half Sliced Apple	1 bowl (220g)	280	10g	46g	5.5g
	Warm Water with 1 crushed Garlic Clove & Soaked Methi Seeds	1 glass (250ml)	20	1g	3g	0.1g
Total			300	11.0g	49.0g	5.6g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Warm Lemon Water + 5 Raw Walnuts + 1 Garlic Clove (Allicin for arterial elasticity)	1 piece (40g)	108	3g	22.4g	1g
	↳Rolled Oats with Skim Milk, Chia Seeds & Half Sliced Apple	1 piece (40g)	116	3.2g	23g	1.4g
	Multigrain Roti (2 pcs), Palak Chana Dal, Beetroot & Flaxseed Raita	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Warm Water with 1 crushed Garlic Clove & Soaked Methi Seeds	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Fresh Indian Amla Juice + 4 Soaked Almonds	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.