1. ‘Details’ column specifies a little on the health condition as Cholesterol/ Diabetic.

| Variable | Categories | Comments |
| --- | --- | --- |
| Day | Day 1  Day 2  Day 3  Day 4 |  |
| Details | Ex: 'Weight Loss South Indian Cholesterol Non Veg - 1200'  'Weight Loss North Indian Thyroid Veg - 1300'  'Weight Gain North Indian Thyroid Veg - 2400 (1)'  'Weight Loss Maharashtrian Thyroid Veg - 1400'  'Weight Gain South Indian Cholesterol Non Veg - 1800'  'Weight Gain Maharashtrian Cholesterol Non Veg - 1500'  'Weight Loss South Indian Cholesterol Non Veg - 2200'  'Weight gain South Indian Diabetes Non Veg - 1800'  'Weight Loss Maharashtrian Diabetes Non Veg - 1800 '  'Weight Loss South Indian Diabetes Veg - 1700'  'Weight Gain North Indian Thyroid Non Veg - 2400'  'Weight Gain South Indian Thyroid Non Veg - 1400'  'Weight Gain Maharashtrian Diabetes Veg - 2200'  'Weight Loss North Indian Thyroid Veg - 2100'  'Weight Gain Maharashtrian Thyroid Non Veg - 2400'  'Weight Loss South Indian Cholesterol Veg - 2200'  'Weight Loss Maharashtrian Diabetes Veg - 1600'  'Weight Loss Maharashtrian Thyroid Veg - 1800'  'Weight Gain North Indian Veg - 2400'  'Weight Loss North Indian Cholesterol Veg - 2200'  'Weight Loss South Indian Thyroid Non Veg - 2100' | Weight - Loss/ Gain  Origin  Veg/ Non veg  Cholesterol/ Diabetic  \*total calories |
| Overall\_Calories | kcal |  |
| Overall\_Proteins | g |  |
| Overall\_Carbs | g |  |
| Overall\_Fats | g |  |
| Overall\_Fibres | g |  |
| Breakfast\_Items | Ex: 'Upma' 'Tomato peanut chutney | Green Gram Idli'  'Paneer bhurji dosa | Drumstick sambhar' 'Buttermilk | Vermicelli upma'  'Paneer Burji | Wheat Roti' 'Dahi | Besan chilla' 'Peas poha'  'Egg Omelette | Wheat Roti' 'Paneer Paratha | Dahi'  'Boiled Egg | Peas poha' 'Wheat Roti | Egg bhurji' 'Upma | Boiled Egg'  'Oats rava idli | Tomato chutney' 'Chana Soyabean Bhaji | Ragi Dosa'  'Dahi | Oats vegetable chilla'  'Coconut Chutney | Drumstick sambhar | Rava idli'  'Wheat Roti | Paneer Burji' 'Boiled Egg | Upma'  'Oats rava idli | Tomato chutney | Drumstick sambhar'  'Wheat Roti | Egg Omelette' 'Poha | Boiled Egg'  'Besan chilla | Dhaniya pudina chutney'  'Muesli | Almonds | Chia seeds | Cow milk' |  |
| Lunch\_Items | Ex: Carrot cucumber salad | Daal | Tofu | Brown rice'  'Ragi/nachni roti | Green salad | Coconut chickpea curry | Methi Bhaji'  'Tomato cucumber raita | Soya chunk pulao'  'Grilled paneer | Carrot cucumber salad | Peas Bhaji | Brown rice'  'Gobi matar sabzi | Daal | Wheat Roti | Carrot cucumber salad'  'Wheat Roti | Soyabean Curry | Carrot cucumber salad'  'Soya chunk pulao | Lauki raita | Carrot tomato salad'  'Palak Bhaji / Sabji | Daal | Jowar roti | Dahi'  'Daal | Carrot cucumber salad | Wheat Roti | Bhindi Sabzi'  'Plain Rice | Daal | Gobi matar sabzi | Wheat Roti'  'Gavar sabzi | Jowar roti | Dahi | Mix daal | Carrot tomato salad'  'Plain Rice | Carrot cucumber salad | Wheat Roti | Chicken curry | Daal'  'Grilled paneer | Daal | Carrot cucumber salad | Brown rice'  'Dosa | Carrot tomato salad | Chicken curry'  'Drumstick sambhar | Boiled Egg | Brown rice' |  |
| Dinner\_Items | Ex: 'Wheat Roti | Gobi matar sabzi | Daal'  'Brinjal sambhar | Bean salad | Brown rice'  'Wheat Roti | Daal | Mix Veg Bhaji'  'Chapati | Bhindi Sabzi | Daal | Carrot tomato salad'  'Wheat Roti | Kheera tamatar salad | Paneer capsicum sabzi'  'Wheat Roti | Carrot cucumber salad | Paneer Burji'  'Wheat Roti | Chana lobia curry | Buttermilk'  'Ragi/nachni roti | Gavar sabzi | Boiled soya chunks'  'Plain Rice | Daal | Cabbage sabzi | Wheat Roti'  'Chicken curry | Carrot tomato salad | Wheat Roti'  'Dahi | Dal Khichadi | Green salad'  'Bajra roti | Chana lobia curry | Carrot tomato salad' |  |
| Pre\_workout\_snack\_Items |  |  |
| Post\_workout\_snack\_Items |  |  |
| Mor\_snac\_Items |  |  |
| Eve\_snack\_Items |  |  |
| Breakfast\_Serving |  |  |
| Lunch\_Serving |  |  |
| Dinner\_Serving |  |  |
| Pre\_workout\_snack\_Serving |  |  |
| Post\_workout\_snack\_Serving |  |  |
| Mor\_snac\_Serving |  |  |
| Eve\_snack\_Serving |  |  |
| Breakfast\_Calories |  |  |
| Lunch\_Calories |  |  |
| Dinner\_Calories |  |  |
| Pre\_workout\_snack\_Calories |  |  |
| Post\_workout\_snack\_Calories |  |  |
| Mor\_snac\_Calories |  |  |
| Eve\_snack\_Calories |  |  |
| Breakfast\_Carbs |  |  |
| Lunch\_Carbs |  |  |
| Dinner\_Carbs |  |  |
| Pre\_workout\_snack\_Carbs |  |  |
| Post\_workout\_snack\_Carbs |  |  |
| Mor\_snac\_Carbs |  |  |
| Eve\_snack\_Carbs |  |  |
| Breakfast\_Proteins |  |  |
| Lunch\_Proteins |  |  |
| Dinner\_Proteins |  |  |
| Pre\_workout\_snack\_Proteins |  |  |
| Post\_workout\_snack\_Proteins |  |  |
| Mor\_snac\_Proteins |  |  |
| Eve\_snack\_Proteins |  |  |
| Breakfast\_Fats |  |  |
| Lunch\_Fats |  |  |
| Dinner\_Fats |  |  |
| Pre\_workout\_snack\_Fats |  |  |
| Post\_workout\_snack\_Fats |  |  |
| Mor\_snac\_Fats |  |  |
| Eve\_snack\_Fats |  |  |
| Breakfast\_Fibre |  |  |
| Lunch\_Fibre |  |  |
| Dinner\_Fibre |  |  |
| Pre\_workout\_snack\_Fibre |  |  |
| Post\_workout\_snack\_Fibre |  |  |
| Mor\_snac\_Fibre |  |  |
| Eve\_snack\_Fibre |  |  |