



Personalised Health Roadmap

Name: Abhay Chaudhary **Location:** Guwahati, India **Date:** 21 Jun 2025

Daily Caloric Target: 2000 kcal

Macronutrient Split

- Protein: ~100 g (20 %)
- Carbohydrates: ~250 g (50 %)
- Fats: ~67 g (30 %)

Culturally Appropriate Foods

- Breakfast: Veg poha with peanuts + a glass of low-fat milk
- Lunch: 2 whole wheat rotis, chickpea curry, mixed veg salad
- Dinner: Brown rice pulao with tofu & veggies

Allergy / Restriction Substitutes

You indicated a lactose intolerance. Replace dairy with soy or almond alternatives.

Hydration

Aim for 2.5 L water daily; include 1 ORS sachet post-workout if exercising in humid climates.

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