Sustainable Female Fat Loss & Hormonal Health Plan (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
546 kcal / day	18.7 g Target	95.1 g Complex	9.8 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	Besan Cheela (2 pcs) with Mint Coriander Chutney & Curd	2 Cheelas (130g)	290	15g	36g	8g
	Warm Water with 1 tsp Soaked Chia & Flaxseeds	1 Glass	45	1.5g	2g	3.5g
Total			335	16.5g	38.0g	11.5g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Warm Lemon Water + 5 Soaked Almonds + 1 tsp Chia Seeds	1 piece (40g)	108	3g	22.4g	1g
	↳Besan Cheela (2 pcs) with Mint Coriander Chutney & Curd	1 piece (40g)	116	3.2g	23g	1.4g
	1 Jowar Roti, Thick Palak Moong Dal (1.5 cup), Cucumber Salad & Curd	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Warm Water with 1 tsp Soaked Chia & Flaxseeds	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Tender Coconut Water or 1 Small Papaya Bowl	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.