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Patient Summary

<div><div></div><div>Patient Name</div><div>AI</div><div>Personalized daily Plan</div></div>	<div><div></div><div>Gender</div><div>Male</div></div>	<div><div></div><div>Age</div><div>30</div></div>	<div><div></div><div>Mobile No.</div><div>9029034748</div></div>
<div><div></div><div>Patient Identification</div></div>	<div><div></div><div>Virtual Identification</div></div>	<div><div></div><div>Email ID</div><div>info@metropolisindia.com</div></div>	

Diet Plan Details

<div><div></div><div>Regional Diet Preference</div><div>—</div></div>	<div><div></div><div>Food Choice</div><div>—</div></div>	<div><div></div><div>Lifestyle</div><div>—</div></div>	<div><div></div><div>Diet Plan Type</div><div>—</div></div>
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Suggested for You

Daily Micronutrient Intake Target

—

Daily Exercise Duration

30 minutes

Daily Water Intake Target

2-3 Litres

Protein Intake

—

Carbohydrate Intake

—

Fat Intake

—

Fiber Intake

35 gms/day

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Dietary Recommendations

✓ Recommended Foods

- Paneer (low-oil cooking/grilled)
- Tofu
- Moong sprouts
- Mixed dals (toor, moong, masoor)
- Chickpeas (chana)
- Bajra (pearl millet) flour
- Jowar (sorghum) flour
- Ragi
- Brown rice (limited portions)
- Leafy greens (spinach, methi, coriander)
- Seasonal non-starchy vegetables (bottle gourd, ridge gourd, cauliflower, bell peppers)
- Low-fat curd/plain yogurt
- Nuts/seeds (almonds, walnuts, flaxseed) in small amounts
- Olive or mustard oil (small quantities)
- Oats (rolled oats)
- Besan (gram flour)
- Soy nuts / roasted soybean
- Tomato, cucumber, onion (for salads)
- Lemon, ginger, garlic, spices (turmeric, cumin, coriander)
- Herbs (mint, cilantro)

✗ Foods to Avoid

- Wheat and refined atta products (roti, naans from wheat)
- White bread, bakery items and pastries
- Sugary beverages and fruit juices
- Deep-fried street foods and bhature/puri
- High-sugar sweets (jalebi, gulab jamun, laddoo)
- Processed snacks (chips, packaged namkeens)
- High-fat fried paneer preparations
- Full-fat sweetened milkshakes and lassi with sugar
- Excess white rice (large portions)
- Trans fats and hydrogenated oils
- Instant noodles and packaged instant mixes
- High-sodium canned foods
- Mushrooms (disliked/allergy preference)
- Excess salted nuts and candied nuts
- Alcohol (limit for weight loss and glycemic control)

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Patient History

Rahul (28, Pune) aims to lose weight while managing thyroid and diabetes. This vegetarian, high-protein, balanced-carb day plan reduces calories modestly, prioritizes low-GI ingredients, protein-rich pulses, paneer/tofu and millet breads. It fits his moderate activity, wheat allergy and food likes, supporting steady weight loss, better blood sugar control and preserved muscle.

Thinking



Meals timed for stable glucose: breakfast, mid-morning, lunch, afternoon, evening, dinner. Higher protein spread across meals to preserve lean mass and aid satiety. Millets and legumes replace wheat and refined carbs to lower glycemic impact. Portions and oils kept small (≤ 3 tsp/day); snacks lean and protein-rich. Regional Pune choices (poha alternatives, bajra/jowar rotis, paneer tikka) to boost adherence.

Nutritional Breakdown



Daily Target Calories

—/day to create a moderate deficit for weight loss (TDEE $\sim 2,400$ kcal).



Protein

—/day to preserve lean mass



Carbohydrate

—/day (moderate, low-GI focus)



Fats

—/day (healthy fats)

Macro split approx.

0%

Protein

0%

Carbohydrate

0%

Fats

Special Note

Daily calorie target $\sim 1,750$ kcal (moderate deficit from estimated TDEE) to support steady weight loss. Protein target 115–130 g/day (~ 1.5 – 1.8 g/kg) to preserve muscle. Carbs ~ 170 – 190 g/day (40–45%) focusing low-GI sources. Fats ~ 55 – 65 g/day (30–32%) from healthy sources. Macro split $\sim 28\%$ protein, 42% carbs, 30% fat. Meals timed to stabilize glucose and reduce evening carbs; monitor thyroid medication timing relative to meals.