



# NUTRITION PLAN

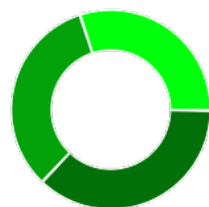
NAME: Nazeem Khan

GENDER: Male

ACTIVITY LEVEL: Little to No Exercise

DIETARY NEEDS: None

## MACRONUTRIENT DISTRIBUTION



Protein (110g) Carbs (120g) Fat (60g)

## KEY GUIDELINES

- Limit spicy seasonings to avoid acid reflux.
- Keep meals smaller and more frequent if necessary.
- Hydrate well throughout the day but avoid drinking too much water during meals.

## LIST OF INGRDIENTS INCLUDED IN YOUR PLAN

- almonds avocado black pepper broccoli butter cauliflower chia seeds
- chicken breast chicken kebabs chicken thigh cinnamon cucumber egg flax seeds
- green chili ground beef kebab ground chicken ground chicken kebabs lettuce
- low-fat milk low-fat yogurt mackerel nihari seasoning olive oil onion paneer
- prawns raita salmon seekh kebab spinach tandoori spiced fish tomatoes
- walnuts whole wheat roti yogurt dressing zucchini zucchini noodles



# MEAL PLAN DETAILS

DAY	BREAKFAST	LUNCH	SNACKS	DINNER
Day 1	<ul style="list-style-type: none"><li>Spinach Omelette (egg, 100g, spinach, 50g, onion, 20g, olive oil, 10g)</li></ul>	<ul style="list-style-type: none"><li>Grilled Chicken Salad (chicken breast, 150g, lettuce, 80g, cucumber, 50g, yogurt dressing, 30g)</li></ul>		<ul style="list-style-type: none"><li>Lemon Herb Salmon with Vegetables (salmon, 200g, zucchini, 50g, carrot, 50g, olive oil, 10g)</li></ul>
Day 2	<ul style="list-style-type: none"><li>Yogurt with Almonds (low-fat yogurt, 150g, almonds, 20g, flax seeds, 10g)</li></ul>	<ul style="list-style-type: none"><li>Seekh Kebab with Raita (ground chicken kebabs, 120g, raita, 50g, cucumber, 30g)</li></ul>		<ul style="list-style-type: none"><li>Grilled Mackerel with Cauliflower Rice (mackerel, 200g, cauliflower rice, 100g, olive oil, 10g)</li></ul>
Day 3	<ul style="list-style-type: none"><li>Boiled Eggs with Avocado (egg, 100g, avocado, 60g, black pepper, 5g)</li></ul>	<ul style="list-style-type: none"><li>Chicken Karahi with Salad (chicken breast, 150g, tomato base, 60g, capsicum, 50g, olive oil, 10g)</li></ul>		<ul style="list-style-type: none"><li>Beef Seekh with Steamed Vegetables (ground beef seekh kebab, 150g, broccoli, 50g, cauliflower, 50g)</li></ul>
Day 4	<ul style="list-style-type: none"><li>Egg Avocado Wrap (egg, 100g, avocado, 60g, lettuce, 20g, whole wheat roti, 30g)</li></ul>	<ul style="list-style-type: none"><li>Beef Nihari with Salad (beef, 120g, nihari seasoning, 30g, cucumber, 50g)</li></ul>		<ul style="list-style-type: none"><li>Grilled Paneer with Spinach (paneer, 100g, spinach, 100g, olive oil, 10g)</li></ul>
Day 5	<ul style="list-style-type: none"><li>Chia Seed Pudding (chia seeds, 20g, low-fat milk, 100g, almonds, 10g)</li></ul>	<ul style="list-style-type: none"><li>Chicken Tikka with Salad (chicken thigh, 150g, lettuce, 80g, cucumber, 50g)</li></ul>		<ul style="list-style-type: none"><li>Lemon Butter Prawns (prawns, 200g, butter, 10g, zucchini noodles, 100g)</li></ul>
Day 6	<ul style="list-style-type: none"><li>Greek Yogurt with Walnuts (low-fat yogurt, 150g, walnuts, 20g, cinnamon, 5g)</li></ul>	<ul style="list-style-type: none"><li>Keema with Boiled Eggs (ground chicken, 150g, tomatoes, 50g, egg, 50g)</li></ul>		<ul style="list-style-type: none"><li>Tandoori Fish with Steamed Vegetables (tandoori spiced fish, 200g, broccoli, 50g, carrots, 50g)</li></ul>
Day 7	<ul style="list-style-type: none"><li>Pakistani Spiced Egg Wrap (egg, 100g, whole wheat roti, 30g, onion, 20g, green chili, 5g)</li></ul>	<ul style="list-style-type: none"><li>Bhuna Chicken with Cucumber (chicken breast, 150g, onions, 50g, cucumber, 30g)</li></ul>		<ul style="list-style-type: none"><li>Chapli Kebab with Steamed Cauliflower (ground beef kebab, 150g, cauliflower, 100g)</li></ul>

## FOOD TO AVOID

