Sample Low carb Diet								Medical History		
	·						Vit-D Dficie	ency,Lower		
LFL ID	-							kpain		
Age	40									
Weight	75									
Height	165 27%									
Body Fat	2176	With Body								
BMR	1646.5	Weight								
BMR	1430.04	With Lean Mass								
TDEE	2216.562	Wass								
Target Calories	2000									
Goal	Fat loss									
Diet plan	LCD-Egg									
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				
	Llouise flour		05	4.0	4.05	470				
	Jowar flour	50 g	35 0.8	4.2 12.6	1.65 9.6	179 144				
Breakfast	Egg Boiled channa	2 full egg	9.5	4.5	1.3	82	Jowar	roti with egg	curry	
	Extra virgin olive oil	50 g 10 g	0.5	0	10	88				
	<u> </u>	10 9	<u> </u>			30				
0	Almonds	10 nuts	1	3	8	90				
Snacks	Greek yoghurt	100 g	3.6	10	0.4	59				
	Foxtail dosa	1 piece	18	4	6	132				
	Chicken breast	100 g	0	28	3.6	144	Foxtail do	sa with chick	cen curry	
Lunch	Broccoli	100 g	4.4	2.8	0.4	34		eer & brocco		
	Paneer Coconut oil	50 g	2.2	10 0	11 14	148 117				
	Coconiti on	14 g		U	14	117				
	Whey protein	2 scoop	4	50	2	240				
Snacks	Skimmed milk	100 ml	4.9	3.4	0.1	34				
	Ragi	50g	38.5	5.5	0.5	181				
Dinner	Murunga leaves	30g	2.5	2.8	0.4	19	Ragi	roti with fish o	curry	
	Tuna	50 g	0	12	0.25	54.5	rtugi	rou with non c	burry	
	coconut oil	1.5 tbsp	0	0	21	189				
		Total	126.8	177.8	91.2	2056.5				
		Total	120.0		!	2000.0				
	1. Timing used as gene	eric, please have t	he meal in y	our timing a	ccordingly					
	Timing used as gene You can swap food in different timing as parts.					een taken e	fore EOD			
Notes	You can swap food in different timing as p Syou can replace protein for protein, fat f	per your convenie or fat, do not rep	ence, but all lace or swap	the food sho both. Pleas	ould have be se check wit	h me before				
Notes	2. You can swap food in different timing as p	per your convenie or fat, do not rep	ence, but all lace or swap	the food sho both. Pleas	ould have be se check wit	h me before				
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