Weekly Meal Plan Calendar Schedule (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
1904 kcal / day	86.4 g Target	293.6 g Complex	44.1 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 Oats (B) • Dal Tadka Roti (L) • Roasted Chana (S) • Khichdi (D)	Day 2 Plan	1510	74g	220g	38g
	Moong Cheela (B) • Rajma Rice (L) • Makhana (S) • Paneer Roti (D)	Day 1 Plan	1540	78g	215g	42g
Total			3050	152.0g	435.0g	80.0g

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 Oats (B) • Dal Tadka Roti (L) • Roasted Chana (S) • Khichdi (D)	1 piece (40g)	116	3.2g	23g	1.4g
	Poha with Peanuts (B) • Palak Dal (L) • Almonds & Tea (S) • Dalia (D)	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Moong Cheela (B) • Rajma Rice (L) • Makhana (S) • Paneer Roti (D)	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Idli Sambar (B) • Chana Masala (L) • Fruit Bowl (S) • Tofu Bhurji (D)	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.