Low Calorie Indian Diet Chart • Calorie Deficit Guide (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
516 kcal / day	16.9 g Target	96.1 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	Cucumber Salad with Lemon & Roasted Jeera	1 large bowl (200g)	45	2g	8g	0.3g
	Oats & Spinach (Palak) Cheela with Mint Chutney	2 cheelas (120g)	230	11g	32g	5g
Total			275	13.0g	40.0g	5.3g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Sprouted Moong Salad (150g) with Lemon Juice	1 piece (40g)	108	3g	22.4g	1g
	↳Cucumber Salad with Lemon & Roasted Jeera	1 piece (40g)	116	3.2g	23g	1.4g
	Spiced Buttermilk (Chaas) + Roasted Makhana (20g)	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Oats & Spinach (Palak) Cheela with Mint Chutney	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Whole Wheat Roti (1 pc), Double Moong Dal & 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.