One-day meal plan

Clinic / dietitian: _____ (add your name or logo here)
Client: _____ Date: _____ Diet: Veg / Egg / Non-veg / Jain
Daily target: _____ kcal Protein: _____ g Water: _____ glasses

Time	Meal	Food and portion	Notes
	Early morning		
	Breakfast		
	Mid-morning		
	Lunch		
	Evening snack		
	Dinner		
	Bedtime		

Guidelines for the day

1. _____
2. _____
3. _____

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Example: a filled-in day

EXAMPLE ONLY — a sample vegetarian day to show the format, not a prescription. Adjust every food and portion to your client.

Time	Meal	Food and portion	Notes
6:30 am	Early morning	Warm water with soaked methi seeds (1 tsp)	
8:30 am	Breakfast	2 moong dal chilla with mint chutney (2 tbsp), 1 cup curd	Add vegetables to the batter
11:00 am	Mid-morning	1 fruit (guava or apple), 1 tbsp roasted chana	
1:30 pm	Lunch	2 phulka, 1 katori dal, 1 katori seasonal sabzi, salad	Salad before the meal
5:00 pm	Evening snack	1 cup tea, 1 small bowl roasted makhana	No sugar in tea
8:00 pm	Dinner	1 katori paneer bhurji, 1 phulka, 1 katori sautéed vegetables	Finish 2 hours before bed
10:00 pm	Bedtime	1 glass warm milk with a pinch of haldi	Optional

Portion guide

Write portions in household measures your client already uses. Standard spoon and cup sizes are below; katori, bowl and roti sizes vary, so measure the ones your clients use once and write your clinic’s standard in the last column.

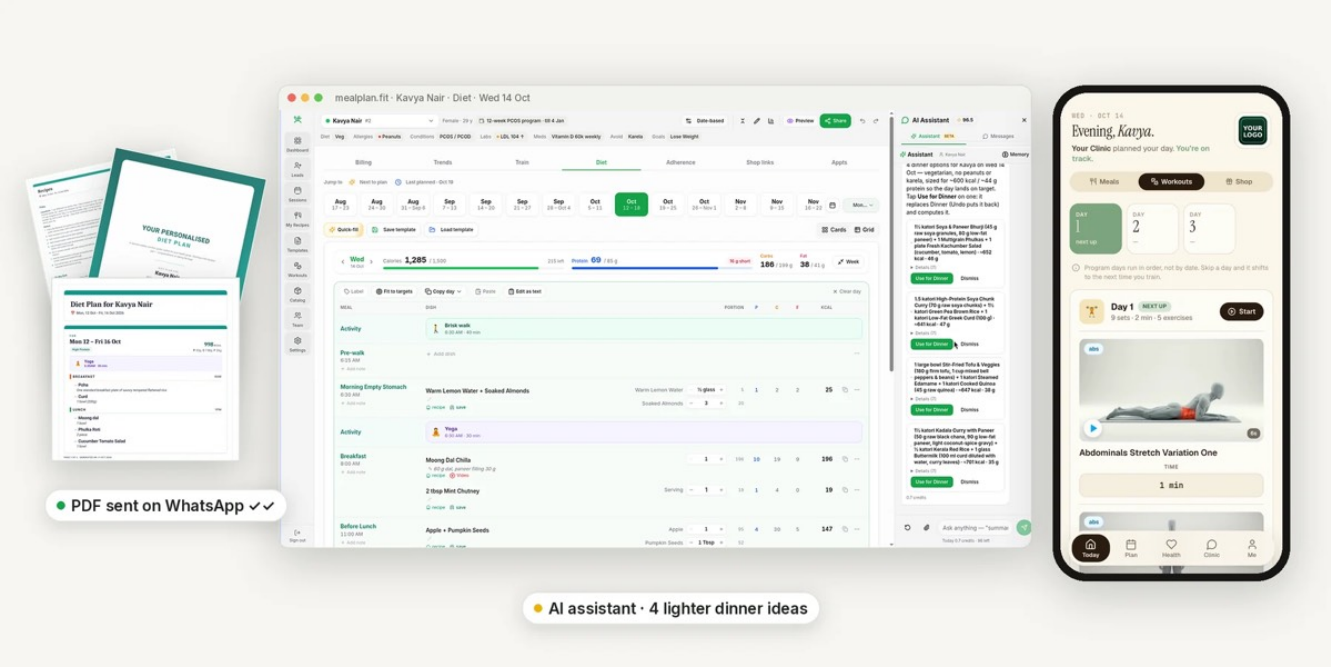
Measure	Standard size	Your clinic’s size (write in)
1 tsp	5 ml	
1 tbsp	15 ml	
1 cup	240 ml	
1 katori	varies by household — measure yours	
1 bowl	varies by household — measure yours	
1 glass	varies — measure yours	
1 phulka / roti	varies by atta and size — weigh one	

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Want this with your logo, sent on WhatsApp?

Build the day once, reuse it for the next client, and send it with your logo on WhatsApp.

- Save any day as a template and reuse it for the next client
- Your clinic name and logo on every plan PDF
- Send it to the client on WhatsApp in one tap
- Calories and macros add up as you plan; the AI assistant suggests swaps and you approve
- Clients, plans, follow-ups and payments in one place



See it at mealplan.fit

Scan the code or open mealplan.fit to book a free demo or start a 7-day trial.