Blank 7-Day Meal Planning Grid Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
521 kcal / day	13.9 g Target	105.6 g Complex	5.4 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	[Add Fresh Fruits / Coconut Water / Nuts]	Hydration Target	120	3.5g	24g	1.5g
	[Add Breakfast Items / Cheela / Oats / Eggs]	Portion Target	165	3.5g	35g	1.2g
Total			285	7.0g	59.0g	2.7g

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
	↳[Add Fresh Fruits / Coconut Water / Nuts]	1 piece (40g)	116	3.2g	23g	1.4g
	[Add Roasted Makhana / Chana / Tea]	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	[Add Breakfast Items / Cheela / Oats / Eggs]	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳[Add Roti / Rice / Dal / 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.