

Name	Dheepa Ramanujam	
LFL-ID	DC1002	
Age	54	
Weight	72	
Height	164.5	
Body fat	39%	
BMR	1398.5	With Body Weight
BMR	1128.74	With Lean Mass
TDEE	1749.547	
Target Calories	1500	
Goal	FAT LOSS	
DIET PLAN	LCD - Veg	

***Dear Dheepa,***

As we have clearly analysed your current diet what you have been going through, and based on your health analysis, we would like to suggest you **“Low Carb Diet”** for fat loss. In this diet you will be consuming less than your maintenance calories with minimum amount of carbohydrate, and moderate protein and appropriate fat to use your stored fat as energy.

For this you have to keep your daily activity level as 5-6 days in a week. Every day you have to be engaged in any sort of physical exercise or sports. Your Burning calories should be more than intake calories.

This diet is created after considering the below condition:

- i. High BP
- ii. High Lipid Profile
- iii. Sleep Apnea
- iv. Constipation
- v. Post Hiatal Hernia- Better now
- vi. Knee Issues

\*Taking Medication for BP & Lipid Profile & using CPAP

In the initial days we will be observing your health & Body condition based on the diet change, if anything needs to be eliminated or included from the diet then we will suggest you to proceed with that after a consultation.

### Do's & Dont's

- Aim to drink 3 – 4 litres of water in a day. Keep yourself hydrating.
  - Make sure you weigh all your foods with a kitchen weighing scale.
  - Macros calculations are important to be followed to achieve your goal.
  - Your Meal time is not super mandatory, following a regular time can help you avoiding starvation state. Intake all the mentioned macros quantity within that day.
  - Do not sauté or deep fry the food, avoid processed , artificial foods. (canned, ketchups, sauces)
  - Take any mentioned meal or snacks for every 3 hours. Feeding healthy nutrition for every 2.5 – 3 hours will keep your body in anabolic state throughout the day.
  - Keep us updated with your weight progress twice in a week to monitor your progression. We will have to change the diet if requires.
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**Your wakeup time is the start of the day & your sleep time is the end of the day.**

### After Wakeup:

## **2 glass of water (500 ml)**

It will activate your internal organs and helps in preparing your body for the day routine.

### Before 30 minutes to 1 hour of Yoga

Coffee with Oat Milk	100 ml	8	0.8	0.6	38
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	Food	Quantity	Carbs	Protein	Fat	Calories
<b>Breakfast</b>	watermelon	100g	8	0.6	0.2	30
	Whole wheat Bread	2 slice	20.4	5	1.8	122
	Cheese	2 slice	1.6	6.8	10	124
	ghee	1 tsp (10g)	0	0	10	93

Alternatives	Replace with one of below
<b>Watermelon 100g</b>	Muskmelon (100g), Strawberry (100g), Honeydew 100g,
<b>Wheat Bread 2 slice</b>	Idly 2, Dosa 1(Medium size) , Oats plus-25g , cerals – Kellogg-50g
<b>Cheese Slice 2</b>	Cheese cubes 2, mozzarella cheese 40g , Cheddar Cheese 25g

## Snacks

As we have to meet the protein quantity in order to balance the macros nutrition, I have added some protein bars, kindly do not ignore this and keep it as your all time snacks. Some brands may differ in taste, kindly try different until you find your favourite one, and Keep the nutrition facts same when checking other brand protein bars.

Snacks	Greek Yogurt	50g	1.8	5	0.2	29.5
	Kirkland Protein Bar	1 bar	10	21	7	190

## Lunch

- Tofu is a good source of protein in vegetarian sources,
- You can replace tofu with Paneer by removing the fat from other food sources.
- Make Tofu or Paneer curry with mentioned vegetables (including alternatives ) **for white rice or chapatti**

Lunch	Butter	5g	0	0	4.1	36
	Tofu	200g	4	16	7	176
	Lettuce	100g	0.4	4.6	0	30.1
	Cooked White Rice	75g	20.9	2	0.2	97

Alternatives	Replace with one of below
Lettuce	Broccoli/Spinach/ Brussel Sprouts/Capsicum/ Bitter Gourd/ Asparagus/Okra
Tofu	Make salad with Kidney beans 50g & 1 cheese cube & remove rice,
Cheese cube 1	mozzarella cheese 20g , Cheddar Cheese 15g

## Evening Snacks

Post yoga snacks	Kirkland Protein Bar	1 bar	10	21	7	190
	Coffee with Oat Milk	100 ml	8	0.8	0.6	38

## Dinner

- You can make any recipe you want with tofu, like soup, salad, burji, curry, fry, cutlet.
- When replacing with Paneer, make sure the quantity is matched with nutrition content.

<b>Dinner</b>	Brussel Sprouts	100g	0.4	4.6	0	30.1
	Tofu	200g	4	16	7	176
	Ghee	1 tsp (10g)	0	0	10	93

Alternatives	Replace with one of below
<b>Brussel Sprouts</b>	Broccoli/Spinach/ Brussel Sprouts/Capsicum/ Bitter Gourd/ Asparagus
<b>Tofu</b>	Paneer 100g & remove Ghee & Make Grilled salad with paneer & Sprouts with 1 more veggies
<b>Paneer 100</b>	mozzarella cheese 50g

Things can be used optionally (Max use upto 5 ingredients/day)	
Onion	half (30g)
Chilli	2,3
Ginger Garlic paste	1 tsp (10g)
Seasoning	Yes
Curry, corrianderLeaves	Yes
Lemon	Yes
Turmeric Powder	Yes
Chilli Powder	Yes

### **General Dietary Guidelines**

- Timing used as generic, please have the meal in your timing accordingly.
- You can swap food at different timing as per your convenience, but all the food should have been taken before the end of the day.
- You can replace protein for protein, fat for fat, do not replace or swap both. Please check with the team before you do.
- If you want to replace ingredients, consider only the given alternatives..
- Have small meals frequently and regularly. The aim is to never let yourself be excessively hungry. Be it having healthy snacks, try to eat more frequently.
- Plan your food if you are travelling out, maintaining this diet as 100% is the mandatory criterion.
- Cut back on restaurant eating, prefer homemade foods.
- Don't super-size your meals. Practice portion control.
- Input a new recipe (with given ingredients only) and always weigh it out. Keep track using an app like 'Myfitnesspal'.
  
- If any difficulties/allergies/health issues kindly let us know as soon as possible.
- Follow your regular exercise routine/as per schedule.

A well-balanced diet is always for weight loss but it can also be a way to retain overall health and have great skin and hair.