High-Protein Hypertrophy Nutrition Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
699 kcal / day	39.5 g Target	106.1 g Complex	12.1 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	Whey Isolate or Soya Protein Shake with Water & 1 Banana	1 scoop + 1 fruit	210	26g	24g	2g
	Paneer-Stuffed Moong Cheela (2) + Boiled Egg Whites (3)	2 pcs + 3 whites	430	32g	36g	14g
Total			640	58.0g	60.0g	16.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Warm Lemon Green Tea + 5 Soaked Almonds	1 piece (40g)	108	3g	22.4g	1g
	↳Whey Isolate or Soya Protein Shake with Water & 1 Banana	1 piece (40g)	116	3.2g	23g	1.4g
	Hung Curd / Greek Yogurt (150g) with Chia Seeds & Almonds	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Paneer-Stuffed Moong Cheela (2) + Boiled Egg Whites (3)	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Grilled Chicken Breast (150g) or Soya Chunks with Brown Rice & Dal	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.