

Name	Janaha Sri							Medical History
LFL-ID	PTC1116							
Age	21							
Weight	61.5							
Height	154							
Body fat	35%							
BMR	1312	with body weight						
BMR	1157.64	with lean mass						
TDEE	1921							
Target Calories	1600							
Goal	FAT LOSS							
DIET PLAN	Keto - NV							
Time	Food	Quantity	Carbs	Protien	Fats	Calories	Diet Notes	
After wakeup	1 Glass of water	250 ml	0	0	0	0	Drinking water on empty stomach, helps to activate internal organs	
	Butter	20g	0	0	16	144		
	Black coffee	100 ml	0.4	0	0	2	Keto Coffee / Bullet proof Coffee + pinch of Cinnamon	
	Coconut oil	1 tbsp	0	0	13.5	121	<a href="https://youtu.be/5EmV7yWIOUE">https://youtu.be/5EmV7yWIOUE</a>	
Post Workout	Whey protien	1 scoop	2	25	1	120	Drink atleast 200ml of water after exercise	
Breakfast	Paneer	50g	2.5	8.1	11	142	Make Egg with Paneer recipe or use replacement of (Chappathi)	
	Coconut Oil	0.5 tbsp	0	0	7	63		
	Broccoli/Cauliflower/Beans/Capsicum	75g	3.3	2.1	0.3	25.5		
	Butter	12g	0	0.1	9.7	86	Best Source of Vitamin D & B12	
	Eggs	2 Full Eggs	0	12	10	140	Excellent Source of Vitamin D & B12	
Snacks	Greek Yogurt	50g	1.8	5	0.2	29.5	Best Source of Bone Minerals	
	Detox Drink (Lemon + Ginger/Cumin Seeds)	100ml (1 tsp of each)	1.3	0.4	0.5	9	Support healthy Digestion & Weight loss	
	Almonds	3	0.8	0.8	1.8	21		
Lunch	Coconut Oil	1	0	0	14	126		
	Spinach palak	1/2 bowl	1.55	1.25	0.95	16.5	Make Palak chicken/fish/crab/prawn + Boiled egg	
	Butter	12g	0	0.1	9.7	86	<a href="https://youtu.be/hih_f8QvIhw">https://youtu.be/hih_f8QvIhw</a>	
	Chicken breast	130g	0	31.2	1.43	137.8	Excellent Source of Vitamin B12	
Snacks	Almonds	3	0.8	0.8	1.8	21		
	Green tea with lemon	100 ml	0.4	0	0	2	Helps to boost Immunity	
Dinner	Coconut Oil	0.5 tbsp	0	0	7	63		
	Broccoli/Cauliflower/Beans/Capsicum	75g	3.3	2.1	0.3	25.5	Make Vegetable eggs omelette or eggs scrambled with veggies	
	Eggs	2 Full Eggs	0	12	10	140		
	Butter	12g	0	0.1	9.7	86		
Total			18.15	101.05	125.88	1606.8		

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 efore 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 in Ketogenic diet.												
Health Advice:		Practice Yoga sequences and other simple exerices for the relief of breating difficulties. LFL also offer this sessions, you may join.											
Alternatives		Replace		Quantitiy		Alternativ es		Replace		Quantitiy		Things can be used optionally (Max use upto 5 ingredients/day)	
Broccoli/Cauliflower/ Cabbage/Lettuce 75g	Broccoli,Cauliflower, Lettuce, Long Beans, Brussel Sprouts, Bell Pepper		75g	Chicken 130g	Mutton (Lean) + (Reduce 0.5 tbsp oil)	145g	Onion	half (30g)					
					Catla Fish	145g	Chilli	2,3					
					Crab	170g	Ginger Garlic paste	1 tsp (10g)					
					Prawn (Large Tiger)	130g	Seasoning	Yes					
Paneer 50g	Cheese cubes	40g	Tuna Fish + Reduce 0.5 tbsp oil		130g	Curry, corrianderLeaves	Yes						
			Egg Whites		5	Turmeric Powder	Yes						
Almonds 3	Chia Seeds	4.5 g	whey protein		2. scoop	Chilli Powder	Yes						
			Lean Beef		195g	Tomato Sauce	1 tsp						
			Soya Chunks + Reduce 20g of oats		54.4	Chili Sauce	1 tsp						
			Cottage Cheese/P aneer + Reduce 1 tbsp oil		195g	Soy Sauce	1 tsp						
2 Full Eggs	Paneer	50g	Coconut oil 0.5tbsp	Extra Virgin olive oil	0.5 tbsp								
	Cheese cubes	40g		Butter	8.5 g								
	Tofu + oil	100g + 8g											
Weight Loss Tips:		1. Drink plenty of water											
		2. Eat balanced meals atleast every 3 hours											
		3. Engage in regular physical activity and exercise											
		4. Get enough sleep											
" The First Wealth is Health "													