Macro-Calibrated Daily Nutrition Schedule (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
644 kcal / day	34.5 g Target	104.1 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	Boiled Egg Whites (4 pcs) or Low-Fat Paneer (60g) + Green Tea	Pure Protein	120	16g	2g	4g
	Oats (60g) cooked with Whey/Soy Protein + Chia Seeds & Half Banana	1 Power Bowl	410	32g	54g	8g
Total			530	48.0g	56.0g	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
	↳Boiled Egg Whites (4 pcs) or Low-Fat Paneer (60g) + Green Tea	1 piece (40g)	116	3.2g	23g	1.4g
	Roasted Chana (30g) + 1 Whole Banana & Black Coffee	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Oats (60g) cooked with Whey/Soy Protein + Chia Seeds & Half Banana	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Brown Rice (150g cooked), Soya Chunks (40g dry), Dal & Curd	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.