Weight Gain Hypertrophy Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
869 kcal / day	33.5 g Target	131.1 g Complex	24.1 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	Paneer Stuffed Besan Chilla (2 pcs) + Almonds (10)	2 chillas (180g)	420	24g	32g	22g
	Peanut Butter Banana Oats Bowl with Whole Milk	1 large bowl (350g)	560	22g	78g	18g
Total			980	46.0g	110.0g	40.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Warm Lemon Water + 5 Soaked Almonds + 2 Walnuts	1 piece (40g)	108	3g	22.4g	1g
	↳Paneer Stuffed Besan Chilla (2 pcs) + Almonds (10)	1 piece (40g)	116	3.2g	23g	1.4g
	Roasted Chana (50g) + Sattu Drink or Boiled Eggs (3)	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Peanut Butter Banana Oats Bowl with Whole Milk	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Whole Wheat Roti (3 pcs), Rajma Curry (2 bowls) & Rice	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.