

Name	Jayashree						Medical History
LFL-ID	PTC1073						Nil
Age	40						
Weight	76						
Height	162						
Body fat	41%						
BMR	1498.2	with body weight					
BMR	1206.36	with lean mass					
TDEE	1869.858						
Target Calories	1650						
Goal	FAT LOSS						
DIET PLAN	LCD - Non Veg						
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	1.5 Scoop	3	37.5	3	180	Drink atleast 200ml of water after exercise
Breakfast	Eggs	2	0.8	12.6	9.6	144	Wheet egg dosa
	Wheet flour	50g	35.5	5	0.5	165	
	coconut oil	0.5 tbsp	0	0	7	63	
Snacks	Almonds	10	3	3	6	70	
	Greek Yoghurt	50g	1.8	5	0.2	29.5	
	Apple	200g	27.6	0.5	0.3	104	
Lunch	Spinach palak	1/2 bowl	1.55	1.25	0.95	16.5	Make palak chicken
	Chicken breast 200g or fish 300g/ grilled or pan fried with coconut oil	200/300 g	4	62	7.2	330	
	coconut oil	0.5 tbsp	0	0	7	63	
	Butter	10g	0	0	8.1	72	
Snacks	Apple	150g	20.7	0.4	0.3	78	
	Almonds	10	3	3	6	70	
Dinner	Coconut Oil	1 tbsp	0	0	14	126	Make Scrambled cauliflower
	Broccoli/Cauliflower/ Cabbage	75g	0.3	3.45	0.22	23.25	
	Eggs	3 egg whites	0.9	11	4.5	130	
		Total:	102.55	144.7	74.87	1666.25	
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 in Ketogenic Diet.						
Alternatives	Replace	Quantity		Things can be used additionally			
Broccoli/Cauliflower/ Cabbage/ Spinach/Mushrooms 75g	Broccoli,Cauliflower, Spinach, Lettuce, Long Beans, Brussel Sprouts, Bell Pepper	75g		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		
Almonds 10	Chia Seeds / Walnuts	24 g / 10 Pieces					
Chicken 200g	Mutton	100g					
	Tuna Fish	300g					
Whole Eggs 2	Paneer	50g					
	Cheese cubes	40g					
	Tofu + oil	100g + 8g					
Coconut oil 0.5tbsp	Extra Virgin olive oil	0.5 tbsp					