Weekly Meal Plan & Categorized Grocery Shopping Checklist (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	Yellow Moong Dal (500g), Rajma (500g), Kabuli Chana (500g)	Dry Staples	120	3.5g	24g	1.5g
	Jowar Flour (1kg), Rolled Oats (500g), Whole Wheat Atta (2kg)	Weekly Pantry	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
	↳Yellow Moong Dal (500g), Rajma (500g), Kabuli Chana (500g)	1 piece (40g)	116	3.2g	23g	1.4g
	Low-Fat Paneer (500g), Fresh Curd (1.5kg), Skim Milk (3L)	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Jowar Flour (1kg), Rolled Oats (500g), Whole Wheat Atta (2kg)	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Palak (2 bunches), Lauki (2 pcs), Ridge Gourd, Tomatoes (1kg)	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.