

Deljo JosephWeight : **63 kg** Height : **170.18 cms** Age : **27 years**

Food	Quantity	Calories	Protein	Carbs	Fats
Breakfast					
Whole Egg	3 piece	207.0 kcl	18.0 g	0.0 g	15.0 g
Green vegetables for subzi	200 gm	40.0 kcl	0.0 g	10.0 g	0.0 g
Coconut Oil / Olive Oil	5 gm	41.8 kcl	0.0 g	0.0 g	4.6 g
Lunch					
Green vegetables for subzi	250 gm	50.0 kcl	0.0 g	12.5 g	0.0 g
Coconut Oil / Olive Oil	5 gm	41.8 kcl	0.0 g	0.0 g	4.6 g
Chicken Boneless	110 gm	149.6 kcl	27.5 g	0.0 g	4.4 g
Rice Generic	75 gm	261.0 kcl	5.3 g	60.0 g	0.0 g
Curd (Dahi)	100 gm	63.0 kcl	4.0 g	5.0 g	3.0 g
Snacks					
watermelon	300 gm	108.0 kcl	0.0 g	27.0 g	0.0 g
Coconut Oil / Olive Oil	5 gm	41.8 kcl	0.0 g	0.0 g	4.6 g
Soya Chunks (Nutrela)	30 gm	104.0 kcl	15.8 g	9.9 g	0.1 g
Dinner					
Green vegetables for subzi	250 gm	50.0 kcl	0.0 g	12.5 g	0.0 g
Coconut Oil / Olive Oil	5 gm	41.8 kcl	0.0 g	0.0 g	4.6 g
Curd (Dahi)	100 gm	63.0 kcl	4.0 g	5.0 g	3.0 g
Chicken Boneless	110 gm	149.6 kcl	27.5 g	0.0 g	4.4 g
Rice Generic	75 gm	261.0 kcl	5.3 g	60.0 g	0.0 g
Total		1673.4 kcl	107.3 g	201.9 g	48.5 g