

<b>Clients Name</b>	Youtube Family
<b>Age</b>	NA
<b>Sex</b>	NA
<b>Weight</b>	100kg
<b>Height</b>	170cm
<b>Goal</b>	Fat Loss
<b>TDEE</b>	2000
<b>Target</b>	1600
<b>Macros(f:c:p)</b>	variable

## 10K STEPS/PER DAY MANDATORY

Food	Quantity	Fat(g)	Carb(g)	Protein(g)	Calories
Upon waking up					
<b>Around 8-10 A.M</b>					
Boiled egg/omlette	2	10.00	0	12	140
Milk Tea(100 ml FC mik + 1 tea spoon sugar)	100 ml	6.20	10	3.3	110
Brunch					
<b>Around 2 P.M</b>					
Soya Chunks (curry, grinded etc)	60gm	0.00	20	32	208
leafy vegetable like spinach(uncooked)	100-200 gms	0.00	25	2	100
Wheat Roti (large)	2	0.70	40	8	200
Dinner					
<b>Around 8:30 P.M</b>					
Any lentil/legumes curry (uncooked)	50 gms(3 cups)	1.00	31	10.5	160
Wheat Roti(large)	2	0.70	40	8	200
Paneer( raw or cooked with lentils/legumes)	100gm	20.8	1.2	18.3	265
Other					
cucumber salad	100-200 gms per day	-	-	-	0
Green coffee/tea	1 per day	0.00	0	0	0
coconut/olive/mustard/butter/ghee/(used for all meals)	35ml per day	35.00	0	0	315
<b>Total</b>		<b>74.40</b>	<b>167.20</b>	<b>94.10</b>	<b>1698.00</b>

Replacements	
*50gm rice =50 gm poha=4 idlis=50 gm vermicilli	
*50 gm paneer=2 whole eggs	
veggies below in the list can be interchnaged	
When you want to have 3 whole eggs, you can have 70 gm paneer only instead of 100	
Lentils & Legumes -> Black chana sproutes, Moth bean sproutes, Moong bean sproutes, Rajma, Any Dal	

Allowed Veggies For Your Reference					
Bhindi(3.2gm fibre)	100gms	0.20	7	1.9	33
Zucchini(1gm fibre)	100gms	0.31	3.1	1.2	17
Cauliflower	100gms	0.30	5	1.9	25
egg plant(3gms fibre)	100gms	0.20	6	1	25
mushroom(1gm fibre)	100gms	0.30	3.3	3.1	22
Ivy gourd	100gms	0.10	5.2	0	27
cabbage(2gm fibre)	100gms	0.10	6	1.3	25
drumsticks	100gms	0.10	4	3	26
bittergourd(2gm fibre)	100gms	0.20	7	3.6	34
asparagus	100gms	0.10	3.9	2.2	20
fenugreek(2gm fibre)	100gms	1.00	6	4	49
green beans(3.4 gm fibre)	100gms	0.10	7	1.8	31
Spinach	100gms	0.75	4.33	3.94	40
Broccoli(5.2gm fibre)	100 gms	0.40	4.8	2.8	34
Onion	100gms	0.00	9	1	20
Capsicum	100 gms	0.00	5	0	20

Notes	
Only <b>30 %</b> of total veggie/dal quota should come from : Mushrooms,onions,tomato,carrot.	
You can make a lot of things like rajmarice,dal khichdi,veg biryani etc using above ingredients within macros	
Do not eat anything post 9 pm	
You are not supposed to eat either more or less than suggested,always strive to complete your macros	
Drink enough water i.e >3 litres	
Have some buttermilk,curd or extra veggies in case of hunger pangs	
You can supplement with isabgol in case of constipation	
stevia is the preffered sweetener in case of sweetener required for some dish	

## MEASURE EVERYTHING