

Name	Aishwarya Menon						Medical History	
LFL-ID	PTC1096						Vit-D Deficiency	
Age	34							
Weight	69.4							
Height	153							
Body fat	41%							
BMR	1446.84	with body weight						
BMR	1173.24	with lean mass						
TDEE	1818.522							
Target Calories	1600							
Goal	FAT LOSS							
DIET PLAN	Ketogenic Non Veg							
Time	Food	Quantity	Carbs	Protien	Fats	Calories		
After wakeup	1 glass of water	250 ml	0	0	0	0	Drinking water on empty stomach, helps to activate internal organs	
	Black coffee	100 ml	0.4	0	0	2		
Post Workout	Whey protien	1 scoop	2	25	1	120	Drink atleast 200ml of water after exercise	
Breakfast	Okra	50g	3.5	1	0.1	17	Fry Okra and paneer with coconut oil. Add a pinch of salt and spice. Add butter in the end.	
	paneer	50g	2.5	8.1	11	142		
	Coconut Oil	0.5 tbsp	0	0	7	63		
	Butter	10g	0	0.1	8.1	72		
	egg	2Full Eggs	0	12	10	140		
Snacks	Peanut butter	16g (0.5 tbsp)	2.5	4.5	8	103		
	Almonds	8	2.1	2	4.8	56		
Lunch	Coconut Oil	1 tbsp	0	0	14	126	Make Palak Chicken or palak fish	
	Spinach palak	1/2 bowl	1.55	1.25	0.95	16.5		
	Butter	20g	0	0	16	144	Adding Leafy Vegetable is mandatory for fiber	
	Chicken breast 100g or fish 150g/ grilled or pan fried with coconut oil	100/150	2	31	3.6	165		
Snacks	Almonds	7	1.8	1.8	4.2	49	Helps to boost Immunity	
	Green tea with lemon	100 ml	0.4	0	0	2		
Dinner	Coconut Oil	1 tbsp	0	0	14	126	Make Pan Fry the vegetables with Eggs	
	Broccoli/Cauliflower/ Cabbage	75g	0.3	3.45	0.22	23.25		
	Egg Scrambled	2Full Eggs	0	12	10	140		
	Butter	15 g	0	0	12	108		
		Total	19.05	102.2	124.97	1614.75		
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 in Ketogenic Diet.							
Health Advice:	The human body produces Vitamin D when the skin is exposed directly to sunlight (UV rays). So exposure to sun for 15-20 minutes daily without using sunscreen.							
Alternatives	Replace	Quantity	Things can be used additionally					
Broccoli/Cauliflower/ Cabbage/ Spinach/Mushrooms 100g	Broccoli, Cauliflower, Spinach, Lettuce, Long Beans, Brussel Sprouts, Bell Pepper	100g	Onion	half (30g)				
			Chilli	2,3				
			Ginger Garlic paste	1 tsp (10g)				
			Seasoning	Yes				
			Curry, corrianderLeaves	Yes				
Almonds 7	Chia Seeds / Walnuts	16.8 g / 7 Pieces	Lemon	Yes				
			Turmeric Powder	Yes				
Chicken 100g	Mutton	50g	Chilli Powder	Yes				
	Tuna Fish	150g						
Paneer 50g	Full Eggs	2						
	Cheese cubes	40g						
	Tofu + oil	100g + 8g						
Coconut oil 0.5 tbsp	Extra Virgin olive oil	05 tbsp						