Custom Indian Food Chart (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
589 kcal / day	17.9 g Target	105.1 g Complex	10.1 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	Tender Coconut Water & Roasted Makhana	1 serving	140	3g	22g	4g
	Besan Cheela (2) with Mint Coriander Chutney	120g serving	280	12g	36g	8g
Total			420	15.0g	58.0g	12.0g

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
	↳Tender Coconut Water & Roasted Makhana	1 piece (40g)	116	3.2g	23g	1.4g
	Roasted Chana + Warm Masala Chai (No Sugar)	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Besan Cheela (2) with Mint Coriander Chutney	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Whole Wheat Roti (2 pcs), Dal Tadka & Mix Veg	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.