

Name	GOVINDA BABU	Medical History
LFL-ID	PTC1067	Hypertension&Cholesterol
Age	44	
Weight	74.8	
Height	166	
Body fat	27%	
BMR	1344.82	
TDEE	2083.2	
TARGET CALORIES	1750	
GOAL	FAT LOSS	

CARB	PRO	FAT	TOTAL
25%	35%	40%	100%
109 g	153 g	78 g	1750 kcal

DIET PLAN	LCD-VEG DIET
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Time	Food	Quantity	Carbs g	Protien g	Fats g	Calories kcal
AFTER WAKEUP 6:00 AM	1 GLASS OF WATER	100 ml	0	0	0	0
	GREEN TEA WITH LEMON	100 ml	0.4	0	0	2
POST WORKOUT 8:00 AM	WHEY PROTEIN	2 scoop	4	50	2	240
BREAKFAST 9:00 AM	2 SLICED BREAD/OATS/2 IDLI	30 g	18	3.3	2.4	112
	SKIMMED MILK	100 ml	4.6	2.5	0.1	29
	PANNER (CURRY)	100 g	5.2	17.2	20	300
SNACK 11:30 AM	ALMONDS	10	3	3	6	70
	PEANUT BUTTER	16 g	3	5	8	102
LUNCH 1:30 PM	CHAPATHI	2 PIECE	20	4.5	4	108
	SOY CHUNKS	50 g	16.5	26	0.2	172
	BROCCOLI	200 g	0.8	9.2	0.6	62
	EXTRA VIRGIN OLIVE OIL	14 g	0	0	14	126
SNACK 5:00 PM	ALMONDS	5	1.5	1.5	3	35
	WHEY PROTEIN	1 scoop	2	25	1	120
DINNER 8:30 PM	COCONUT OIL	14 g	0	0	14	126
	CAULIFLOWER/BROCCOLI	100 g	0.4	4.6	0.1	31
	CHAPATHI	2 PIECE	20	4.5	4	108
		TOTAL	99.4	156.3	79.4	1743

Notes	<p>1. Timing used as generic, please have the meal in your timing accordingly</p> <p>2. You can swap food in different timing as per your convenience, but all the food should have been taken before EOD</p> <p>3. You can replace protein for protein, fat for fat, do not replace or swap both. Please check with me before you do</p> <p>4. Plan your food if you are travelling out, maintaining this diet as 100% is mandatory criteria</p>
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Alternatives	Replace	Quantity
cabbage/cauliflower	Broccoli, mushroom, Spinach, Lettuce, Long Beans, Brussel Sprouts	100g
Chappathi	White Rice	50g
	Dosa	1
Cereals 20g	Idly	2
	Dosa	1
	Brown Bread	2
	Oats	30g
Soya Chunks 50g	Tofu 200g + Chappathi 2	

Things can be used additionally	
Onion	half (30g)
Chilli	2,3
Ginger Garlic paste	1 tsp (10g)
Seasoning	Yes
Curry, corrianderLeaves	Yes
Lemon	Yes
Turmeric Powder	Yes
Chilli Powder	Yes