Diabetic Glycemic Control Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
551 kcal / day	17.9 g Target	97.6 g Complex	9.1 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	Ragi & Oats Vegetable Cheela with Mint Chutney	2 cheelas (120g)	280	12g	38g	7g
	Overnight Soaked Methi Dana Water + 4 Almonds	1 glass + 4 nuts	65	3g	5g	3g
Total			345	15.0g	43.0g	10.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Methi Dana Water (soaked overnight) + 5 Soaked Almonds	1 piece (40g)	108	3g	22.4g	1g
	↳Ragi & Oats Vegetable Cheela with Mint Chutney	1 piece (40g)	116	3.2g	23g	1.4g
	Barley-Wheat Roti (2 pcs), Karela Sabzi, Moong Dal & Sprout Salad	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Overnight Soaked Methi Dana Water + 4 Almonds	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Roasted Makhana with Turmeric & Himalayan Salt	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.