

HEALTH ANALYSIS

Personalized Summary & Vital Parameters

Congratulations, We have successfully completed your health diagnosis. This is a big step towards staying on top of your health and identify potential to improve!

Below are the health parameters which require routine checkups for primary healthcare.

Your Health Score

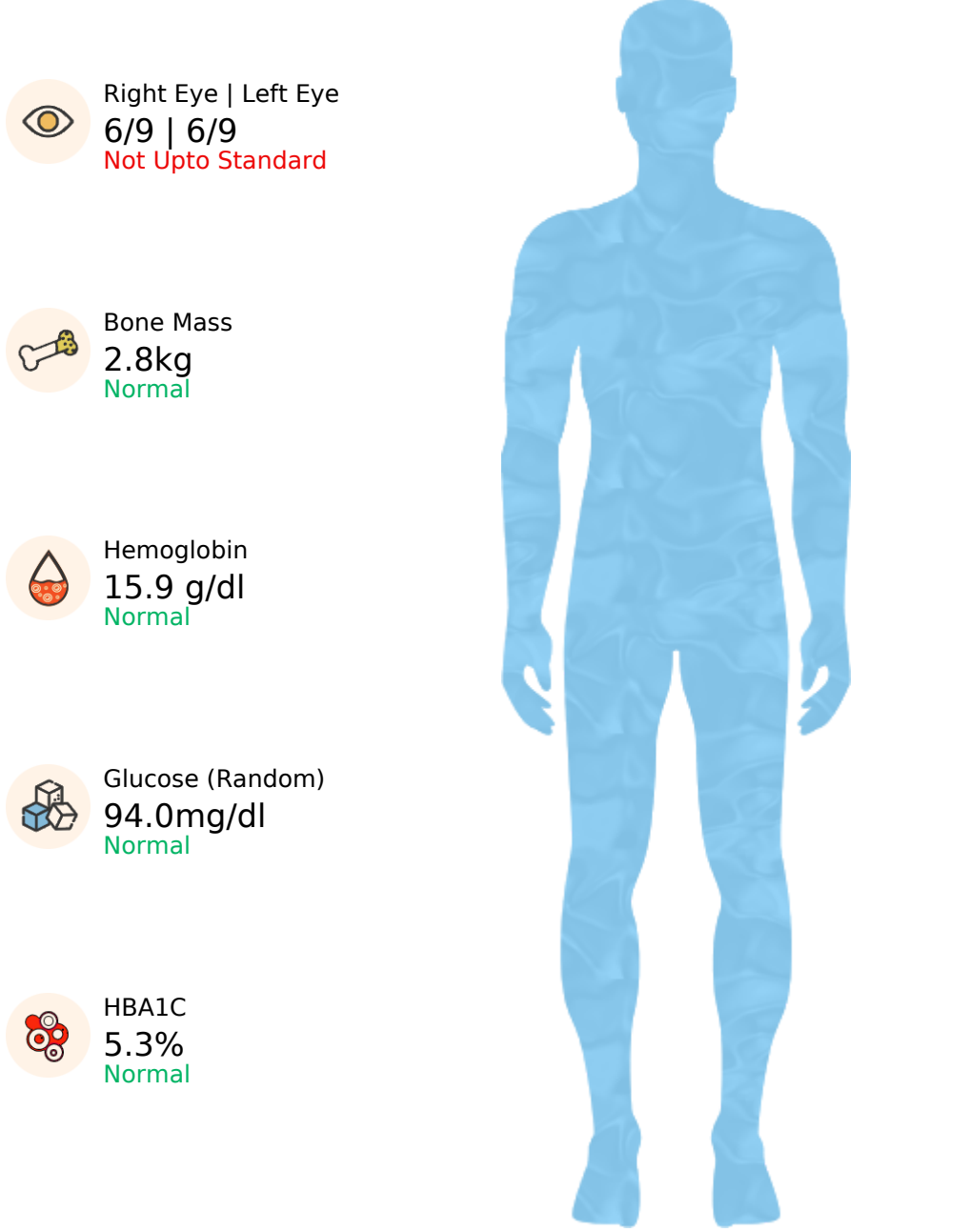
97.5
Out of 100

*Calculated from test reports

Height
173.0cm

Weight
66.8kg

Body Mass Index
22.3



Right Eye | Left Eye
6/9 | 6/9
Not Upto Standard

Blood Pressure
124/ 83mmHg
Normal

Bone Mass
2.8kg
Normal

Total Cholesterol
172.0mg/dl
Desirable

Hemoglobin
15.9 g/dl
Normal

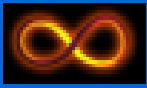
Heart Rate
84bpm
Normal


Glucose (Random)
94.0mg/dl
Normal

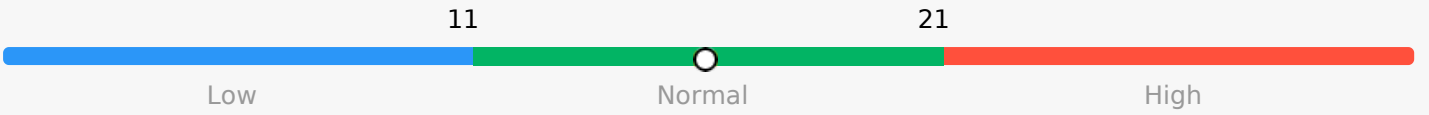
Lean body weight
55.4kg

HBA1C
5.3%
Normal


Physique
Normal weight

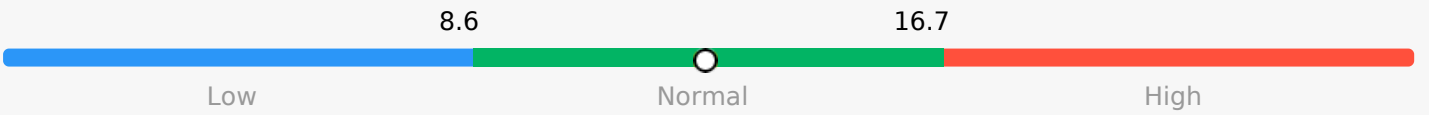


 Body fat **17.1%** **Normal**




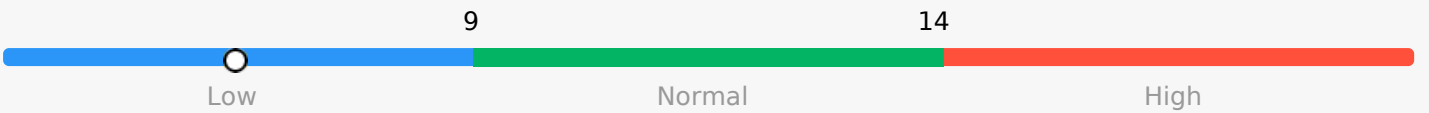
Body Fat Percentage is the proportion of body fat weight to the total body weight. Higher body fat % can damage your long-term health.

 Subcutaneous Fat **15.3%** **Normal**




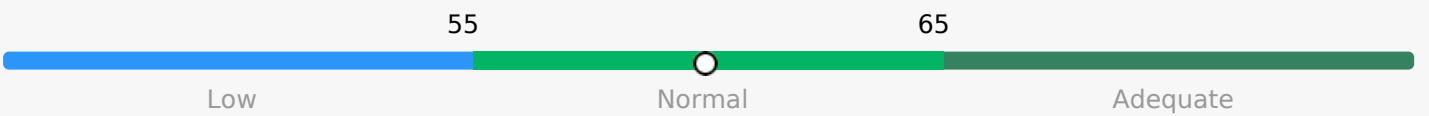
It is the proportional weight of fat below the skin to the total body weight. Higher subcutaneous fat value is an indicator of bad physical health.

 Visceral Fat **5.0%** **Low**

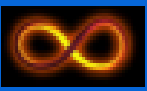


Visceral fat is located deep in the core abdominal area, surrounding and protecting the vital organs healthy level of visceral fat directly reduces the risk of certain diseases.

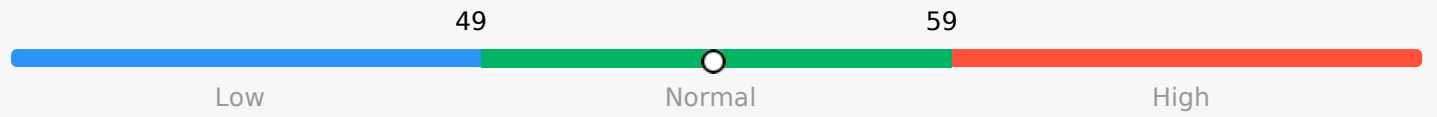
 Body Water **59.9%** **Normal**



It is the total amount of fluid in the body expressed as a percentage of total body weight. Lower body water % can effect the essential body processes like metabolism and thermoregulation.

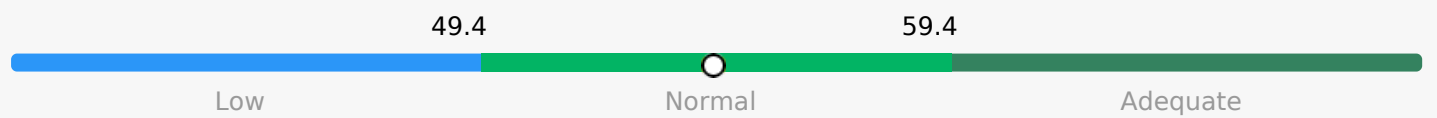


Skeletal Muscle **53.6%** **Normal**



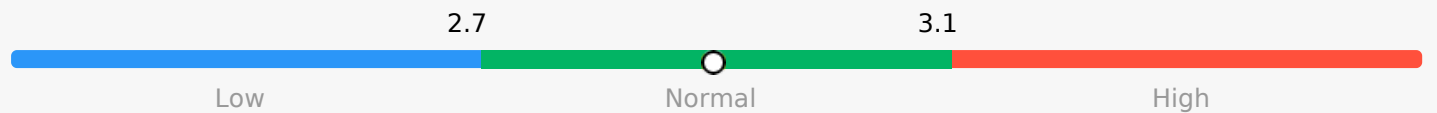
Skeletal muscles are attached to bones by tendons, and they produce all the movements of body parts in relation to each other.

Muscle Mass **52.6kg** **Normal**



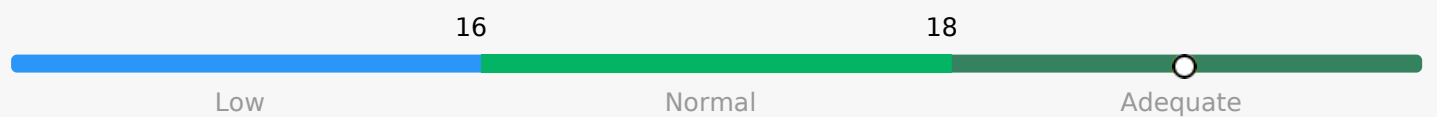
Muscle mass is weight of all muscles tissue in your body including skeletal, cardiac & smooth muscles. Higher muscle mass indicates the good muscle health.

Bone Mass **2.8kg** **Normal**

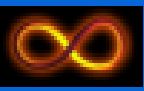


This is the weight of total bone tissue (Bone minerals + Bone Matrix) in your body. Higher bone mass indicates better bone health.

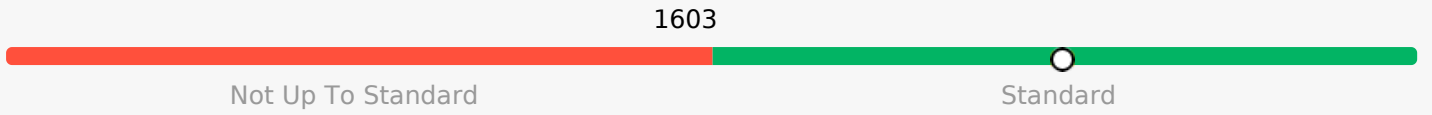
Protein **18.9%** **Adequate**




It is the proportional weight of body protein components to the total body weight. Adequate protein levels are essential for normal body function.

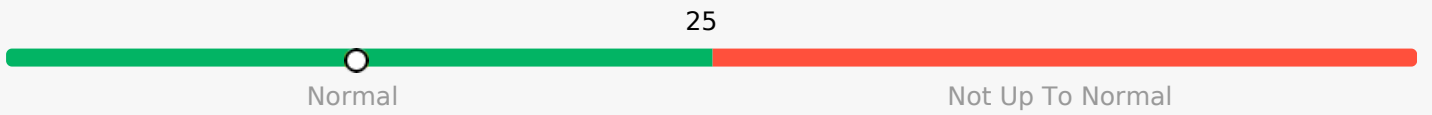


 **BMR** **1629.3kcal** **Standard**




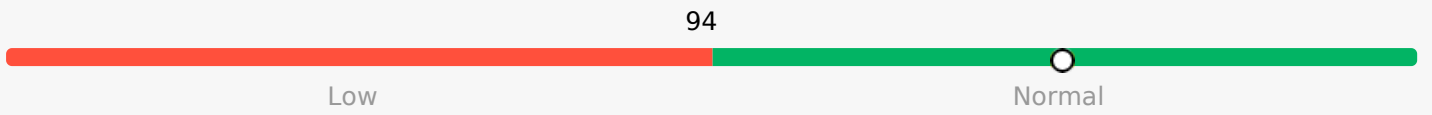
The BMR or Basal Metabolic Rate is daily minimum level of energy or calories your body requires when at rest (including sleeping) in order to function effectively.

 **Metabolic Age** **19.0 years** **Normal**




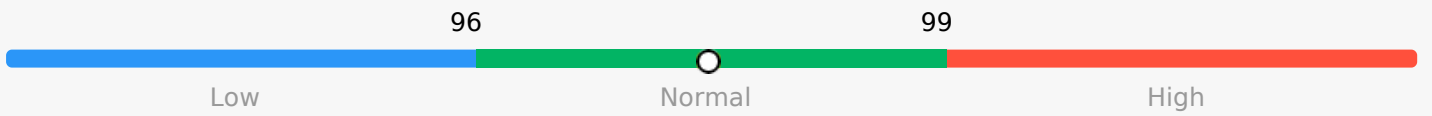
It is a predicted age of the metabolism of your body. If your metabolic age is higher than your actual age, it's an indication that you need to improve your metabolic rate.

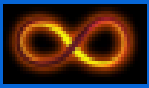
 **Oxygen saturation** **96%** **Normal**



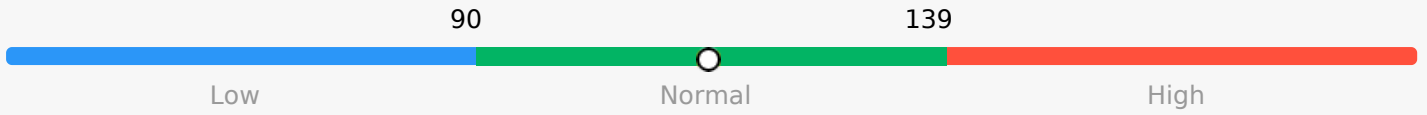
Oxygen saturation is a measure of how much oxygen the blood is carrying as a percentage of the maximum it could carry. Low level of oxygen saturation can cause mild problems such as headaches and shortness of breath.

 **Body temperature** **98.4°F** **Normal**



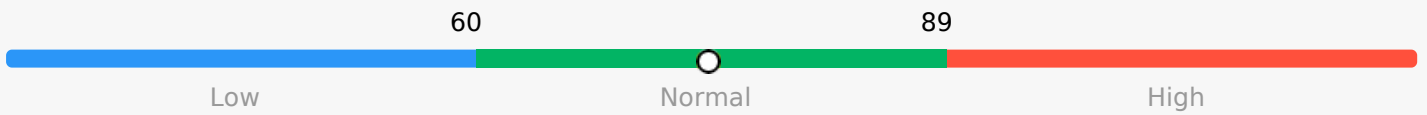


Blood Pressure (Systolic) **124mmHg** **Normal**



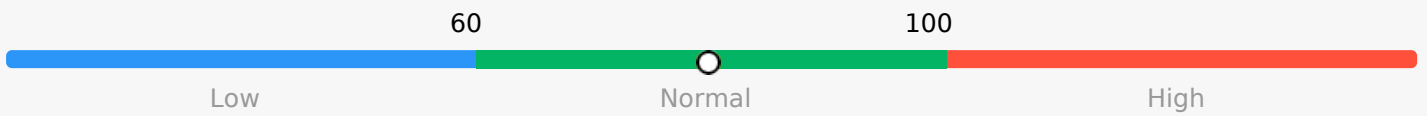
Blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

Blood Pressure (Diastolic) **83mmHg** **Normal**



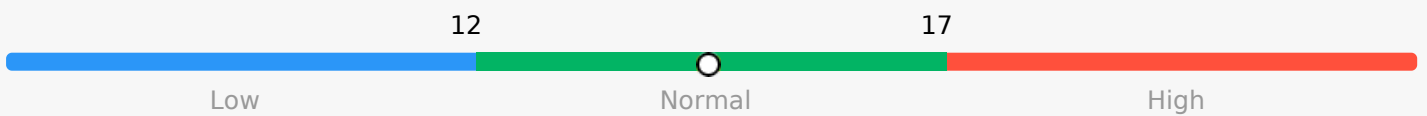
Blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

Pulse **84bpm** **Normal**

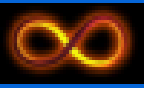


In the context of a heartbeat or other physiological measurement, a pulse is a rhythmic beating or throbbing sensation felt in arteries due to the contraction and expansion of the heart as it pumps blood. It is a vital sign used to assess heart rate and overall cardiovascular health.

Hemoglobin **15.9 g/dl** **Normal**



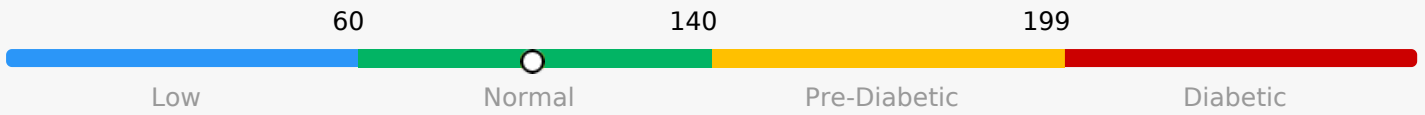
Hemoglobin is a protein found in red blood cells. It gives blood its red color, and its job is to carry oxygen throughout your body. Low hemoglobin levels usually indicate that a person has anemia



Glucose

94.0 mg/dl (Post Meal)

Normal



Conditions that can result in an elevated blood glucose level include: Acromegaly, Acute stress (response to trauma, heart attack, and stroke for instance), Chronic kidney disease, Cushing syndrome, Excessive consumption of food, Hyperthyroidism, Pancreatitis.

A low level of glucose may indicate hypoglycemia, a condition characterized by a drop in blood glucose to a level where first it causes nervous system symptoms (sweating, palpitations, hunger, trembling, and anxiety), then begins to affect the brain (causing confusion, hallucinations, blurred vision, and sometimes even coma and death).

A low blood glucose level (hypoglycemia) may be seen with: Adrenal insufficiency, Drinking excessive alcohol, Severe liver disease, Hypopituitarism, Hypothyroidism, Severe infections, Severe heart failure, Chronic kidney (renal) failure, Insulin overdose, Tumors that produce insulin (insulinomas), Starvation



Left Eye

6/9

Not Upto Normal

The visual acuity test is used to determine the smallest letters you can read on a standardized chart (Snellen chart) or a card held 20 feet (6 meters) away. Visual acuity refers to your ability to discern the shapes and details of the things you see. It's just one factor in your overall vision

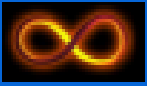


Right Eye

6/9

Not Upto Normal

The visual acuity test is used to determine the smallest letters you can read on a standardized chart (Snellen chart) or a card held 20 feet (6 meters) away. Visual acuity refers to your ability to discern the shapes and details of the things you see. It's just one factor in your overall vision

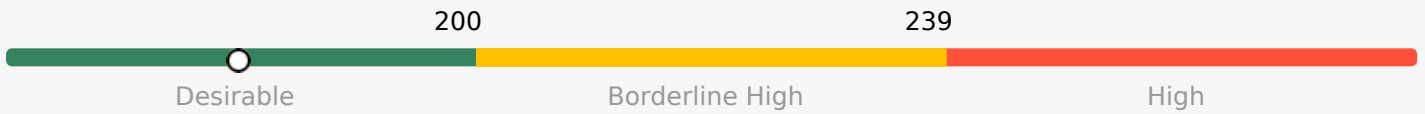


HEALTH ANALYSIS

Personalized Summary & Vital Parameters

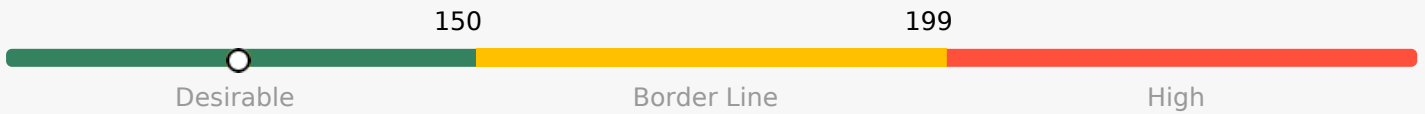
Lipid and HbA1c Test

Total Cholesterol **172.0mg/dl** **Desirable**



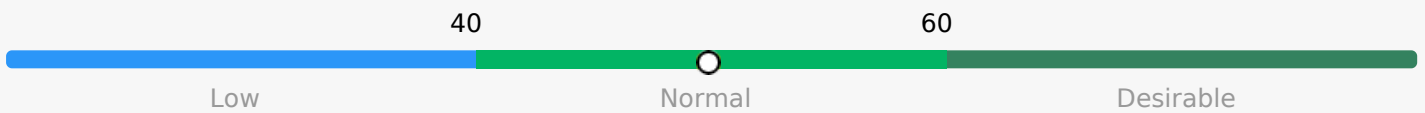
This is the total amount of cholesterol in your blood.

Triglycerides **117.0mg/dl** **Desirable**



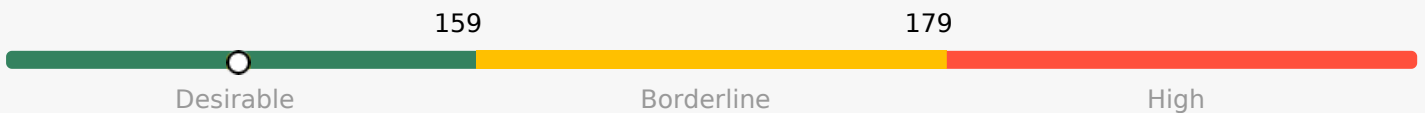
When you eat, your body converts the calories it doesn't need into triglycerides, which are stored in your fat cells. People who are overweight, diabetic, eat too many sweets, or drink too much alcohol can have high triglyceride levels.

High-density lipo-protein (HDL) cholesterol **52.0mg/dl** **Normal**

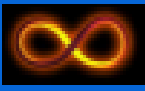


This is referred to as "good" cholesterol because it helps remove LDL cholesterol from your blood.

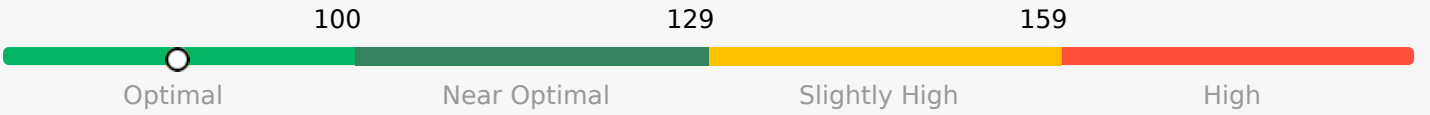
Non-high-density lipo-protein (NON-HDL) cholesterol **120.0mg/dl** **desirable**



Non-HDL cholesterol is all the "bad" cholesterol that can clog your arteries and raise the risk of heart problems. It's your total cholesterol minus the "good" HDL cholesterol.

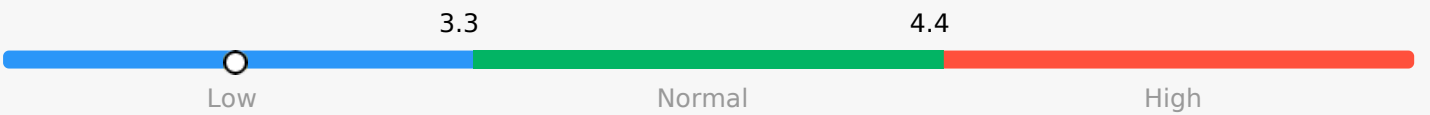


HDL Low-density lipoprotein (LDL) cholesterol **96.0mg/dl** **Optimal**



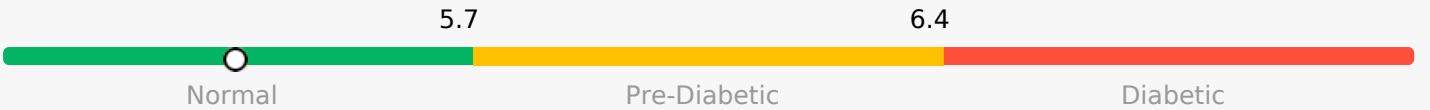
This is referred to as "bad" cholesterol. Too much of it raises your risk of heart attack, stroke, and atherosclerosis.

HDL Total CHOL / HDL Cholesterol Ratio **3.28mg/dl** **Low**

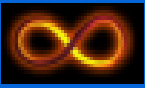


Calculated ratio of total cholesterol to HDL.

HbA1c Hba1c **5.3%** **Normal**



The hemoglobin A1c test tells you your average level of blood sugar over the past 2 to 3 months. It's also called HbA1c, glycated hemoglobin test, and glycohemoglobin. People who have diabetes need this test regularly to see if their levels are staying within range. It can tell if you need to adjust your diabetes medicines. The A1c test is also used to diagnose diabetes.



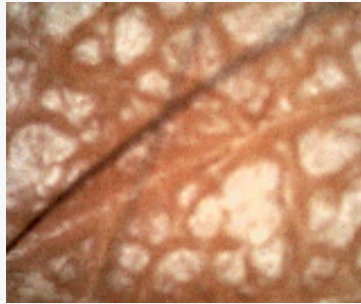
Color Vision

You Might Have

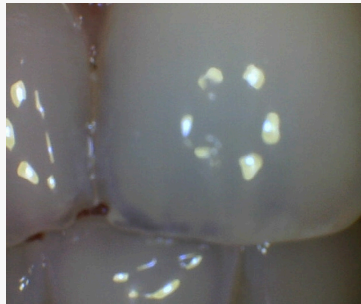
Normal Vision

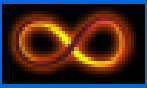



Dermascope

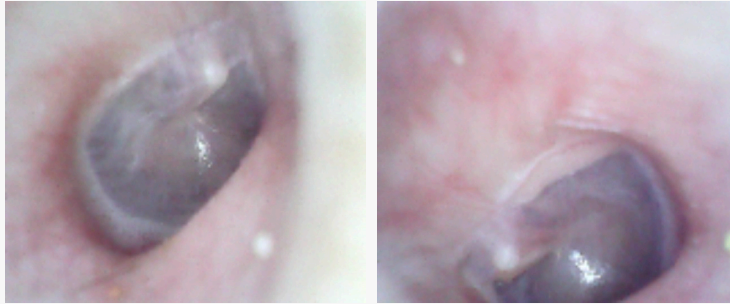


Dental Examination





 Otoscope

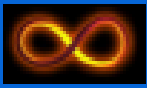


 Mental Health Assessment

Level of Depression	Minimal
Level of Anxiety	Minimal

 Ayurvedic Test

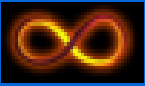
Result : Dwandaj prakriti (Kaphaj-Pittaj)



Spirometer Test

Suggested Diagnosis : **Normal**

Parameter	Predictive %	Predictive Value	Measured Value
FVC	111.76	4.6	5.14
PEF	0	0	17.88
FEV1	126.68	3.98	5.04
FEV1 FVC	112.86	86.8	97.96
T0	-	-	-
BEV	-	-	-
FEV 0.25	-	-	-
FEV 0.5	-	-	-
FEV 0.75	-	-	-
FEV 2	-	-	-
FEV 3	-	-	-
FEV 6	-	-	-
FEV 0.25 FVC	-	-	-
FEV 0.5 FVC	-	-	-
FEV 2 FVC	-	-	-
FEV 3 FVC	-	-	-
FEV 6 FVC	-	-	-
PEFT	-	-	-
FET	-	-	-
FEV 1 FEV 6 FVC	-	-	-
FET 25-75	-	-	-
EOTV	-	-	-
Lung Age	-	-	-
Exhale Duration	-	-	-



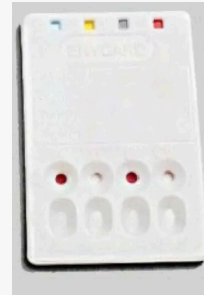
 HAV IgM

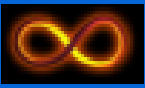
Result :
Negative



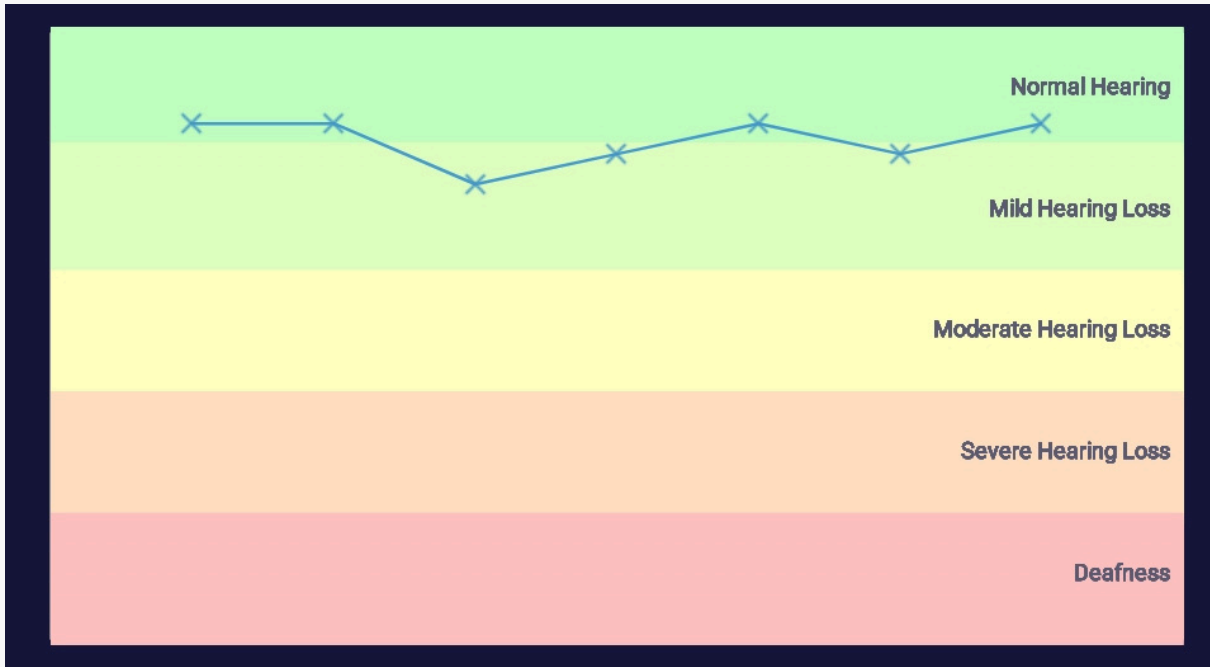
 Blood Grouping

Result :
B Rh+ve

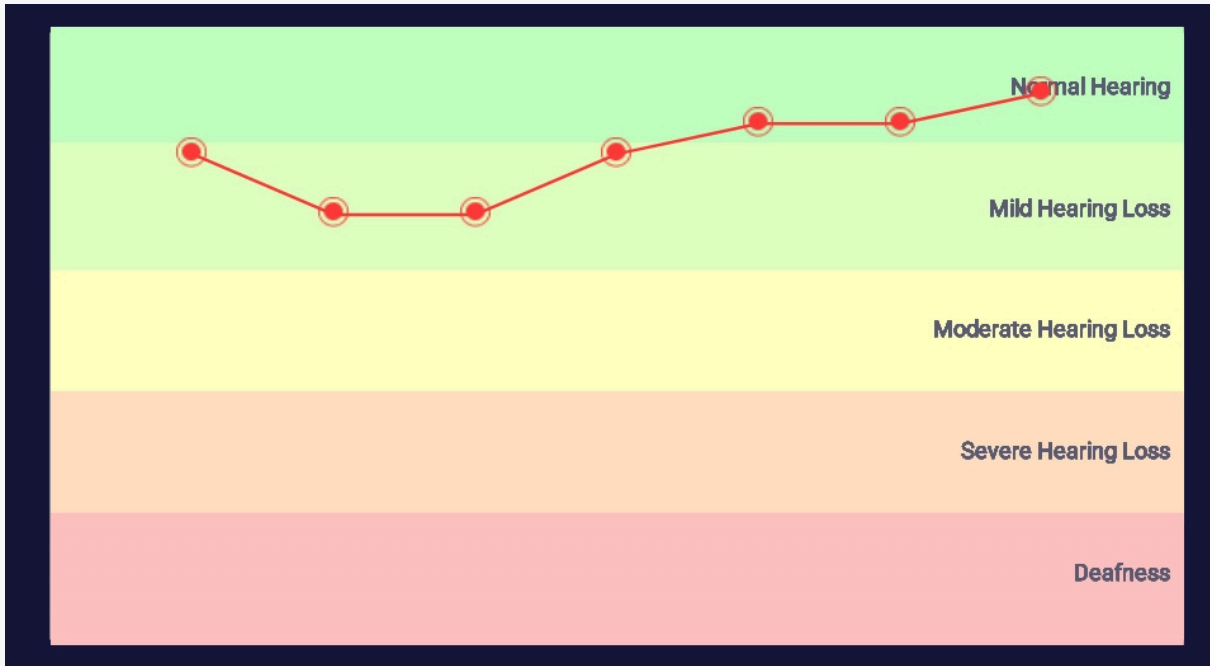




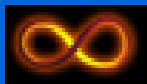
Audiometry



Left Ear



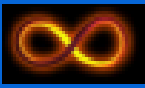
Right Ear



 Urine Test Report

PARAMETER	RESULT	STANDARD RANGE
ketone	Negative(0)	NEGATIVE
pH	5.0	NEGATIVE
blood	NON-HEMOLYZED	NEGATIVE
urobilinogen	NORMAL(0.1)	NORMAL
glucose	100	NEGATIVE
bilirubin	SMALL(1)	NEGATIVE
specific gravity	1.000	1.001 - 1.035
protein	NEGATIVE(0)	NEGATIVE
nitrite	NEGATIVE	NEGATIVE
Leucocyte	NEGATIVE	NEGATIVE





 Disclaimer

- This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- It is strongly recommended to take required precautions for allergic reactions or sensitivities.
- Online screening tools are not diagnostic instruments. You are encouraged to share your results with a physician or healthcare provider.
- The content is provided for information purposes only in believed to be serving as a preventive health screening and is not intended as and should not be considered to a legal or financial advice.
- References and links to third parties do not constitute any endorsements or warranty by this report generated at the Health Kiosk. The health ATM hereby disclaims all express and implied warranties of any kind

EKG Recording Overview

Normal SinusRhythm

* Determination is done on Lead I.

Recorded: Saturday, May 31, 2025, 10:58:49 AM
Heart Rate: 80 BPM
Duration: 30s

Additional Information

No additional information to display

Kardia does not check for heart attack. If you believe you are having a medical emergency, call emergency services. AliveCor does not provide medical advice or services, and any information from AliveCor is provided to assist you and your doctor with your medical care and not as a replacement for consulting with your doctor.

Kardia

Patient ID:
Recorded :
Heart Rate:
Duration :

Kardia Determination: Normal Sinus Rhythm
* Kardia Determination is done on Lead I.

Enhanced Filter, Mains Filter: 50 Hz Scale: 25mm/s, 10mm/mV

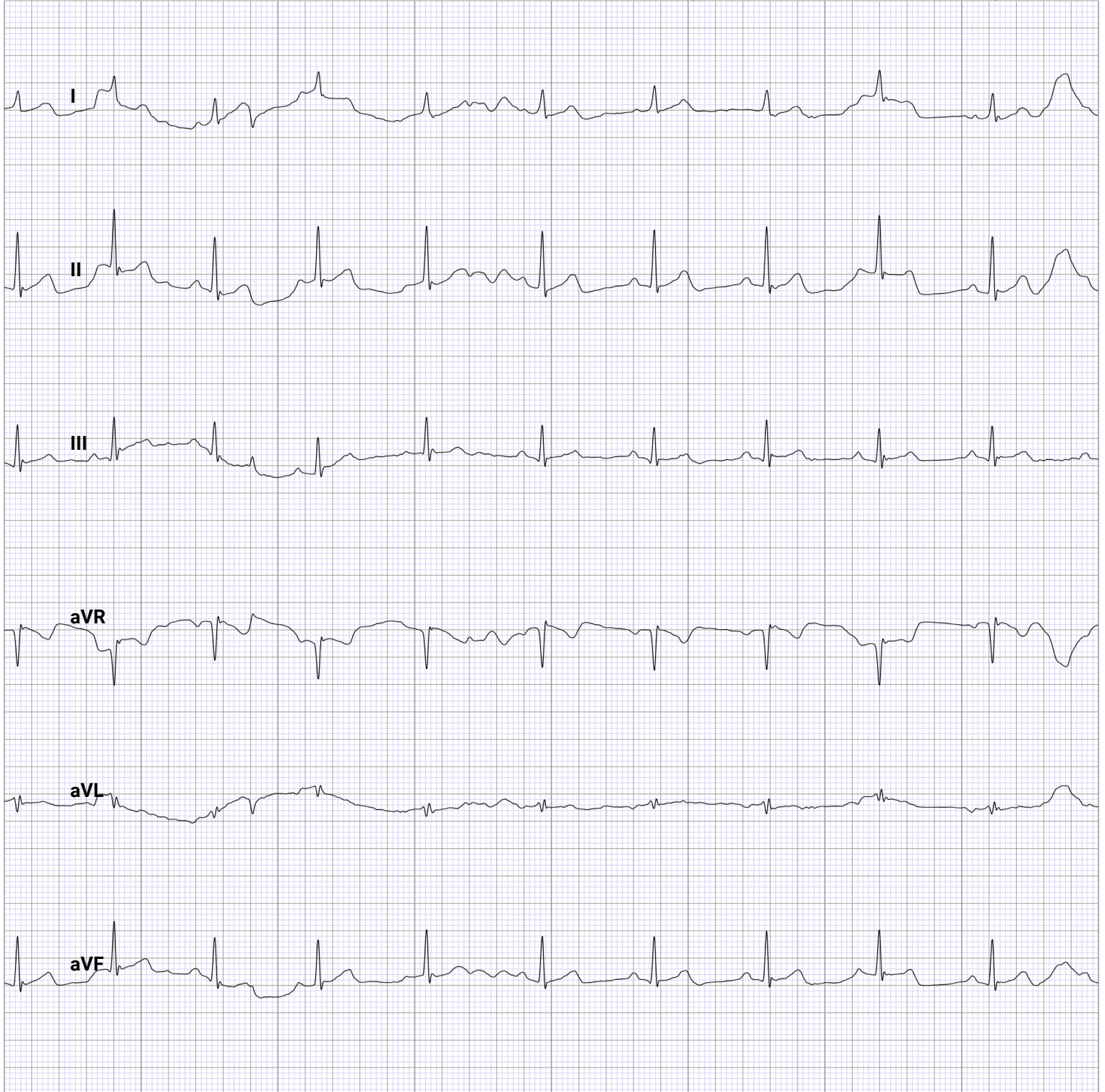


Kardia

Patient ID:
Recorded :
Heart Rate:
Duration :

Kardia Determination: Normal Sinus Rhythm
* Kardia Determination is done on Lead I.

Enhanced Filter, Mains Filter: 50 Hz Scale: 25mm/s, 10mm/mV

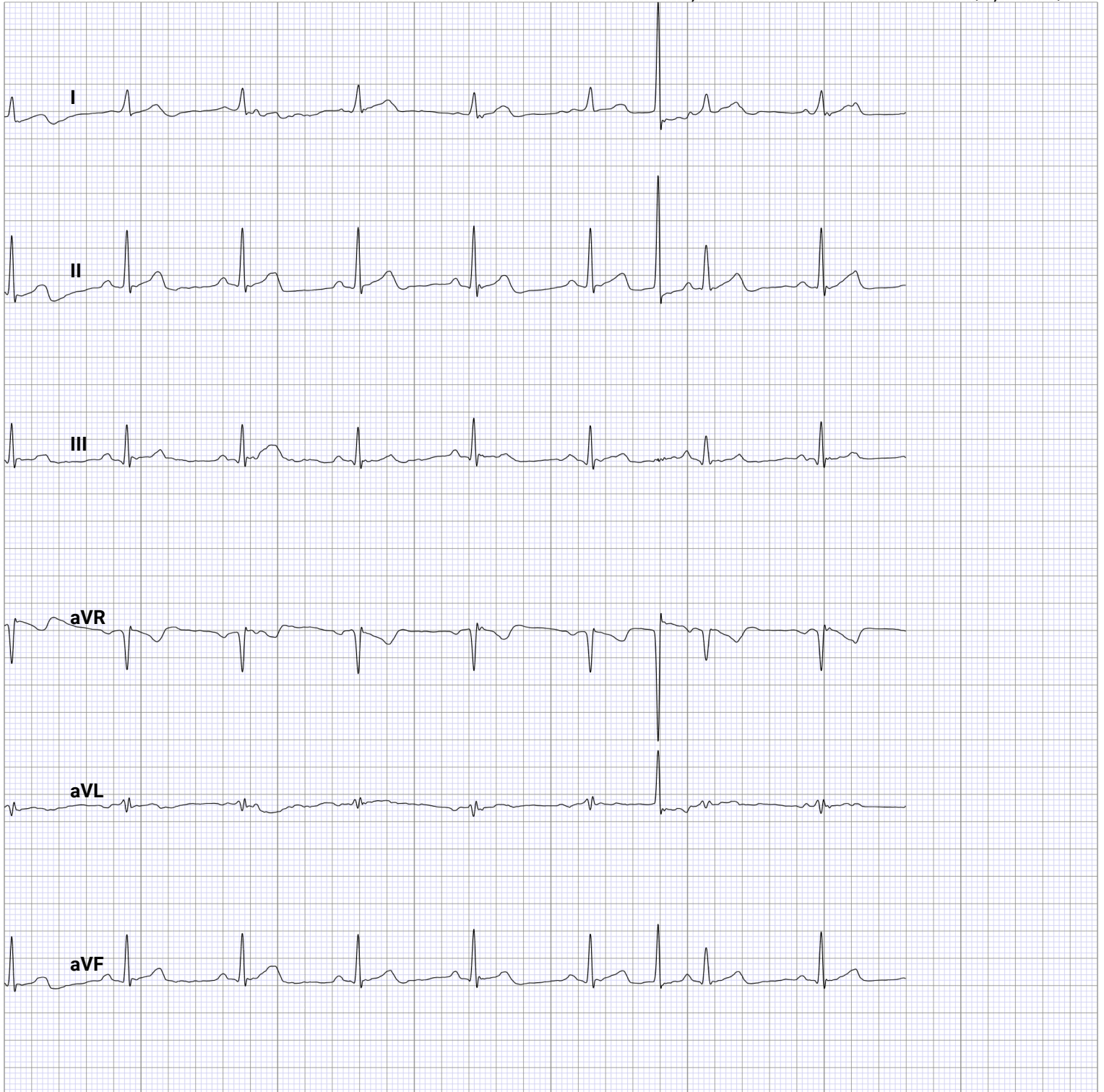


Kardia

Patient ID:
Recorded :
Heart Rate:
Duration :

Kardia Determination: Normal Sinus Rhythm
* Kardia Determination is done on Lead I.

Enhanced Filter, Mains Filter: 50 Hz Scale: 25mm/s, 10mm/mV



Weight Gain North Indian Non Veg- 2200

Day 1

Calories	Proteins	Carbs	Fats	Fibres
2197 kcal	88.5 g	264.9 g	91.5 g	50.9 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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BREAKFAST

Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Egg bhurji	2 one	304	9.6	15.2	23.8	2.6

MORNING SNACK

Pear	1 piece,	77	17.6	0.9	0.3	6.4
Almonds	6 almond	42	1.8	1.8	3.6	1.2
Cashew Nuts	6 Piece	48	1.8	1.8	4.2	0

LUNCH

Gobi matar sabzi	1 katori	82	7	2.7	5	3.4
Daal	1 bowl	116	18.7	7.2	1.4	3.1
Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Plain Rice	1 Katori	120	26.7	2.6	0.3	0.5
Green salad	1 katori	60	2.8	1.4	4.8	1.7

EVENING SNACK

Makhana	1 katori	111	24.6	3.1	0	4.6
Buttermilk with flaxseed powder	1 glass	55	2.2	2.6	4.2	0.9

DINNER

Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Paneer capsicum sabzi	1 katori	132	5.2	6	9.9	1.9
Daal	1 bowl	116	18.7	7.2	1.4	3.1
Capsicum lettuce salad	1 katori	49	3.7	1.1	3.7	1.9

PRE WORKOUT SNACK

Granola bar	1 bar	119	16.9	1.9	4.9	2.2
walnuts	6 piece	84	1.2	1.8	8.4	1.2

POST WORKOUT SNACK

Boiled Egg	2 Egg	172	2	13.2	13.2	0
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Day 2

Calories	Proteins	Carbs	Fats	Fibres
2209 kcal	91.1 g	245.7 g	97.4 g	43.9 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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BREAKFAST

Besan chilla	3 chilla	324	32.4	12	15.9	6.9
Dahi	1 katori	90	4.5	4.7	6	0

MORNING SNACK

Almonds	6 almond	42	1.8	1.8	3.6	1.2
Mosambi	2 piece	58	12.4	1	0.4	3.6
Pista	1 tbsp	48	1.3	1.5	4.1	0.8

LUNCH

Green Peas Potato Pulao	1 Katori	136	25.6	3.3	2.3	1.7
Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Soyabean Curry	1 Katori	120	7.3	8.8	6.2	5.3
Capsicum lettuce salad	1 katori	49	3.7	1.1	3.7	1.9

EVENING SNACK

Puffed Rice Chivda	2 Katori	276	39.6	6.4	10.2	4.8
Buttermilk	1 glass	45	2.3	2.3	3	0

DINNER

Daal	1 bowl	116	18.7	7.2	1.4	3.1
Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Paneer Burji	1 Small	209	3.2	11.7	16.6	0.7

PRE WORKOUT SNACK

Papaya smoothie	1 glass	148	18.3	5.3	6.2	2.3
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POST WORKOUT SNACK

Egg Omelette	2 Piece	208	5	12	16.2	0.8
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Day 3

Calories	Proteins	Carbs	Fats	Fibres
2212.5 kcal	98.55 g	299.7 g	73.05 g	49.55 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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BREAKFAST

Peas poha	2 katori	280	55.8	6	4	2.2
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MORNING SNACK

Chiku	1 piece	59	12.8	0.4	0.7	6.5
Chia seeds	1 tbsp	47	4.1	1.6	3	3.3

LUNCH

Paneer Paratha	2 Piece	448	48.2	18.4	21.8	7.6
Dahi	1 katori	90	4.5	4.7	6	0
Carrot tomato salad	1 katori	27	5.4	0.9	0.2	2.5

EVENING SNACK

Roasted chana	1 katori	270	46	9.6	5.3	7.2
Buttermilk	1 glass	45	2.3	2.3	3	0

DINNER

Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Carrot cucumber salad	1 katori	21	4.9	0.7	0.1	1.1
Chicken curry	1.5 katori	244.5	6.9	26.85	11.55	2.55
Plain Rice	1 Katori	120	26.7	2.6	0.3	0.5

PRE WORKOUT SNACK

Oatmeal porridge	1 katori	140	16.7	6.2	5.9	2
Almonds	6 almond	42	1.8	1.8	3.6	1.2
Cashew Nuts	6 Piece	48	1.8	1.8	4.2	0

POST WORKOUT SNACK

Boiled sprouted chana	1 katori	161	27	8.7	2.6	7.5
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Day 4

Calories	Proteins	Carbs	Fats	Fibres
2207 kcal	83.55 g	274.25 g	91.1 g	45.4 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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BREAKFAST

Upma	2 katori	342	48.6	8.8	12.6	5
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MORNING SNACK

Coconut water	1 piece	49	9.1	2.9	0.2	2.3
Soaked and peeled almonds	6 almond	48	0.6	1.8	4.2	1.2
Cashew Nuts	6 Piece	48	1.8	1.8	4.2	0

LUNCH

Egg fried rice	2 katori	300	37	8.6	13.8	2.2
Capsicum lettuce salad	2 katori	98	7.4	2.2	7.4	3.8

EVENING SNACK

Moong beans boiled	1 katori	138	23.4	9.9	0.5	6.9
Cucumber dhaniya pudina juice	1 glass	30	5.2	1.7	0.4	2.1

DINNER

Ragi/nachni roti	2 roti	174	38.4	4	0.8	6.2
Aloo matar sabzi	1 katori	129	20	4	3.8	5.1
Grilled paneer	1 serving	287	1.8	16.9	23.7	0.5

PRE WORKOUT SNACK

Epigamia plain yoghurt	1 pack	69	5.6	7.2	2	0
walnuts	6 piece	84	1.2	1.8	8.4	1.2
Pomegranate	0.5 cup	72	16.25	1.45	1	3.5

POST WORKOUT SNACK

Banana peanut butter smoothie	1 glass	239	33.5	9.7	8.1	2.6
Dates	4 piece	100	24.4	0.8	0	2.8

Day 5

Calories	Proteins	Carbs	Fats	Fibres
2214 kcal	89.2 g	284.2 g	79.1 g	47 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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BREAKFAST

Drumstick sambhar	1 katori	93	11	4.2	3.6	2.3
Homemade idli	5 small	195	38	6.5	2	2.5
Coconut Chutney	5 Teaspoon	85	3.5	1	7.5	2.5

MORNING SNACK

Carrot beetroot juice	1 glass	72	15.7	2.1	0	1
Soaked and peeled almonds	6 almond	48	0.6	1.8	4.2	1.2
walnuts	6 piece	84	1.2	1.8	8.4	1.2

LUNCH

Wheat Roti	3 roti	255	52.2	9	1.2	8.1
Boiled Egg	1 Egg	86	1	6.6	6.6	0
Green salad	1 katori	60	2.8	1.4	4.8	1.7
Lobia sabzi	2 katori	228	32	13.4	5.4	4.8

EVENING SNACK

Sweet corn chaat	2 katori	166	20.4	3	9.4	3.4
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DINNER

Jowar roti	2 piece	166	35.6	3.6	1.6	3
Fish Curry	1 Katori	116	2.4	15.5	4.9	0.2
Daal	1 bowl	116	18.7	7.2	1.4	3.1
Carrot tomato salad	1 katori	27	5.4	0.9	0.2	2.5

PRE WORKOUT SNACK

Apple pear oatmeal smoothie	1 glass	235	27.6	6.4	6.7	5.7
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POST WORKOUT SNACK

Protein bar	1 bar	182	16.1	4.8	11.2	3.8
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Day 6

Calories	Proteins	Carbs	Fats	Fibres
2208.5 kcal	82.6 g	306.4 g	75.6 g	52.35 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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BREAKFAST

Dahi	1 katori	90	4.5	4.7	6	0
Gobi matar paratha	3 piece	441	62.1	13.8	15.3	13.8

MORNING SNACK

Epigamia plain yoghurt	1 pack	69	5.6	7.2	2	0
Apple	1 piece,	88	20	0.3	0.8	4.8

LUNCH

Bean salad	1 katori	55	7.4	1.9	2	2.1
Veg Tofu Fried Rice	1.5 Bowl	457.5	65.7	13.2	16.2	1.95

EVENING SNACK

Rajma chhole moong sprout salad	2 katori	118	22.8	5.6	1.4	5.6
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DINNER

Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Tinda sabzi	1 katori	55	3.5	1.2	4	0.9
Daal	1 bowl	116	18.7	7.2	1.4	3.1
Dahi	1 katori	90	4.5	4.7	6	0
Capsicum lettuce salad	1 katori	49	3.7	1.1	3.7	1.9

PRE WORKOUT SNACK

Papaya	1 cup,	46	10.4	0.9	0.2	3.8
walnuts	6 piece	84	1.2	1.8	8.4	1.2

POST WORKOUT SNACK

Egg sandwich	1 sandwich	280	41.5	13	7.4	7.8
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Day 7

Calories	Proteins	Carbs	Fats	Fibres
2190.5 kcal	101.35 g	280.2 g	78.9 g	53.25 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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BREAKFAST

Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Egg Omelette	2 Piece	208	5	12	16.2	0.8

MORNING SNACK

Cucumber palak juice	1 glass	29	4.2	1.8	0.6	2.2
Soaked and peeled almonds	6 almond	48	0.6	1.8	4.2	1.2
walnuts	6 piece	84	1.2	1.8	8.4	1.2

LUNCH

Green salad	1 katori	60	2.8	1.4	4.8	1.7
Chicken curry	1.5 katori	244.5	6.9	26.85	11.55	2.55
Bajra roti	2 piece	226	38.2	6.6	5.2	6.4
Plain Rice	1 Katori	120	26.7	2.6	0.3	0.5

EVENING SNACK

Boiled moong and chana	1 katori	132	22.4	7.6	1.4	9
Palak Soup	1 Bowl	33	10.8	1.8	1.4	2.4

DINNER

Daal	1.5 bowl	174	28.05	10.8	2.1	4.65
Plain Rice	1.5 Katori	180	40.05	3.9	0.45	0.75
Green salad	1 katori	60	2.8	1.4	4.8	1.7
Ragi with buttermilk	1 glass	71	14.3	1.8	0.8	2.3

PRE WORKOUT SNACK

Apple	1 piece,	88	20	0.3	0.8	4.8
Cashew Nuts	6 Piece	48	1.8	1.8	4.2	0
Chia seeds	1 tbsp	47	4.1	1.6	3	3.3

POST WORKOUT SNACK

Chicken breast salad	1 katori	168	15.5	9.5	7.9	2.4
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