GERD & Acid Reflux Gastro-Protective Meal Plan (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
549 kcal / day	16.7 g Target	107.1 g Complex	6.7 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	Oatmeal cooked in Diluted Skim Milk with Ripe Banana & Papaya Slices	1 Bowl (220g)	320	12g	58g	5g
	Lukewarm Water with 1 tsp Soaked Fennel (Saunf) Seeds	1 Glass	20	0.5g	4g	0.2g
Total			340	12.5g	62.0g	5.2g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Warm Cumin (Jeera) & Ajwain Water + 4 Soaked Almonds (Skin peeled)	1 piece (40g)	108	3g	22.4g	1g
	↳Oatmeal cooked in Diluted Skim Milk with Ripe Banana & Papaya Slices	1 piece (40g)	116	3.2g	23g	1.4g
	Steamed Ridge Gourd (Turai), Yellow Moong Dal, 2 Soft Phulkas & Curd	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Lukewarm Water with 1 tsp Soaked Fennel (Saunf) Seeds	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Tender Coconut Water + 4 Soaked Almonds (Peeled)	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.