Maternal Nutrition & Pregnancy Diet Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
629 kcal / day	20.4 g Target	103.1 g Complex	15.1 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	Vegetable Paneer Paratha (1 medium) with Mint Chutney & Curd	1 paratha (120g)	340	14g	42g	12g
	Soaked Almonds (5 pcs) & Walnuts (2 halves) + 1 glass Warm Milk	1 glass + nuts	160	6g	12g	10g
Total			500	20.0g	54.0g	22.0g

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
	↳Vegetable Paneer Paratha (1 medium) with Mint Chutney & Curd	1 piece (40g)	116	3.2g	23g	1.4g
	Whole Wheat Roti (2 pcs), Palak Moong Dal, Beetroot Sabzi & Curd	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Soaked Almonds (5 pcs) & Walnuts (2 halves) + 1 glass Warm Milk	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Fresh Tender Coconut Water + 1 Seasonal Fruit (Apple / Guava)	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.