Omad Diet Plan • DietInFlow Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
614 kcal / day	19.7 g Target	79.1 g Complex	25.1 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	Almond Flour Cheela with Shredded Full-Fat Malai Paneer & Mint Butter	2 cheelas (150g)	340	18g	5g	28g
	Bulletproof Black Coffee with Virgin Coconut Oil & Cinnamon	1 cup (200ml)	130	0.5g	1g	14g
Total			470	18.5g	6.0g	42.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Roasted Salted Walnuts, Pumpkin Seeds & Lemon Cucumber	1 piece (40g)	108	3g	22.4g	1g
	↳Almond Flour Cheela with Shredded Full-Fat Malai Paneer & Mint Butter	1 piece (40g)	116	3.2g	23g	1.4g
	Palak Paneer (120g Paneer in Ghee) with Sauteed Cauli-Rice	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Bulletproof Black Coffee with Virgin Coconut Oil & Cinnamon	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Roasted Salted Walnuts, Pumpkin Seeds & Lemon Cucumber	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.