Affordable Family Meal & Budget Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
564 kcal / day	14.9 g Target	110.1 g Complex	8.2 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	1 Seasonal Fruit (Guava / Banana) + Lemon Water	1 seasonal fruit	80	1g	20g	0.2g
	Vegetable Poha with Peanuts & Fresh Mint Chutney	1 bowl (180g)	290	8g	48g	8g
Total			370	9.0g	68.0g	8.2g

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
	↳1 Seasonal Fruit (Guava / Banana) + Lemon Water	1 piece (40g)	116	3.2g	23g	1.4g
	Roasted Murmura & Chana Chaat + Masala Chai	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Vegetable Poha with Peanuts & Fresh Mint Chutney	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Whole Wheat Roti (2 pcs), Yellow Moong Dal, Cabbage Sabzi & 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.