

TEST

Phone: 8097391552

Email: shrikant@gmail.com



Personal Information

Name	YDLTest YDL Test
Age	-
Starting date	-
Address	
Email id	akash@ydl.com
Ph.no	9022445161

Anthropometry

Notes: test

Monday

Total Proteins : 13.45 | Total Carbs : 31.78 | Total Fats : 0.83 | Total Fibers : 13.62 | Total Calories : 31.78

Meal 1 | 09:00 AM

Total Proteins : | Total Carbs : | Total Fats : | Total Fibers : | Total Calories :

Meal 2 | 11:00 AM

Total Proteins : 0.40 | Total Carbs : 1.60 | Total Fats : 0.00 | Total Fibers : 0.70 | Total Calories : 8.00

1. Celery, Raw : 1 stalk (Proteins : 0.10 | Carbs : 0.50 | Fats : 0.00 | Fibers : 0.30 | Calories : 3.00) **OR** Shalgam / Turnip : 100 gm (Proteins : 0.90 | Carbs : 6.00 | Fats : 0.10 | Fibers : 1.80 | Calories : 28.00)

2. Spring Onion, Raw : 1 medium (Proteins : 0.30 | Carbs : 1.10 | Fats : 0.00 | Fibers : 0.40 | Calories : 5.00)

Meal 3 | 01:00 PM

Total Proteins : 0.90 | Total Carbs : 6.00 | Total Fats : 0.10 | Total Fibers : 1.80 | Total Calories : 28.00

1. Shalgam / Turnip : 100 gm (Proteins : 0.90 | Carbs : 6.00 | Fats : 0.10 | Fibers : 1.80 | Calories : 28.00)

Meal 4 | 06:00 PM

Total Proteins : 0.90 | Total Carbs : 6.00 | Total Fats : 0.10 | Total Fibers : 1.80 | Total Calories : 28.00

Meal 5 | 09:00 PM

Total Proteins : 7.25 | Total Carbs : 11.88 | Total Fats : 0.13 | Total Fibers : 6.32 | Total Calories : 81.26

1. Peas, fresh / Matar : 100 gm (Proteins : 7.25 | Carbs : 11.88 | Fats : 0.13 | Fibers : 6.32 | Calories : 81.26)

Tuesday

Total Proteins : 13.45 | Total Carbs : 31.78 | Total Fats : 0.83 | Total Fibers : 13.62 | Total Calories : 31.78

Meal 1 Test | 09:00 AM

Total Proteins : | Total Carbs : | Total Fats : | Total Fibers : | Total Calories :

Meal 2 | 11:00 AM

Total Proteins : 0.30 | Total Carbs : 1.70 | Total Fats : 0.00 | Total Fibers : 0.50 | Total Calories : 7.00

1. Red Cabbage, Raw : 1 leaf (Proteins : 0.30 | Carbs : 1.70 | Fats : 0.00 | Fibers : 0.50 | Calories : 7.00)

Meal 3 | 01:00 PM

Total Proteins : 0.40 | Total Carbs : 1.10 | Total Fats : 0.00 | Total Fibers : 0.70 | Total Calories : 6.00

1. Cabbage / Patta Gobi, Raw : 1 medium leaf (Proteins : 0.40 | Carbs : 1.10 | Fats : 0.00 | Fibers : 0.70 | Calories : 6.00)

Meal 4 | 06:00 PM

Total Proteins : 4.30 | Total Carbs : 10.00 | Total Fats : 0.60 | Total Fibers : 3.90 | Total Calories : 51.00

1. Broccoli, Raw : 1 stalk (Proteins : 4.30 | Carbs : 10.00 | Fats : 0.60 | Fibers : 3.90 | Calories : 51.00)

Meal 5 | 09:00 PM

Total Proteins : 7.25 | Total Carbs : 11.88 | Total Fats : 0.13 | Total Fibers : 6.32 | Total Calories : 81.26

1. Peas, fresh / Matar : 100 gm (Proteins : 7.25 | Carbs : 11.88 | Fats : 0.13 | Fibers : 6.32 | Calories : 81.26)

Wednesday

Total Proteins : 13.45 | Total Carbs : 31.78 | Total Fats : 0.83 | Total Fibers : 13.62 | Total Calories : 31.78

Meal 1 | 09:00 AM

Total Proteins : 1.20 | Total Carbs : 7.10 | Total Fats : 0.10 | Total Fibers : 2.20 | Total Calories : 33.00

1. Spring Onion, Raw : 1 medium (Proteins : 0.30 | Carbs : 1.10 | Fats : 0.00 | Fibers : 0.40 | Calories : 5.00)

2. Shalgam / Turnip : 100 gm (Proteins : 0.90 | Carbs : 6.00 | Fats : 0.10 | Fibers : 1.80 | Calories : 28.00)

Meal 2 | 11:00 AM

Total Proteins : 0.30 | Total Carbs : 1.70 | Total Fats : 0.00 | Total Fibers : 0.50 | Total Calories : 7.00

1. Red Cabbage, Raw : 1 leaf (Proteins : 0.30 | Carbs : 1.70 | Fats : 0.00 | Fibers : 0.50 | Calories : 7.00)

Meal 3 | 01:00 PM

Total Proteins : 0.40 | Total Carbs : 1.10 | Total Fats : 0.00 | Total Fibers : 0.70 | Total Calories : 6.00

1. Cabbage / Patta Gobi, Raw : 1 medium leaf (Proteins : 0.40 | Carbs : 1.10 | Fats : 0.00 | Fibers : 0.70 | Calories : 6.00)

Meal 4 | 06:00 PM

Total Proteins : 4.30 | Total Carbs : 10.00 | Total Fats : 0.60 | Total Fibers : 3.90 | Total Calories : 51.00

1. Broccoli, Raw : 1 stalk (Proteins : 4.30 | Carbs : 10.00 | Fats : 0.60 | Fibers : 3.90 | Calories : 51.00)

Meal 5 | 09:00 PM

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1. Peas, fresh / Matar : 100 gm (Proteins : 7.25 | Carbs : 11.88 | Fats : 0.13 | Fibers : 6.32 | Calories : 81.26)

Thursday

Total Proteins : 13.45 | Total Carbs : 31.78 | Total Fats : 0.83 | Total Fibers : 13.62 | Total Calories : 31.78

Meal 1 | 09:00 AM

Total Proteins : 0.90 | Total Carbs : 6.00 | Total Fats : 0.10 | Total Fibers : 1.80 | Total Calories : 28.00

1. Shalgam / Turnip : 100 gm (Proteins : 0.90 | Carbs : 6.00 | Fats : 0.10 | Fibers : 1.80 | Calories : 28.00)

Meal 2 | 11:00 AM

Total Proteins : 0.30 | Total Carbs : 1.70 | Total Fats : 0.00 | Total Fibers : 0.50 | Total Calories : 7.00

1. Red Cabbage, Raw : 1 leaf (Proteins : 0.30 | Carbs : 1.70 | Fats : 0.00 | Fibers : 0.50 | Calories : 7.00)

Meal 3 | 01:00 PM

Total Proteins : 0.40 | Total Carbs : 1.10 | Total Fats : 0.00 | Total Fibers : 0.70 | Total Calories : 6.00

1. Cabbage / Patta Gobi, Raw : 1 medium leaf (Proteins : 0.40 | Carbs : 1.10 | Fats : 0.00 | Fibers : 0.70 | Calories : 6.00)

Meal 4 | 06:00 PM

Total Proteins : 4.30 | Total Carbs : 10.00 | Total Fats : 0.60 | Total Fibers : 3.90 | Total Calories : 51.00

1. Broccoli, Raw : 1 stalk (Proteins : 4.30 | Carbs : 10.00 | Fats : 0.60 | Fibers : 3.90 | Calories : 51.00)

Meal 5 | 09:00 PM

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1. Peas, fresh / Matar : 100 gm (Proteins : 7.25 | Carbs : 11.88 | Fats : 0.13 | Fibers : 6.32 | Calories : 81.26)

Friday

Total Proteins : 13.45 | Total Carbs : 31.78 | Total Fats : 0.83 | Total Fibers : 13.62 | Total Calories : 31.78

Meal 1 | 09:00 AM

Total Proteins : 0.90 | Total Carbs : 6.00 | Total Fats : 0.10 | Total Fibers : 1.80 | Total Calories : 28.00

1. Shalgam / Turnip : 100 gm (Proteins : 0.90 | Carbs : 6.00 | Fats : 0.10 | Fibers : 1.80 | Calories : 28.00)

Meal 2 | 11:00 AM

Total Proteins : 0.30 | Total Carbs : 1.70 | Total Fats : 0.00 | Total Fibers : 0.50 | Total Calories : 7.00

1. Red Cabbage, Raw : 1 leaf (Proteins : 0.30 | Carbs : 1.70 | Fats : 0.00 | Fibers : 0.50 | Calories : 7.00)

Meal 3 | 01:00 PM

Total Proteins : 0.40 | Total Carbs : 1.10 | Total Fats : 0.00 | Total Fibers : 0.70 | Total Calories : 6.00

1. Cabbage / Patta Gobi, Raw : 1 medium leaf (Proteins : 0.40 | Carbs : 1.10 | Fats : 0.00 | Fibers : 0.70 | Calories : 6.00)

Meal 4 | 06:00 PM

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1. Broccoli, Raw : 1 stalk (Proteins : 4.30 | Carbs : 10.00 | Fats : 0.60 | Fibers : 3.90 | Calories : 51.00)

Meal 5 | 09:00 PM

Total Proteins : 7.25 | Total Carbs : 11.88 | Total Fats : 0.13 | Total Fibers : 6.32 | Total Calories : 81.26

1. Peas, fresh / Matar : 100 gm (Proteins : 7.25 | Carbs : 11.88 | Fats : 0.13 | Fibers : 6.32 | Calories : 81.26)

Saturday

Total Proteins : 13.45 | Total Carbs : 31.78 | Total Fats : 0.83 | Total Fibers : 13.62 | Total Calories : 31.78

Meal 1 | 09:00 AM

Total Proteins : 0.90 | Total Carbs : 6.00 | Total Fats : 0.10 | Total Fibers : 1.80 | Total Calories : 28.00

1. Shalgam / Turnip : 100 gm (Proteins : 0.90 | Carbs : 6.00 | Fats : 0.10 | Fibers : 1.80 | Calories : 28.00)

Meal 2 | 11:00 AM

Total Proteins : 0.30 | Total Carbs : 1.70 | Total Fats : 0.00 | Total Fibers : 0.50 | Total Calories : 7.00

1. Red Cabbage, Raw : 1 leaf (Proteins : 0.30 | Carbs : 1.70 | Fats : 0.00 | Fibers : 0.50 | Calories : 7.00)

Meal 3 | 01:00 PM

Total Proteins : 0.40 | Total Carbs : 1.10 | Total Fats : 0.00 | Total Fibers : 0.70 | Total Calories : 6.00

1. Cabbage / Patta Gobi, Raw : 1 medium leaf (Proteins : 0.40 | Carbs : 1.10 | Fats : 0.00 | Fibers : 0.70 | Calories : 6.00)

Meal 4 | 06:00 PM

Total Proteins : 4.30 | Total Carbs : 10.00 | Total Fats : 0.60 | Total Fibers : 3.90 | Total Calories : 51.00

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Meal 5 | 09:00 PM

Total Proteins : 7.25 | Total Carbs : 11.88 | Total Fats : 0.13 | Total Fibers : 6.32 | Total Calories : 81.26

1. Peas, fresh / Matar : 100 gm (Proteins : 7.25 | Carbs : 11.88 | Fats : 0.13 | Fibers : 6.32 | Calories : 81.26)

Sunday

Total Proteins : 13.45 | Total Carbs : 31.78 | Total Fats : 0.83 | Total Fibers : 13.62 | Total Calories : 31.78

Meal 1 | 09:00 AM

Total Proteins : 1.20 | Total Carbs : 7.10 | Total Fats : 0.10 | Total Fibers : 2.20 | Total Calories : 33.00

1. Spring Onion, Raw : 1 medium (Proteins : 0.30 | Carbs : 1.10 | Fats : 0.00 | Fibers : 0.40 | Calories : 5.00)

2. Shalgam / Turnip : 100 gm (Proteins : 0.90 | Carbs : 6.00 | Fats : 0.10 | Fibers : 1.80 | Calories : 28.00)

Meal 2 | 11:00 AM

Total Proteins : 0.30 | Total Carbs : 1.70 | Total Fats : 0.00 | Total Fibers : 0.50 | Total Calories : 7.00

1. Red Cabbage, Raw : 1 leaf (Proteins : 0.30 | Carbs : 1.70 | Fats : 0.00 | Fibers : 0.50 | Calories : 7.00)

Meal 3 | 01:00 PM

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Meal 5 | 09:00 PM

Total Proteins : 7.25 | Total Carbs : 11.88 | Total Fats : 0.13 | Total Fibers : 6.32 | Total Calories : 81.26

1. Peas, fresh / Matar : 100 gm (Proteins : 7.25 | Carbs : 11.88 | Fats : 0.13 | Fibers : 6.32 | Calories : 81.26)

TEST 123, TEST 12345, TEAST 123456 - GHJ, BHJ, VGU