Gym Diet Chart • DietInFlow Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
839 kcal / day	29.5 g Target	135.1 g Complex	20.1 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	3 Paneer Stuffed Parathas with Curd & 2 Boiled Egg Whites	3 parathas (250g)	540	24g	66g	18g
	Banana Peanut Butter Shake with Soaked Almonds & Full Cream Milk	1 tall glass (350ml)	380	14g	52g	14g
Total			920	38.0g	118.0g	32.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Handful of Roasted Cashews, Munakka Raisins & 1 Banana	1 piece (40g)	108	3g	22.4g	1g
	↳3 Paneer Stuffed Parathas with Curd & 2 Boiled Egg Whites	1 piece (40g)	116	3.2g	23g	1.4g
	3 Rotis, Big Bowl Rajma / Chicken Curry, Jeera Rice & Salad	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Banana Peanut Butter Shake with Soaked Almonds & Full Cream Milk	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Handful of Roasted Cashews, Munakka Raisins & 1 Banana	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.