

KARAN TRIVEDI

Weight : **88 kg**

Height : **180 cms**

Age : **32 years**

2407.8 kcl
Cal

228.2 g
Protein

231.8 g
Carbs

64.4 g
Fats

Food	Quantity	Calories	Protein	Carbs	Fats
Breakfast					
Oats	85 gm	333.2 kcl	11.9 g	56.1 g	6.8 g
Whey Naturaltein	30 gm	114.9 kcl	21.6 g	2.4 g	2.1 g
Egg white	16 piece	192.0 kcl	48.0 g	0.0 g	0.0 g
Potatoes,Raw,Skin	150 gm	114.0 kcl	1.5 g	25.5 g	0.0 g
Blueberries raw	30 gm	17.1 kcl	0.2 g	4.3 g	0.1 g
Lunch					
Rice dry uncooked	75 gm	267.8 kcl	11.0 g	56.2 g	0.8 g
Egg white	8 piece	96.0 kcl	24.0 g	0.0 g	0.0 g
Snacks					
Whey Naturaltein	30 gm	114.9 kcl	21.6 g	2.4 g	2.1 g
Egg white	6 piece	72.0 kcl	18.0 g	0.0 g	0.0 g
Peanut butter creamy, sundrop	25 gm	161.7 kcl	6.7 g	5.0 g	13.3 g
Bread	2 slice	136.4 kcl	4.5 g	26.0 g	1.6 g
milk low fat (for coffee or tea)	200 ml	107.5 kcl	6.7 g	10.8 g	4.2 g
Egg	1 Piece	69.0 kcl	6.0 g	0.0 g	5.0 g
Dinner					
Rice dry uncooked	50 gm	178.5 kcl	7.4 g	37.5 g	0.5 g
Ghee	5 gm	45.0 kcl	0.0 g	0.0 g	5.0 g
Gold standard casein chocolate supreme by optimum nutrition	30 gm	105.9 kcl	21.2 g	2.6 g	0.9 g

Paneer	100 gm	282.0 kcl	18.0 g	3.0 g	22.0 g
Total		2407.8 kcl	228.2 g	231.8 g	64.4 g