

Vijay
Krishnamoorthy

Weight
: 74.85 kg

Height
: 179.00 cms

Age : 32 years

2394.69kcl

Cal

123.58g

Protein

296.01g

Carbs

79.6g

Fats

Food	Quantity	Calories	Protein	Carbs	Fats
Breakfast					
almond soaked	5 Piece	37.45 kcl	1.3 g	1.2 g	3.05 g
Egg	2 Piece	138.0 kcl	12.0 g	0.0 g	10.0 g
Milk	150 ml	78.12 kcl	5.0 g	7.5 g	3.13 g
Sugar	10 gm	40.0 kcl	0.0 g	10.0 g	0.0 g
Fruits (Any)	150 gm	132.0 kcl	0.0 g	33.0 g	0.0 g
Oats/Rice/Wheat/Poha	80 gm	294.86 kcl	9.14 g	59.43 g	2.29 g
Oil(Any)	10 gm	90.0 kcl	0.0 g	0.0 g	10.0 g
Lunch					
Dal (any)	40 gm	105.14 kcl	9.14 g	17.14 g	0.0 g
Oil(Any)	15 gm	135.0 kcl	0.0 g	0.0 g	15.0 g
Veggies (Any)	100 gm	20.0 kcl	1.0 g	4.0 g	0.0 g
Oats/Rice/Wheat/Poha	60 gm	221.14 kcl	6.86 g	44.57 g	1.71 g
Egg white	2 piece	24.0 kcl	6.0 g	0.0 g	0.0 g
Snacks					
Milk	150 ml	78.12 kcl	5.0 g	7.5 g	3.13 g
Sugar	10 gm	40.0 kcl	0.0 g	10.0 g	0.0 g
Channa	50 gm	186.0 kcl	9.5 g	30.25 g	3.0 g
Dinner					
Chicken	200 gm	318.0 kcl	48.0 g	0.0 g	14.0 g
Veggies (Any)	150 gm	30.0 kcl	1.5 g	6.0 g	0.0 g
Oats/Rice/Wheat/Poha	80 gm	294.86 kcl	9.14 g	59.42 g	2.29 g
Oil(Any)	12 gm	108.0 kcl	0.0 g	0.0 g	12.0 g

Green tea, ccd, drink	100 ml	24.0 kcal	0.0 g	6.0 g	0.0 g
Total		2394.69 kcal	123.58 g	296.01 g	79.6 g