Anti-Inflammatory Joint & Cartilage Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
551 kcal / day	16.4 g Target	101.6 g Complex	8.8 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	Rolled Oats Porridge with Walnuts, Flaxseeds & Papaya	1 bowl (200g)	310	11g	48g	8g
	Warm Water with Turmeric, Black Pepper & Chia Seeds	1 glass	35	1g	3g	1.5g
Total			345	12.0g	51.0g	9.5g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Warm Lemon Water (Alkalinizes urine) + 4 Soaked Almonds (No high purine nuts)	1 piece (40g)	108	3g	22.4g	1g
	↳Rolled Oats Porridge with Walnuts, Flaxseeds & Papaya	1 piece (40g)	116	3.2g	23g	1.4g
	Jowar Roti (2 pcs), Palak Moong Dal, Methi Sabzi & Fresh Curd	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Warm Water with Turmeric, Black Pepper & Chia Seeds	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳1 Glass Tender Coconut Water or Roasted Makhana (25g)	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.