

Sample Low carb Diet

Medical History

Vit-D Deficiency, Lower
backpain

LFL ID	-
Age	40
Weight	75
Height	165
Body Fat	27%
BMR	1646.5
BMR	1430.04
TDEE	2216.562
Target Calories	2000
Goal	Fat loss
Diet plan	LCD-Egg

With Body Weight
With Lean Mass
<p> $\frac{1}{2}$ </p>

Time	Food	Quantity	Carbs	Protien	Fats	Calories
After wakeup	1 glass of water	250 ml	0	0	0	0
	Black coffee	100 ml	0.4	0	0	2
Post workout	Whey protein	1 scoop	2	25	1	120
Breakfast	Jowar flour	50 g	35	4.2	1.65	175
	Egg	2 full egg	0.8	12.6	9.6	144
	Boiled channa	50 g	9.5	4.5	1.3	82
	Extra virgin olive oil	10 g	0	0	10	88
Snacks	Almonds	10 nuts	1	3	8	90
	Greek yoghurt	100 g	3.6	10	0.4	59
Lunch	Foxtail dosa	1 piece	18	4	6	132
	Chicken breast	100 g	0	28	3.6	144
	Broccoli	100 g	4.4	2.8	0.4	34
	Paneer	50 g	2.2	10	11	148
	Coconut oil	14 g	0	0	14	117
Snacks	Whey protein	2 scoop	4	50	2	240
	Skimmed milk	100 ml	4.9	3.4	0.1	34
Dinner	Ragi	50g	38.5	5.5	0.5	181
	Murunga leaves	30g	2.5	2.8	0.4	19
	Tuna	50 g	0	12	0.25	54.5
	coconut oil	1.5 tbsp	0	0	21	185
		Total	126.8	177.8	91.2	2056.5

Jowar roti with egg curry

Foxtail dosa with chicken curry
and paneer & broccoli bhurji

Ragi roti with fish curry

Notes	1. Timing used as generic, please have the meal in your timing accordingly
	2. You can swap food in different timing as per your convenience, but all the food should have been taken before EOD
	3. You can replace protein for protein, fat for fat, do not replace or swap both. Please check with me before you do
	4. Plan your food if you are travelling out, maintaining this diet as 100% is mandatory criteria

Alternatives	Replacement	Quantity	Things can be used additionally	
Egg(1 full egg)	Paneer	25 g	Onion	half (30g)
			Chilli	2,3
Chicken breast 100 g	Tuna Fish (Reduce 5g fat from any other meal, if you are including fish)	100g	Ginger Garlic paste	1 tsp (10g)
			Seasoning	Yes
	5 Egg whites 1 full eggs	5+1	Curry,	Yes
	whey protein	2 scoop	Lemon	Yes
	Lean Beef	150g	Turmeric Powder	Yes
			Chilli Powder	Yes
Tuna 50 g	Salmon	50 g		
Paneer 50 g	Tofu + oil	100 g+8 g		
	Cheese cubes	40 g		
Jowar 50 g	Ragi	50 g		
Foxtail dosa(1)	Quinoa	30 g		