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## Patient Summary

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

## Diet Plan Details

Regional Diet Preference  —	Food Choice  —	Lifestyle  —	Diet Plan Type  —
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## Suggested for You

 Daily Micronutrient Intake Target —	 Protein Intake —	 Carbohydrate Intake —
 Daily Exercise Duration <b>30 minutes</b>	 Fat Intake —	 Fiber Intake <b>35 gms/day</b>
 Daily Water Intake Target <b>2-3 Litres</b>		



## 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 ( $\leq 3$  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 ~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 ~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 ~28% protein, 42% carbs, 30% fat. Meals timed to stabilize glucose and reduce evening carbs; monitor thyroid medication timing relative to meals.