

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.