Meal Plan Template Goodnotes Free • DietInFlow Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
569 kcal / day	18.2 g Target	98.6 g Complex	11.6 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	Paneer Stuffed Whole Wheat Paratha (1 pc) with Curd	1 plate (180g)	320	14g	38g	12g
	Warm Lemon Honey Water + 5 Soaked Almonds	1 glass (250ml)	60	1.5g	7g	3g
Total			380	15.5g	45.0g	15.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Warm Jeera Water + 4 Soaked Almonds	1 piece (40g)	108	3g	22.4g	1g
	↳Paneer Stuffed Whole Wheat Paratha (1 pc) with Curd	1 piece (40g)	116	3.2g	23g	1.4g
	Brown Rice (1 cup) + Rajma Masala + Green Salad	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Warm Lemon Honey Water + 5 Soaked Almonds	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Fresh Apple Slices with Pinch of Cinnamon	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.