Healthy Diet Chart For Weight Loss • DietInFlow Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
544 kcal / day	14.8 g Target	101.6 g Complex	9.1 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 Poha with Squeezed Lemon & Roasted Peanuts	1 bowl (180g)	280	7g	48g	6g
	Lukewarm Copper Vessel Water with 4 Soaked Almonds & 1 Walnut	1 glass (250ml)	50	1.8g	3g	4g
Total			330	8.8g	51.0g	10.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Seasonal Fresh Papaya / Guava Bowl	1 piece (40g)	108	3g	22.4g	1g
	↳Vegetable Poha with Squeezed Lemon & Roasted Peanuts	1 piece (40g)	116	3.2g	23g	1.4g
	2 Whole Wheat Phulkas, Mixed Veg Sabzi, Tadka Dal, Curd & Salad	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Lukewarm Copper Vessel Water with 4 Soaked Almonds & 1 Walnut	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Seasonal Fresh Papaya / Guava Bowl	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.