Name	Aishwarya Menon						Medical History			
LFL-ID	PTC1096						Vit-D [Peficiency		
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									
Godi	TAT 2033									
DIET PLAN	Ketogenic Non Veg									
JIET T D III	netogeme non reg									
Time	Food	Quantity	Carbs	Protien	Fats	Calories				
							Drinking water on er	npty stomach, helps to		
After wakeup	1 glass of water	250 ml	0	0	0	0		ternal 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		
1 ost Workout	Tricy protien	1 3000р		23		120	Dillik deledat 200iiii	or water arter exercise		
Breakfast	Okra	50g	3.5	1	0.1	17				
			2.5	8.1	11	142	Fry Okra and pan	eer with coconut oil.		
	paneer Cocoput Oil	50g	0	0	7	63	Add a pinch o	of salt and spice.		
	Coconut Oil	0.5 tbsp					Add butte	r in the end.		
	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				
	Coconut Oil	1 tbsp	0	0	14	126				
	Spinach palak	1/2 bowl	1.55	1.25	0.95	16.5	Make Palak Chi	cken or palak fish		
Lunch	Butter	20g	0	0	16	144				
Luncii	Chicken breast 100g or						Addison Long None	alida da suca adata as fasa		
	fish 150g/ grilled or pan	100/150	2	31	3.6	165		able is mandatory for iber		
	fried with coconut oil						Tibel			
Snacks	Almonds	7	1.8	1.8	4.2	49				
	Green tea with lemon	100 ml	0.4	0	0	2	Helps to bo	ost Immunity		
Dinner	Coconut Oil	1 tbsp	0	0	14	126				
	Broccoli/Cauliflower/	75.0	0.3	3.45	0.22	23.25	Maka Dan Engtha	vegetables with Fees		
	Cabbage	75g	0.3	3.45	0.22	23.25	Make Pan Fry the	vegetables with Eggs		
	Egg Scrambled	2Full Eggs	0	12	10	140				
	Butter	15 g	0	0	12	108				
		Total	19.05	102.2	124.97	1614.75				
	Timing used as generic, please have the meal in your timing accordingly									
	2. You can swap food in diff	ferent timing as per your	Thining used as generic, please have the meanin your timing accordingly You can swap food in different timing as per your convenience, but all the food should have been taken efore EOD.							
Notes	You can swap food in different timing as per your convenience, but all the food should have been taken efore EOD You can replace protein for protein, fat for fat, do not replace or swap both. Please check with me before you do									
Notes	3. You can replace protein t	or protein, fat for fat, do								
inotes			not replace or sw	vap both. Please o	heck with me be	ore you do				
- Notes	3. You can replace protein f4. Plan your food if you are		not replace or sw	vap both. Please o	heck with me be	ore you do				
	4. Plan your food if you are	travelling out, maintaini	o not replace or sw ing this diet as 100	vap both. Please o	heck with me bei	ore you do ic Diet.) minutes deile dat	ut veing general		
Notes Health Advice:		travelling out, maintaini	o not replace or sw ing this diet as 100	vap both. Please o	heck with me bei	ore you do ic Diet.	O minutes daily witho	ut using sunscreen.		
Health Advice:	4. Plan your food if you are The human body produces	travelling out, maintaini Vitamin D when the skir	o not replace or sw ing this diet as 100	vap both. Please on the second of the second	theck with me before the control of	ore you do ic Diet. e to sun for 15-20	0 minutes daily witho	ut using sunscreen.		
	4. Plan your food if you are	travelling out, maintaini	o not replace or sw ing this diet as 100	vap both. Please on the second of the second	heck with me bei	ore you do ic Diet. e to sun for 15-20	0 minutes daily witho	ut using sunscreen.		
Health Advice:	4. Plan your food if you are The human body produces	travelling out, maintaini Vitamin D when the skir	o not replace or sw ing this diet as 100 n is exposed direct	vap both. Please of 3% is mandatory of cly to sunlight (UV Things of	theck with me before the control of	ic Diet. e to sun for 15-20 ionally) minutes daily witho	ut using sunscreen.		
Health Advice: Alternatives Broccoli/Cauliflower/	4. Plan your food if you are The human body produces Replace Broccoli,Cauliflower,	travelling out, maintaini Vitamin D when the skir	o not replace or sw ing this diet as 100 n is exposed direct	vap both. Please of 10% is mandatory of 10% is mandatory of 10% to sunlight (UV) Things of 10% on 1	theck with me before the control of	ic Diet. e to sun for 15-20 ionally half (30g)) minutes daily witho	ut using sunscreen.		
Health Advice: Alternatives Broccoli/Cauliflower/ Cabbage/	4. Plan your food if you are The human body produces Replace Broccoli,Cauliflower, Spinach, Lettuce, Long	travelling out, maintaini Vitamin D when the skir Quantitiy	o not replace or sw ing this diet as 100 n is exposed direct	vap both. Please of 10% is mandatory of 10% is	theck with me bet riteria in Ketoger rays). So exposur can be used addit	e to sun for 15-20 ionally half (30g) 2,3	o minutes daily witho	ut using sunscreen.		
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