

Name	Priya							Medical History
LFL-ID	PTC1091							Hyperthyroidism
Age	41							
Weight	64.3							
Height	155							
Body fat	38%							
BMR	1358.58	with body weight						
BMR	1123.38	with lean mass						
TDEE	1741.239							
Target Calories	1400							
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	Drinking water on empty stomach, helps to activate internal organs	
	Green tea with lemon	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	Egg	1 full egg	0	6	5	70		
	Chickpeas (White)	50g	13.5	4.5	1.3	82		
	Grated Carrot	40g	4	0.4	0	16		
	Peanut	50g	10.4	7	11	159		
Snacks	Whey Protein	1 Scoop	3	25	1	120		
	Yogurt	50g	1.8	5	0.2	29.5		
	Banana	1 Medium	27	1.3	0.4	105		
Lunch	Egg	1 full egg	0	6	5	70		
	Green Peas	50g	7	2.95	0	41		
	Capsicum or asparagus or brussel sprouts or lettuce	100g	0.8	2.2	3.9	35	Adding Leafy Vegetable is mandatory for fiber	
	Mozzarella Cheese	50g	2.2	15	13.25	176.5		
Snacks	Almonds	3	0.9	0.9	1.8	21		
	Black coffee	100 ml	0.4	0	0	2		
Lunch	Rajma	50g	10.1	4.5	0.2	56.5		
	Egg	1 full egg	0	6	5	70		
	Grated Carrot	40g	4	0.4	0	16		
	coconut oil	1 tbsp	0	0	7	63		
	Cottage cheese	50g	1.1	10.9	7	111		
		Total:	89.6	123.05	63.05	1365.5		
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.							
	Special Notes: Take low salt & Avoid iodized salt while cooking							
Alternatives	Replace	Quantity		Things can be used additionally				
Capsicum or asparagus or brussel sprouts or lettuce 100g	Spinach, Lettuce, Long Beans, Brussel Sprouts, Bell Pepper	100g		Onion	half (30g)			
				Chilli	2,3			
				Ginger Garlic paste	1 tsp (10g)			
				Seasoning	Yes			
Almonds 3	Chia Seeds / Walnuts	7.5g / 3		Curry, corrianderLeaves	Yes			
				Lemon	Yes			
Chickpeas 50g	Greanpeas + Oil	100g + 1 tsp		Turmeric Powder	Yes			
	Rajma + oil	70g + half tsp		Chilli Powder	Yes			
Mozzarella Cheese 50g	Cottage cheese + (Reduce 1 tsp of whey protein)	100g						
Cottage cheese 50g	Cheese cubes	40g						
	Tofu 100g+ oil 8g)	100g + 8g						
Carrot 40g	Cucumber	1 Small						
Full egg 1	Mozzarella cheese + (Reduce 3 almonds)	25g						
	Paneer	25g						