# Mediterranean Diet Meal Plan • 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.