



FBS HEALTHCARE

FITNESS & NUTRITION

www.fbshealthcare.in

FBS HealthCare

Starting date- (example) 1/08/23 -

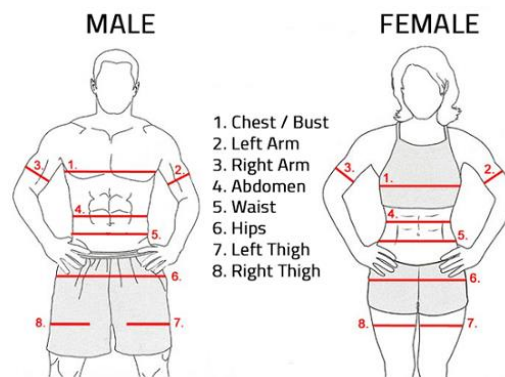
Valid till (example) 01/09/23



NUTRITION PLAN

- NAME : (example) ABC
- AGE : (example) 22 years
- HEIGHT : (example) 5ft6in (168cm)
- BODY WEIGHT : (example) 75kg
- GOAL : (example) **FAT LOSS**
- TYPE : (example) |VEGETARIAN/NONVEGETARIAN/EGGITERIAN
- GENDER : (example) MALE/FEMALE
- WORKOUT TYPE : (example) GYM/WALK/YOGA/NOTHING
- MEDICAL ISSUE : (example) **NIL/DIABETES/BP/THYROID/PCOD etc.**
- LIFESTYLE : (example) SEDENTARY/ACTIVE
- CURRENT BODY : (example) **UNDER WEIGHT/OVER WEIGHT/OBESE**

In both fat loss & muscle gain cases, Inches are measured as an indicator of fat storage hence. Inch gain indicates fat gain and inch lose indicates fat loss.



Key Fat Storage Site Of Inch Measurements

❖ Based on your stats, the best estimate for your maintenance calories is **2,802 calories** per day based on the Mifflin-St Jeor Formula, which is widely known to be the most accurate. The table below shows the difference if you were to have

❖ selected a different activity level.

Basal Metabolic Rate	1,502 calories per day
Sedentary	1,802 calories per day
Light Exercise	2,065 calories per day
Moderate Exercise	2,302 calories per day
Heavy Exercise	2,590 calories per day
Athlete	2,853 calories per day

CALORIES / DAY = 2,302- 500=1,802

❖ **1,802**
calories per day

❖ **12,614**
calories per week

BODY MASS INDEX



BMI Score: 26.1

➤ Your **BMI** is **26.1** which means you are classified as

18.5 or less	Underweight
18.5 – 24.99	Normal Weight
25 – 29.99	Overweight
30+	Obese

IDEAL BODY WEIGHT




FOR MALE



FOR FEMALE

Height	weight		Height	weight	
	Pounds	Kilos		Pounds	Kilos
5' 0"	106	48.1	4' 8"	80	36.3
5' 1"	112	50.8	4' 9"	85	38.5
5' 2"	118	53.5	4' 10"	90	40.8
5' 3"	124	56.2	4' 11"	95	43.1
5' 4"	130	59.0	5' 0"	100	45.3
5' 5"	136	61.7	5' 1"	105	47.6
5' 6"	142	64.4	5' 2"	110	49.9
5' 7"	148	67.1	5' 3"	115	52.2
5' 8"	154	69.8	5' 4"	120	54.4
5' 9"	160	72.6	5' 5"	125	56.7
5' 10"	166	75.2	5' 6"	130	59.0
5' 11"	172	78.0	5' 7"	135	61.2
6' 0"	178	80.7	5' 8"	140	63.5
6' 1"	184	83.5	5' 9"	145	65.8
6' 2"	190	86.2	5' 10"	150	68.0
6' 3"	196	88.9	5' 11"	155	70.3

FOOD MENU

MEALS	MENU	SUPPLEMENTATION & IMAGE
1 ST THING IN THE MORNING	<ul style="list-style-type: none"> 1 GLASS LIME WATER 	
BREAKFAST	<p>EXAMPLE <u>Option</u></p> <p>EXAMPLE- ABC</p> <p><u>Option 2</u></p> <p>EXAMPLE- ABC</p>	<p>POST BREAKFAST 1MULTIVITAMIN</p>
AFTER 1 HOUR	<p>EXAMP1LE OPTION-</p> <ul style="list-style-type: none"> 1 MEDIUM SIZE <u>FRUIT</u> ✓ ABC ✓ ABC ✓ ABC ✓ ABC (150g) <p>EXAMPLE OPTION-2</p>	

Use stevia powder for sweetner (sugerfree))



POINTS TO PONDER

Food Items You Can Easily Consume

1. Non-starchy fruits and vegetables
2. Complex carbohydrates, found in whole grain bread and pasta, bran, etc.
3. Use olive oil, vegetable oil, rice bran oil, canola oil, mustard oil, and peanut oil.
4. Eat lentils, beans, soy, mushroom, tofu, fish, turkey, chicken breast, and lean cuts of beef.
5. Have five or six small meals throughout the day.
6. Eat a heavy breakfast

Food Items To Limit

1. Avoid candy, soda, **sugar**, white rice, white pasta, white bread, sweet syrup, breakfast cereal, desserts, and pastries contain simple carbohydrates.
2. Avoid margarine, Unsaturated fat.
3. Avoid eating fried foods such as fried chicken, deep fried foods, and potato fries.
4. Avoid alcohol
5. Avoid aerated and artificially sweetened drinks.

Do's And Dont's

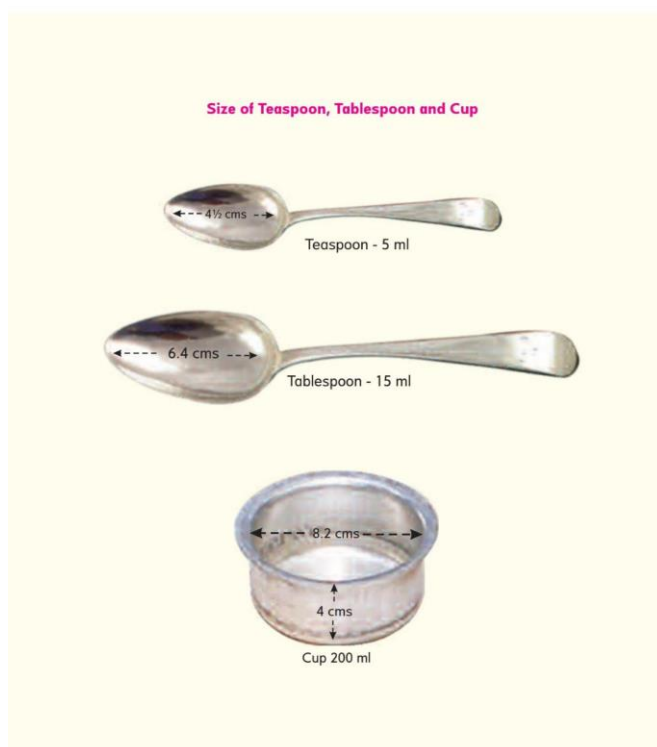
Do's:

1. Eat Healthy Fat to Lose Weight
2. Eat 2-3 hours before going to sleep
3. Make Healthy Swaps
4. Follow Smart Tips for Dining Out

Don'ts:

1. Don't starve yourself
2. Dont dehydrate yourself
3. Dont eat if your are not hungry
4. Dont eat too much unsaturated fat

For General *knowledge*



THANKYOU for choosing ..

FBS HealthCare

Nutritionist, Fitness Trainer

SHIVAM LAMBA

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