Breakfast, Lunch & Dinner Balanced Daily Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
859 kcal / day	32.5 g Target	144.1 g Complex	16.6 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	2 Multigrain Rotis, Rajma Curry (1 cup), Mix Sabzi & Fresh Curd	Complete Thali	580	26g	86g	14g
	Vegetable Oats Upma with Peanuts & 1 Boiled Egg / Paneer Slices	1 Bowl (220g)	380	18g	50g	11g
Total			960	44.0g	136.0g	25.0g

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
	↳2 Multigrain Rotis, Rajma Curry (1 cup), Mix Sabzi & Fresh Curd	1 piece (40g)	116	3.2g	23g	1.4g
	Paneer (80g) with 2 Phulkas, Yellow Dal Shorba & Cucumber Salad	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Vegetable Oats Upma with Peanuts & 1 Boiled Egg / Paneer Slices	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Roasted Makhana & Almonds (25g) + Ginger Green Tea	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.