

Medical Prognosis Report

Patient Information

Patient Name: Pawan Dhanraj Chaudhari
Age: 30
Gender: Male
Phone: 09637861751
Email: pawanchaudhari1111@gmail.com
Blood Group: A+
Medical History: None
Date: June 22, 2025

Prognosis and Severity

Prognosis: Unknown
Severity: Unknown

Symptoms

- Vitamin D Deficient

Diagnostic Findings

Not available.

Report History

No previous records found.

Nutrition Guidance

BMI: 21.6

Weight Status: Unknown

Calorie Target: 2500

Macro Breakdown:

Protein: 170g (27% of calories)

Carbs: 250g (40% of calories)

Fats: 80g (32% of calories)

Nutrition Guidance:

To gain muscle mass, it is important to consume a calorie surplus while maintaining a balanced diet. Focus on increasing protein intake to support muscle growth and repair. Include a variety of lean protein sources such as chicken, fish, beans, and tofu. Additionally, incorporate complex carbohydrates like whole grains, fruits, and vegetables, and healthy fats from sources like nuts and avocados. Stay hydrated and consider adding supplements like protein powder and creatine to support muscle growth.

Meal Plan:

Day 1:

- Breakfast: Scrambled eggs with whole wheat toast and mixed berries (300 kcal)
- Lunch: Grilled chicken breast salad with mixed greens, quinoa, and balsamic dressing (500 kcal)
- Dinner: Baked salmon with sweet potato and steamed broccoli (600 kcal)
- Snacks: Greek yogurt with almonds (150 kcal), apple slices with peanut butter (100 kcal)

Day 2:

- Breakfast: Oatmeal with banana, spinach, and almond milk topped with walnuts (400 kcal)
- Lunch: Turkey and avocado wrap with mixed greens (550 kcal)
- Dinner: Quinoa and vegetable stir-fry with tofu (650 kcal)
- Snacks: Cottage cheese with cucumber slices (120 kcal), orange (60 kcal)

Day 3:

- Breakfast: Whole wheat pancakes with berries and yogurt (350 kcal)
- Lunch: Chicken Caesar salad (500 kcal)
- Dinner: Beef and vegetable stir-fry with brown rice (700 kcal)
- Snacks: Protein shake with almond milk (150 kcal), carrot sticks with hummus (100 kcal)

Grocery List:

- Proteins:
- Chicken breast
- Salmon fillets
- Tofu
- Greek yogurt
- Grains:
- Whole wheat bread
- Quinoa
- Brown rice
- Fruits:
- Mixed berries
- Bananas
- Apples
- Oranges
- Vegetables:
- Mixed greens
- Broccoli
- Sweet potatoes
- Spinach
- Cucumbers
- Dairy:
- Almond milk
- Cottage cheese
- Snacks:

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