

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	Keto - Veg & Egg	For egg diet replace every 50g of paneer with 2 full eggs						
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 Protein	1 Scoop	3	25	1	120	Drink atleast 200ml of water after exercise	
Breakfast	Broccoli/Cauliflower/Cabbage/Spinach	100g	0.4	4.6	0.3	31	Make Cheesy spiced broccoli with paneer	
	Paneer	50g	1.1	10.9	7	111	Adding Leafy Vegetable is mandatory for fiber	
	Mozzarella Cheese	25g	1.1	7.5	7	88.2		
	coconut oil	2 tbsp	0	0	28	252		
Snacks	Almonds	13	3.4	3.3	7.8	90		
	Greek Yoghurt	50g	1.8	5	0.2	29.5		
Lunch	Tofu	50g	1.2	8	2.5	55.3	Make Fry with tofu, paneer & mushroom	
	Paneer	50g	1.1	10.9	7	111		
	Broccoli/Cauliflower/Mushroom	100g	0.4	4.6	0.3	31		
	coconut oil	1.5 tbsp	0	0	21	189		
Snacks	Green tea with lemon	100 ml	0.4	0	0	2	Helps to boost Immunity	
	Almonds	15	3.9	3.8	9	104		
Dinner	Broccoli/Cauliflower/Cabbage/Spinach	100g	0.4	4.6	0.3	31	Make Bhurji with Cauliflower & Paneer	
	Paneer	50g	1.1	10.9	7	111		
	coconut oil	2 tbsp	0	0	28	252		
		Total:	19.7	99.1	126.4	1610		
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 13	Chia Seeds / Walnuts	31.2 g / 13 Pieces		Lemon	Yes			
				Turmeric Powder	Yes			
Paneer 50g	Full Eggs	2		Chilli Powder	Yes			
	Cheese cubes	40g						
	Tofu + oil	100g + 8g						
Mozzarella Cheese 25g	Cottage cheese + (Reduce half tsp of whey protein)	50g						