

NIRMALA TAJNE

Weight : 54 kg
Height : 160.02 cms
Age : 32 years

1588.4kcl
Cal

73.2g
Protein

167.8g
Carbs

69.0g
Fats

Food	Quantity	Calories	Protein	Carbs	Fats
Breakfast					
Egg	1 piece	69.0 kcl	6.0 g	0.0 g	5.0 g
Oats/Rice/Wheat/Poha	30 gm	110.6 kcl	3.4 g	22.3 g	0.9 g
Milk	150 ml	82.5 kcl	4.5 g	10.1 g	2.7 g
Sugar	5 gm	20.0 kcl	0.0 g	5.0 g	0.0 g
Bananas,Raw	60 gm	57.6 kcl	0.6 g	13.8 g	0.0 g
Lunch					
Oats/Rice/Wheat/Poha	45 gm	165.6 kcl	5.4 g	33.3 g	0.9 g
Butter / Coconut oil /Olive oil (for cooking)	7 gm	63.0 kcl	0.0 g	0.0 g	7.0 g
Green Veggies (any)	100 gm	16.0 kcl	0.0 g	4.0 g	0.0 g
Paneer	150 gm	423.0 kcl	27.0 g	4.5 g	33.0 g
Snacks					
black coffee	1 packet	0.0 kcl	0.0 g	0.0 g	0.0 g
Bread	2 slice	123.6 kcl	4.0 g	23.6 g	1.6 g
Cheese Slice	1 piece	65.0 kcl	4.0 g	1.0 g	5.0 g
Dinner					
Oats/Rice/Wheat/Poha	45 gm	165.6 kcl	5.4 g	33.3 g	0.9 g
Butter / Coconut oil /Olive oil (for cooking)	7 gm	63.0 kcl	0.0 g	0.0 g	7.0 g
Green Veggies (any)	100 gm	16.0 kcl	0.0 g	4.0 g	0.0 g
Egg	1 Piece	69.0 kcl	6.0 g	0.0 g	5.0 g
Dal (any)	30 gm	78.9 kcl	6.9 g	12.9 g	0.0 g
Total		1588.4 kcl	73.2 g	167.8 g	69.0 g