

# DO IT YOURSELF SHEETS



*Manage your Daily Energy Expenditure  
and Calorie Needs*

**BY EMMANUEL FRANCIS**

## ABOUT THE AUTHOR

Emmanuel Francis is a seasoned fitness enthusiast with over a decade of experience in the industry. His passion for fitness began at a young age and has since evolved into a lifelong journey of self-discovery and empowerment.

Having explored various disciplines including bio-strength, streetlifting, and calisthenics, Emmanuel brings a wealth of knowledge and expertise to his audience. Through his dedication and commitment, he has inspired countless individuals to push beyond their limits and achieve their fitness goals.

Emmanuel's approach to fitness is rooted in authenticity, practicality, and inclusivity. He believes that everyone has the potential to lead a healthy and active lifestyle, regardless of their background or experience level. His mission is to provide individuals with the tools, resources, and support they need to unlock their full potential and live their best lives.

In addition to his work as a fitness enthusiast, Emmanuel is also a dedicated educator and mentor. He is passionate about sharing his knowledge and empowering others to take control of their health and well-being. Through his engaging video lessons, informative articles, and personalized guidance, Emmanuel strives to make a positive impact on the lives of his audience members.

When he's not in the gym or creating content, Emmanuel enjoys spending time outdoors, exploring new places, and connecting with like-minded individuals. He believes in the importance of balance and self-care, and encourages others to find joy and fulfillment in every aspect of their lives.

Join Emmanuel on this exciting journey of self-improvement, empowerment, and growth. Together, let's unleash our full potential and become the best versions of ourselves.

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# Understanding Total Daily Energy Expenditure (TDEE)

Total Daily Energy Expenditure (TDEE) is a crucial concept in the realm of health, fitness, and nutrition. It represents the total number of calories an individual burns in a day, taking into account various factors such as basal metabolic rate (BMR), physical activity, and the thermic effect of food (TEF). By understanding TDEE and how it's calculated, individuals can better manage their calorie intake and expenditure to achieve their fitness goals.

## Calculating TDEE

- 1. Basal Metabolic Rate (BMR):** BMR is the amount of energy expended by the body at rest to maintain basic physiological functions such as breathing, circulation, and cell production. Several formulas, such as the Harris-Benedict equation or the Mifflin-St Jeor equation, can estimate BMR based on factors like age, gender, weight, and height.
- 2. Physical Activity Level (PAL):** PAL accounts for the calories burned through physical activity beyond BMR. This includes exercise, daily activities, and occupational tasks. Different activity levels are assigned a corresponding PAL value, ranging from sedentary to highly active.
- 3. Thermic Effect of Food (TEF):** TEF represents the energy expended during the digestion, absorption, and metabolism of food. While TEF accounts for a relatively small percentage of total energy expenditure, it still contributes to overall TDEE.

## Interpreting TDEE

Understanding one's TDEE is essential for various fitness goals, including weight loss, maintenance, or muscle gain.

- 1. Weight Loss:** To lose weight, individuals typically aim to create a calorie deficit by consuming fewer calories than their TDEE. This encourages the body to utilize stored fat for energy, leading to gradual weight loss over time.
- 2. Weight Maintenance:** For weight maintenance, individuals aim to consume calories equal to their TDEE. This helps maintain energy balance, preventing significant fluctuations in body weight.

3. **Muscle Gain:** To gain muscle mass, individuals often consume slightly more calories than their TDEE, known as a calorie surplus. Combined with resistance training, this provides the extra energy needed for muscle growth and repair.

## Factors Influencing TDEE

1. **Age:** BMR tends to decrease with age due to changes in body composition and metabolic rate. As a result, older individuals may have a lower TDEE compared to younger counterparts.

2. **Gender:** Men typically have higher muscle mass and BMR than women, leading to differences in TDEE between genders.

3. **Body Composition:** Muscle mass plays a significant role in determining TDEE, as muscle tissue requires more energy to maintain than fat tissue. Individuals with higher muscle mass generally have a higher TDEE.

4. **Activity Level:** Physical activity significantly impacts TDEE, with more active individuals burning more calories through exercise and daily activities.

## Practical Applications

1. **Tracking Calories:** Tools such as calorie tracking apps or journals can help individuals monitor their calorie intake and compare it to their TDEE to achieve their desired fitness outcomes.

2. **Adjusting Macronutrients:** In addition to calorie intake, the distribution of macronutrients (carbohydrates, proteins, and fats) can also influence body composition and energy levels.

3. **Periodic Evaluation:** Since TDEE may change over time due to factors like weight loss, muscle gain, or aging, it's essential to periodically reassess and adjust calorie intake accordingly.

In conclusion, Total Daily Energy Expenditure (TDEE) serves as a fundamental concept in optimizing nutrition and fitness strategies. By understanding how TDEE is calculated and applying this knowledge to their lifestyle, individuals can make informed decisions to support their health and wellness goals.

To learn more on how to use TDEE, visit our website: [www.emman4fit.com](http://www.emman4fit.com)

## TOTAL DAILY ENERGY EXPENDITURE

LBM	BMR	TDEE [NO ACTIVITY LOW PROTEIN]	TDEE [NO ACTIVITY REQ PROTEIN]	TDEE[MODRATE ACTIVITY REQ PROTEIN]	TDEE[HIGH ACTIVITY REQ PROTEIN]	TDEE[INTENSE ACTIVITY REQ PROTEIN]
30	1018	1323.4	1374.3	1425.2	1476.1	1527
31	1039.6	1351.48	1403.46	1455.44	1507.42	1559.4
32	1061.2	1379.56	1432.62	1485.68	1538.74	1591.8
33	1082.8	1407.64	1461.78	1515.92	1570.06	1624.2
34	1104.4	1435.72	1490.94	1546.16	1601.38	1656.6
35	1126	1463.8	1520.1	1576.4	1632.7	1689
36	1147.6	1491.88	1549.26	1606.64	1664.02	1721.4
37	1169.2	1519.96	1578.42	1636.88	1695.34	1753.8
38	1190.8	1548.04	1607.58	1667.12	1726.66	1786.2
39	1212.4	1576.12	1636.74	1697.36	1757.98	1818.6
40	1234	1604.2	1665.9	1727.6	1789.3	1851
41	1255.6	1632.28	1695.06	1757.84	1820.62	1883.4
42	1277.2	1660.36	1724.22	1788.08	1851.94	1915.8
43	1298.8	1688.44	1753.38	1818.32	1883.26	1948.2
44	1320.4	1716.52	1782.54	1848.56	1914.58	1980.6
45	1342	1744.6	1811.7	1878.8	1945.9	2013
46	1363.6	1772.68	1840.86	1909.04	1977.22	2045.4
47	1385.2	1800.76	1870.02	1939.28	2008.54	2077.8
48	1406.8	1828.84	1899.18	1969.52	2039.86	2110.2
49	1428.4	1856.92	1928.34	1999.76	2071.18	2142.6
50	1450	1885	1957.5	2030	2102.5	2175
51	1471.6	1913.08	1986.66	2060.24	2133.82	2207.4
52	1493.2	1941.16	2015.82	2090.48	2165.14	2239.8
53	1514.8	1969.24	2044.98	2120.72	2196.46	2272.2
54	1536.4	1997.32	2074.14	2150.96	2227.78	2304.6
55	1558	2025.4	2103.3	2181.2	2259.1	2337
56	1579.6	2053.48	2132.46	2211.44	2290.42	2369.4
57	1601.2	2081.56	2161.62	2241.68	2321.74	2401.8
58	1622.8	2109.64	2190.78	2271.92	2353.06	2434.2
59	1644.4	2137.72	2219.94	2302.16	2384.38	2466.6
60	1666	2165.8	2249.1	2332.4	2415.7	2499
61	1687.6	2193.88	2278.26	2362.64	2447.02	2531.4
62	1709.2	2221.96	2307.42	2392.88	2478.34	2563.8
63	1730.8	2250.04	2336.58	2423.12	2509.66	2596.2
64	1752.4	2278.12	2365.74	2453.36	2540.98	2628.6
65	1774	2306.2	2394.9	2483.6	2572.3	2661
66	1795.6	2334.28	2424.06	2513.84	2603.62	2693.4
67	1817.2	2362.36	2453.22	2544.08	2634.94	2725.8
68	1838.8	2390.44	2482.38	2574.32	2666.26	2758.2
69	1860.4	2418.52	2511.54	2604.56	2697.58	2790.6

70	1882	2446.6	2540.7	2634.8	2728.9	2823
71	1903.6	2474.68	2569.86	2665.04	2760.22	2855.4
72	1925.2	2502.76	2599.02	2695.28	2791.54	2887.8
73	1946.8	2530.84	2628.18	2725.52	2822.86	2920.2
74	1968.4	2558.92	2657.34	2755.76	2854.18	2952.6
75	1990	2587	2686.5	2786	2885.5	2985
76	2011.6	2615.08	2715.66	2816.24	2916.82	3017.4
77	2033.2	2643.16	2744.82	2846.48	2948.14	3049.8
78	2054.8	2671.24	2773.98	2876.72	2979.46	3082.2
79	2076.4	2699.32	2803.14	2906.96	3010.78	3114.6
80	2098	2727.4	2832.3	2937.2	3042.1	3147
81	2119.6	2755.48	2861.46	2967.44	3073.42	3179.4
82	2141.2	2783.56	2890.62	2997.68	3104.74	3211.8
83	2162.8	2811.64	2919.78	3027.92	3136.06	3244.2
84	2184.4	2839.72	2948.94	3058.16	3167.38	3276.6
85	2206	2867.8	2978.1	3088.4	3198.7	3309
86	2227.6	2895.88	3007.26	3118.64	3230.02	3341.4
87	2249.2	2923.96	3036.42	3148.88	3261.34	3373.8
88	2270.8	2952.04	3065.58	3179.12	3292.66	3406.2
89	2292.4	2980.12	3094.74	3209.36	3323.98	3438.6
90	2314	3008.2	3123.9	3239.6	3355.3	3471
91	2335.6	3036.28	3153.06	3269.84	3386.62	3503.4
92	2357.2	3064.36	3182.22	3300.08	3417.94	3535.8
93	2378.8	3092.44	3211.38	3330.32	3449.26	3568.2
94	2400.4	3120.52	3240.54	3360.56	3480.58	3600.6
95	2422	3148.6	3269.7	3390.8	3511.9	3633
96	2443.6	3176.68	3298.86	3421.04	3543.22	3665.4
97	2465.2	3204.76	3328.02	3451.28	3574.54	3697.8
98	2486.8	3232.84	3357.18	3481.52	3605.86	3730.2
99	2508.4	3260.92	3386.34	3511.76	3637.18	3762.6
100	2530	3289	3415.5	3542	3668.5	3795
101	2551.6	3317.08	3444.66	3572.24	3699.82	3827.4
102	2573.2	3345.16	3473.82	3602.48	3731.14	3859.8
103	2594.8	3373.24	3502.98	3632.72	3762.46	3892.2
104	2616.4	3401.32	3532.14	3662.96	3793.78	3924.6
105	2638	3429.4	3561.3	3693.2	3825.1	3957
106	2659.6	3457.48	3590.46	3723.44	3856.42	3989.4
107	2681.2	3485.56	3619.62	3753.68	3887.74	4021.8
108	2702.8	3513.64	3648.78	3783.92	3919.06	4054.2
109	2724.4	3541.72	3677.94	3814.16	3950.38	4086.6
110	2746	3569.8	3707.1	3844.4	3981.7	4119
111	2767.6	3597.88	3736.26	3874.64	4013.02	4151.4
112	2789.2	3625.96	3765.42	3904.88	4044.34	4183.8
113	2810.8	3654.04	3794.58	3935.12	4075.66	4216.2
114	2832.4	3682.12	3823.74	3965.36	4106.98	4248.6
115	2854	3710.2	3852.9	3995.6	4138.3	4281
116	2875.6	3738.28	3882.06	4025.84	4169.62	4313.4

117	2897.2	3766.36	3911.22	4056.08	4200.94	4345.8
118	2918.8	3794.44	3940.38	4086.32	4232.26	4378.2
119	2940.4	3822.52	3969.54	4116.56	4263.58	4410.6
120	2962	3850.6	3998.7	4146.8	4294.9	4443
121	2983.6	3878.68	4027.86	4177.04	4326.22	4475.4
122	3005.2	3906.76	4057.02	4207.28	4357.54	4507.8
123	3026.8	3934.84	4086.18	4237.52	4388.86	4540.2
124	3048.4	3962.92	4115.34	4267.76	4420.18	4572.6
125	3070	3991	4144.5	4298	4451.5	4605
126	3091.6	4019.08	4173.66	4328.24	4482.82	4637.4
127	3113.2	4047.16	4202.82	4358.48	4514.14	4669.8
128	3134.8	4075.24	4231.98	4388.72	4545.46	4702.2
129	3156.4	4103.32	4261.14	4418.96	4576.78	4734.6
130	3178	4131.4	4290.3	4449.2	4608.1	4767
131	3199.6	4159.48	4319.46	4479.44	4639.42	4799.4
132	3221.2	4187.56	4348.62	4509.68	4670.74	4831.8
133	3242.8	4215.64	4377.78	4539.92	4702.06	4864.2
134	3264.4	4243.72	4406.94	4570.16	4733.38	4896.6
135	3286	4271.8	4436.1	4600.4	4764.7	4929
136	3307.6	4299.88	4465.26	4630.64	4796.02	4961.4
137	3329.2	4327.96	4494.42	4660.88	4827.34	4993.8
138	3350.8	4356.04	4523.58	4691.12	4858.66	5026.2



## CALORIE SHEET

NON-VEG							
Name	Name in Hindi	Carbs	Fats	Protien 100g	Total Calories per 100grams	50g	20g
Chicken	Murgi	0	13g	27g	237	119	47
Mutton	Bakri	0	21g	25g	294	147	59
Pork	suar	0	17g	27g	271	136	54
Pomfret	Paplet	0	2g	18g	92	46	18
Bombay Duck	Bombil	0	4g	62g	283	142	57
Surmai	surmai	0	3g	20g	105	53	21
Mackerel	Bangda	0	14g	19g	205	103	41
Golden anchovies	Mandeli	0	9g	19g	164	82	33
Indian Salmon	Rawas	0	6g	21g	146	73	29
Black pomfret	Halwa	0	2g	18g	92	46	18
Prawns	Jhinga	1g	2g	20g	105	53	21
Crabs	Kekada	0	2g	23g	119	60	24
Shark	Shark	0	4g	21g	130	65	26
Egg	Anda	0	9.94g	13g	147	74	29

DAIRY							
Name	Name in Hindi	Carbs	Fats	Protien 100g	Total Calories per 100grams	50g	20g
Milk (in MI)	Dudh	5g	2g	4g	52	26	10
Curd	Dahi	4g	4g	12g	100	50	20
Cottage Cheese	Paneer	3g	24g	18g	299	150	60
Butter	Makhan	0g	81g	0.85g	717	359	143
Cheese	Cheese	5g	27g	22g	350	175	70
Ghee	Ghee	0g	104g	0.3g	896	448	179

VEGETABLES							
Name	Name in Hindi	Carbs	Fats	Protien 100g	Total Calories per 100grams	50g	20g
Cabbage	bandh-gobi	6g	0.12g	1.44g	24	12	5
Cauliflower	Fool-gobi	5.3g	0.1g	1.98g	25	13	5
Capsicum	Shimla-Mirch	6.03g	0.3g	0.99g	26	13	5
Broccoli	Broccoli	6.64g	0.37g	2.82g	34	17	7
Carrot	Gajar	9.58g	0.24g	0.93g	41	21	8
Cucumber	Kaakdi	2.16g	0.16g	0.59g	12	6	2
Raddish	Mooli	3.4g	0.1g	0.68g	16	8	3



Egg Plant	Baigan	8.7g	0.2g	0.8g	35	18	7
Tomato	tamatar	3.92g	0.2g	0.88g	18	9	4
Pumpkin	Kaddu	6.5g	0.1g	1g	26	13	5
Onion	Kanda	10.11g	0.08g	0.92g	42	21	8
Spinach	Palak	3.63g	0.39g	2.86g	23	12	5
Mushroom	Mushroom	3.28g	0.34g	3.09g	22	11	4
Fenugreek	Methi	58g	6.4g	23g	323	162	65
Drumstick	Shenga	8.28g	1.40g	9.40g	64	32	13
Spring Onion		7.34g	0.19g	1.83g	32	16	6
bitter gourd	karela	6g	0.2g	3.6g	16	8	3
Sweet Potato	Ganji	21g	0.2g	2g	90	45	18
Potato	Batata	11g	7.6g	5.1g	132	66	26
Lady Finger	bhindi	7.03g	0.1g	2g	33	17	7

### PULSES & LENTILS

Name	Name in Hindi	Carbs	Fats	Protien 100g	Total Calories per 100grams	50g	20g
Black Chickpeas	Kala chana	45g	5g	15g	300	150	60
Chickpeas	Kabuli chana	64g	4.5g	19g	365	183	73
Cowpea	Chawli	60g	1.26g	23.52g	336	168	67
Kidney Beans	Rajma	60g	0.83g	23.58g	333	167	67
Green Gram	moong	39g	0.8g	14g	212	106	42
Moth beans	Matki	615.g	1.6g	22.9g	343	172	69
Green peas	vatana	16g	0.2g	5.4g	84	42	17
Split pigeon beans	Toor dal	63g	8g	22g	340	170	68
Red lentils	Masoor dal	121g	4.2g	46g	687	344	137
Soybean	soyabean	33g	0.50g	52g	345	173	69
Split Chickpeas	Chana Dal	42g	4.5g	13g	252	126	50
Lima Beans	Vaal	21g	0.4g	7.8g	115	58	23

### FRUITS

Name	Name in Hindi	Carbs	Fats	Protien 100g	Total Calories per 100grams	50g	20g
Musk Melon	Kharbuja	9g	0g	1g	34	17	7
Banana	Kela	22.84g	0.33g	1.09g	89	45	18
Papaya	Papaya	9.81g	0.14g	0.61g	39	20	8
Orange	Santra	11.75g	0.12g	0.94g	47	24	9
SweetLime	Mosambi	9.3g	0.3g	0.7g	43	22	9
Mango	Aam	17g	0.27g	0.51g	65	33	13
Guava	Peru	14.32g	0.95g	2.55g	68	34	14
						0	0
Apple	Seb	13.81g	0.17g	0.26g	52	26	10
Pear	Nashpati	15.46g	0.12g	0.38g	58	29	12

Pomegranate	Anaar	17.17g	0.3g	0.95g	68	34	14
Watermelon	Kalingad	7.55g	0.15g	0.61g	30	15	6
Custard Apple	Sitaphal	25.2g	0.6g	1.7g	101	51	20

### NUTS

Name	Name in Hindi	Carbs	Fats	Protien 100g	Total Calories per 100grams	50g	20g
Cashewnuts	Kaju	30.19g	43.85g	18.22g	553	277	111
Walnuts	Akhrot	13.71g	65.21g	15.23g	654	327	131
Almonds	Badaam	19.74g	50.64g	21.26g	578	289	116
Pistachio	Pista	27.97g	44.44g	20.61g	557	279	111
Hazelnuts	Pahadi Badaam	16.7g	60.75g	14.95g	628	314	126
Foynut	Makhana	77g	1.2g	9.7g	347	174	69

### GRAINS

Name	Name in Hindi	Carbs	Fats	Protien 100g	Total Calories per 100grams	50g	20g
Rice	Chawal	27.9g	0.28g	2.66g	129	65	26
BrownRice	Brownrice	22.78g	0.89g	2.56g	110	55	22
Wheat	Gehu	68g	1.9g	15g	329	165	66
Oats	Javie	66.27g	6.9g	16.89g	389	195	78
Pearl Millet	Bajra	72g	5g	12g	378	189	76
Barley	Jav	73.48g	2.3g	12.48g	354	177	71
Cracked Wheat	Dalia	71.18g	1.54g	12.61g	327	164	65
Tapioca	Sabudana	88.69g	0.02g	0.19g	358	179	72
Flattened Rice	Poha	46.3g	0.7g	3.96g	207	104	41
Sorghum	Jowar	74.63g	3.3g	11.3g	339	170	68
Puffed Rice	Murmura	89.8g	0.5g	6.3g	402	201	80
Semolina	Sooji	72.83g	1.05g	12.68g	360	180	72

### OTHERS

Name	Name in Hindi	Carbs	Fats	Protien 100g	Total Calories per 100grams	50g	20g
Cumin	Jeera	44.24g	22.27g	17.81g	375	188	75
Mustard Seeds	Rai	28.09g	36.24g	26.08g	508	254	102
Coriander Seeds	Dhaniya seed	54.99g	17.77g	12.37g	429	215	86
Clove	Laung	66g	13g	6g	274	137	55
Cardamom	Ilaichi	68g	6.7g	10.8g	311	156	62
Cinnamon	Daalchini	79.85g	3.19g	3.89g	261	131	52
Black Pepper	Kaalimirch	64g	3.3g	10.4g	251	126	50

Garlic	Lasoon	33g	0.5g	6.4g	149	75	30
Ginger	Adhrakh	18g	0.8g	1.8g	80	40	16
Star Anise	Chakraphool	50.02g	15.9g	17.6g	337	169	67
Fennel seed	Saunf	7g	0.2g	1.2g	31	16	6
Sesame	Til	26g	48g	17g	567	284	113
Fenugreek	Methi seeds	58g	6.4g	23g	323	162	65
Saffron	Kesar	65g	5.8g	11.4g	310	155	62
Chilli	Mirchi	7.75g	5.59g	5.3g	101	51	20
Oregano	Oregano	69g	4.3g	9g	265	133	53
Bayleaf	Tez-patta	75g	8.4g	7.6g	314	157	63

Seeds							
Name	Name in Hindi	Carbs	Fats	Protien 100g	Total Calories per 100grams	50g	20g
Pumpkin seeds	Kaddu ka beej	11g	0g	2g	50	25	10
Flax seeds	Alsi ka beej	1g	1.1g	0.5g	13	7	3
Sunflower seeds	Surajmukhi ke be	18.76g	49.57g	22.78g	570	285	114
Sesane Seeds	Til	7g	13.6g	4.8g	161	81	32

## CALORIES & COMPOSITION

Name	Roti (Calories)	Protien	Carbs	Fats
Small (20g)	60	1.6g	9g	1.9g
Medium (40g)	114	3.4g	18.5g	3.7g

Name	Paratha (Calories)	Protien	Carbs	Fats
Small (20g)	129	2.5g	18g	5g
Medium (40g)	258	5g	36g	10g

Name	Nachni Roti (Calories)	Protien	Carbs	Fats
Small (20g)	53.5	1.1g	7.5g	2.2g
Medium (40g)	107	2.1g	15g	4.4g

Name	Bajra Roti (calories)	Protien	Carbs	Fats
Small (20g)	40	1.5g	6.5g	0.8g
Medium (40g)	80	3g	13g	1.5g

Name	Jowar Roti (Calories)	Protien	Carbs	Fats
Small (20g)	82.5	2.75g	18g	0.9g
Medium (40g)	165	5.5g	36g	1.75g

Name	Makki ki Roti (Calories)	Protien	Carbs	Fats
Small (20g)	90	1.7g	13.82g	3.38g
Medium (40g)	180	3.4g	27.64g	6.76g

Name	Chana ki Roti (Calories)	Protien	Carbs	Fats
Small (20g)	89	3g	15.6g	2.05g
Medium (40g)	177	6g	31.2g	4.1g

Name	Lachcha Parath (Calories)	Protien	Carbs	Fats
Small (20g)	105	2.5g	13.5g	4.5g
Medium (40g)	210	5g	27g	9g

Name	Besan Chilla (Calories)	Protien	Carbs	Fats
Small (20g)	66.9	2.5g	7g	3.2g
Medium (40g)	133.8	5g	14g	6.4g

Name	Moong Dal Chilla (Calories)	Protien	Carbs	Fats
Small (20g)	128	7.5g	21g	1.6g
Medium (40g)	256	15g	42g	3.2g

Name	Boiled Rice (Calories)	Protien	Carbs	Fats
100g	130	2.7g	28g	0.3g
200g	260	5.4g	56g	0.6g

Name	Poha (Calories)	Protien	Carbs	Fats
100g	130	2.6g	27g	0.3g
200g	260	5.2g	54g	0.6g

Name	Upma (Calories)	Protien	Carbs	Fats
100g	112	2.5g	13.6g	5.3g
200g	224	5g	27.2g	10.6g

Name	Dalia (Calories)	Protien	Carbs	Fats
100g	342	12.2g	71.2g	1.5g
200g	684	24.4g	142.4g	3g

# PROTIEN LIST

## NON-VEG

Name	Name in Hindi	Protien 100g	Carbs	Fats	Total Calories
Chincken	Murgi	27g	0	13g	237
Pork	suar	27g	0	17g	271
Mutton	Bakri	25g	0	21g	294

Bombay Duck	Bombil	62g	0	4g	283
Crabs	Kekada	23g	0	2g	119
Indian Salmon	Rawas	21g	0	6g	146
Shark	Shark	21g	0	4g	130
Surmai	surmai	20g	0	3g	105
Prawns	Jhinga	20g	1g	2g	105
Mackerel	Bangda	19g	0	14g	205
Golden anchovies	Mandeli	19g	0	9g	164
Black pomfret	Halwa	18g	0	2g	92
Pomfret	Paplet	18g	0	2g	92

Egg	Anda	13g	1g	9.94g	147
Egg (in pcs)	Anda	6.3 ( 1 Large pcs)	1g	5.3g	78

## DAIRY

Name	Name in Hindi	Protien 100g	Carbs	Fats	Total Calories
Cheese	Cheese	22g	5g	27g	350
Cottage Cheese	Paneer	18g	3g	24g	299
Curd	Dahi	12g	4g	4g	100
Milk (in MI)	Dudh	4g	5g	2g	52
Butter	Makhan	0.85g	0g	81g	717
Ghee	Ghee	0.3g	0g	104g	896

## VEGETARIAN

Name	Name in Hindi	Protien 100g	Carbs	Fats	Total Calories
Fenugreek	Methi	23g	58g	6.4g	323
Soybean	soyabean	36.49g	30.16g	19.94g	345
Moth beans	Matki	22.9g	615.g	1.6g	343
Chickpeas	Kabuli chana	19g	64g	4.5g	365
Oats	Javie	16.89g	66.27g	6.9g	389
Wheat	Gehu	15g	68g	1.9g	329
Pearl Millet	Bajra	12g	72g	5g	378
Barley	Jav	12.48g	73.48g	2.3g	354
Cracked Wheat	Dalia	12.61g	71.18g	1.54g	327
Semolina	Sooji	12.68g	72.83g	1.05g	360

Sorghum	Jowar	11.3g	74.63g	3.3g	339
Tofu	Tofu	10g	1.2g	5.3g	82
Drumstick	Shenga	9.40g	8.28g	1.40g	64
Black Chickpeas	Kala chana	15g	45g	5g	300
Kidney Beans	Rajma	23.58g	60g	0.83g	333
Red lentils	Masoor dal	46g	121g	4.2g	687
Cowpea	Chawli	23.52g	60g	1.26g	336
Potato	Batata	5.1g	11g	7.6g	26
Split pigeon beans	Toor dal	22g	63g	8g	340
Green Gram	moong	14g	39g	0.8g	212
Green peas	vatana	5.4g	16g	0.2g	84
Mushroom	Mushroom	3.09g	3.28g	0.34g	22
Broccoli	Broccoli	2.82g	6.64g	0.37g	34
Spinach	Palak	2.86g	3.63g	0.39g	23
Rice	Chawal	2.66g	27.9g	0.28g	129
BrownRice	Brownrice	2.56g	22.78g	0.89g	110
Bitter Gourd	Karela	3.6g	6g	0.2g	16
Lady Finger	Bhindi	2g	7.03g	0.1g	33
Sweet Potato	Ganji	2g	21g	02g	90

## TYPES OF CARBS

Refined	Simple	Complex
No fibre	Little Bit if Fibre	High Fibre
Sugar	Rice	Cabbage
Fruit Juices (without pulp)	Ceareals	Cauliflower
Maida	Bread	Capsicum
	Wheat	Broccoli
		Carrot
		Cucumber
		Raddish
		Egg Plant
		Tomato
		Pumpkin
		Onion
		Spinach
		Mushroom
		Fenugreek
		Drumstick
		Spring Onion
		Sweet Potato
		Potato
		Brown rice
		barley
		oats
		chickpeas
		blackbeans
		kidney beans
		Fruits



## ESSENTIAL FATS

<b>Omega 3 (NON-VEG)</b>	<b>Omega 6 (NON-VEG)</b>
Salmon	Chicken
mackerel	Turkey
sardines	Eggs
trout	Pork
herring	Beef
tuna	Lamb

<b>Omega 3 (VEG)</b>	<b>Omega 6 (VEG)</b>
Flaxseeds	Sunflower seeds
Chia seeds	Pumpkin Seeds
Walnuts	Sesame Seeds
Hemp seeds	Pistachios
Edamame	Almonds
Soybeans	Wheat
tofu	Oats
Canola oil	Barley
Brussels sprouts	Brown Rice
Spinach	Cheese
	Milk
	Yougurt

TO LEARN

ABOUT TDEE

AND DAILY CALORIES

IN FULL DETAIL

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TO GET EXCLUSIVE CONTENT

AT BEST PRICE!

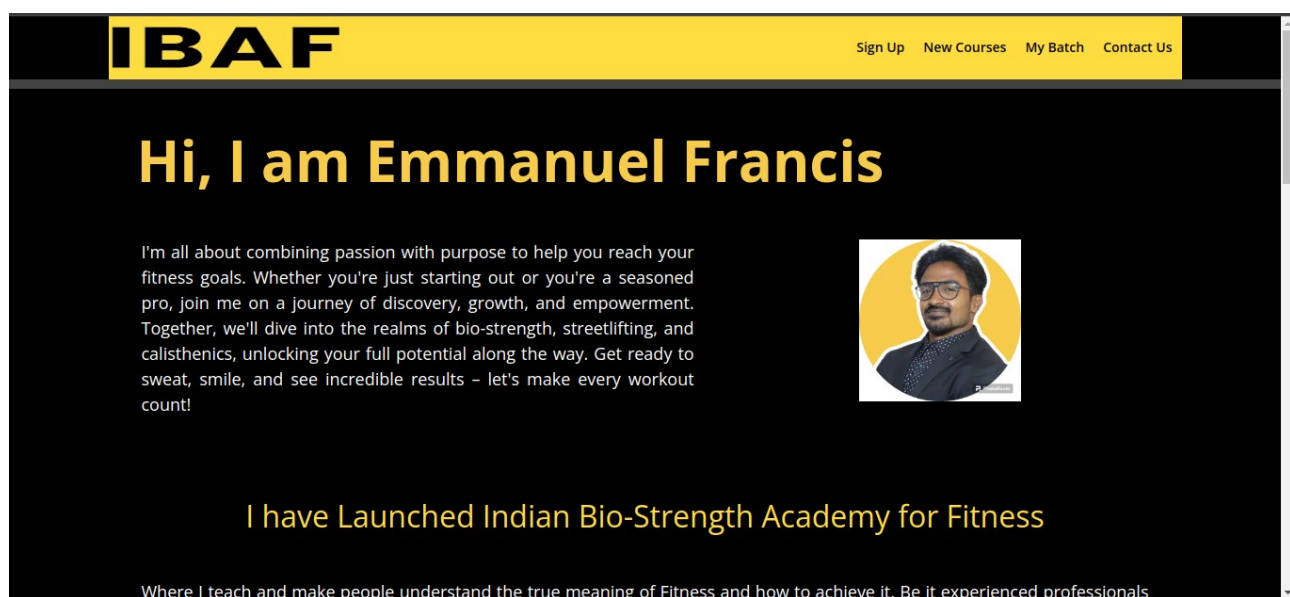
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The screenshot shows the homepage of the Indian Bio-Strength Academy for Fitness (IBAF). The header features the IBAF logo in yellow and black, with navigation links for 'Sign Up', 'New Courses', 'My Batch', and 'Contact Us'. The main content area has a black background with yellow text. It includes a greeting 'Hi, I am Emmanuel Francis', a bio paragraph, a circular profile picture of Emmanuel Francis, and a statement 'I have Launched Indian Bio-Strength Academy for Fitness'. At the bottom, a tagline reads 'Where I teach and make people understand the true meaning of Fitness and how to achieve it. Be it experienced professionals'.

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