



DEV

– FITNESS NUTRITION

MAY 2024

Goal – sustainable fat loss and improve body composition and physique

Age – 34 / male

Height - 180 cms

Weight – 77 kg ---- 74.5

BMR – 1705 kcal

Notes

K/C/O Hypothyroidism on Rx (50 mcg) – levels normal

Cholesterol parameters have improved

L shoulder impingement – 90 % resolved with treatment and rehab

IgE testing revealed positive reaction to Dal – no symptoms on consumption.

Family History- Mother DM; Father Dyslipidemia

BLOOD CHEMISTRY TO ADDRESS

IRON 46 .21

VITAMIN D – 21.6

NUTRITIONAL GOALS

- Address healthy fat loss
- Improve recovery from injury and correct deficiencies
- Provide a base plan that can be modified to accommodate progressing goals

Estimated Total Energy Requirements –2400 kcal/ day

Estimated Requirements for Fat loss – 1800-1900 kcal/ day

Estimated Protein Requirements – 100 g/ day (improve gradually)

Supplements Recommendation:

- Continue Omega 3, Bcomplex and Protein Supplementation
- D Rise 5000 IU everyday for 1 month
- HaemUp Syrup – 15 ml twice a day for 30 days . Can purchase from any pharmacy.
1st dose pre breakfast and 2nd pre- lunch.
- Muscle Blaze – ZMA – can purchase online. 2 tablets post dinner for 30 days.

Physical Activity –

Rehab – Gym – 7 am – 4 sessions a week

NUTRITION RECOMMENDATION/ GUIDELINE: (Vegetarian – Eggs ok)

(Note: Owing to Hypothyroidism – better to limit intake of soy products like Tempeh and Tofu and also use of Millets, Fenugreek, strawberries. Avoid uncooked versions of cabbage, cauliflower, broccoli, kale, spinach, brussel sprouts, mustard greens. Having them in moderation in well-cooked forms is ok)

On Waking Up: (pre workout)

Plain Water 250 ml

Banana 1 no + Almonds 6 nos (soaked or unsoaked) – 30 mins prior

Or can have your usual ragi malt or phazhankanji or overnight Oat meal or Oat smoothie 200 ml (one hour prior to training)

During Activity:

Plain water 500 ml

Fast and Up EAA Intra Training – 1 scoop in 250-300 ml water

Post Activity/ Breakfast:

- Eggs – 2 whole as omelette or scrambled with veggies
- Any Fruit 100 g with mixed nuts

Mid-morning:

Whey protein 1 serving in water

Lunch: @ 1 pm

- Paneer 75 g Or Tofu 100 g Or Tempeh 100 g stir fried with veggies (100 g)
- Brown Or Red Rice (150 g cooked) with any gravy

Afternoon:

Can have usual tea/ Coffee 150 ml

Evening:

Boiled egg sandwich/ Bread Omelette – 1 set (with 2 whole eggs)

Buttermilk 250 ml + pinch of dried ginger powder

Dinner:

- Same as Lunch

OR

• Dosa 2 nos OR Chappati 2 nos with Tofu (100 g) or Tempeh (100g) or paneer (75g) or Sprouts curry with 50 g Tempeh.

- ½ serving of protein supplement in water

Bedtime:

Jeera Water 250 ml (have warm jeera water post every meal)

NOTE:

Adequate hydration is crucial. Keep taking sips of water every 20 mins throughout the day. Have a glass of jeera water post each meal.

Maintain a food diary and keep me posted everyday.

Avoid indulging ultra processed hyperpalatable foods as much as possible as they tend to contain excess, salt (sodium), sugars and trans fats.

Plan your portions based on how hungry or satisfied you feel through a meal.

When dining out try balancing out your plate with optimal portions of grain, protein and veggies. Start with salad or soups. Can have a small serving of dessert to end the meal.

Perform relaxed breathing exercises before going to bed everyday. Will help with improving sleep quality and endurance.