Weekly Meal Plan Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
1879 kcal / day	87.4 g Target	262.1 g Complex	51.1 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	Oats Upma • Rajma & Rice • Roasted Chana • Tofu Stir Fry	Full Day (4 slots)	1490	76g	188g	46g
	Besan Cheela (2) • Moong Dal & Roti • Makhana • Paneer Bhurji	Full Day (4 slots)	1510	78g	184g	48g
Total			3000	154.0g	372.0g	94.0g

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
	↳Oats Upma • Rajma & Rice • Roasted Chana • Tofu Stir Fry	1 piece (40g)	116	3.2g	23g	1.4g
	Ragi Dosa & Sambar • Chana Dal & Roti • Greek Yogurt • Paneer Tikka	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Besan Cheela (2) • Moong Dal & Roti • Makhana • Paneer Bhurji	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Moong Cheela • Palak Paneer & Roti • Sprout Salad • Soya Curry	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.