

## Patient Information

|                             |                  |
|-----------------------------|------------------|
| <b>Name</b>                 | Aditya Pawar     |
| <b>Age</b>                  | 21               |
| <b>Gender</b>               | MALE             |
| <b>Height</b>               | 184.0 cm         |
| <b>Weight</b>               | 67.5 kg          |
| <b>Activity Level</b>       | MODERATE         |
| <b>Meal Frequency</b>       | 3                |
| <b>Sleeping Schedule</b>    | LATE             |
| <b>Hours of Sleep</b>       | 8.0              |
| <b>Water Intake</b>         | 10.0 glasses/day |
| <b>Preferred Food Genre</b> | VEG              |

## Health Plan

### Breakfast:

Option 1: Warm Oats Porridge cooked with water or unsweetened almond/oat milk. Garnish with a pinch of cardamom powder, a few raisins, and a handful of chopped almonds or pumpkin seeds. A touch of maple syrup or jaggery can be added for sweetness. OR Option 2: Moong Dal Cheela (savory lentil pancake) made from yellow split lentils, served with a side of gently sautéed zucchini and carrots, seasoned with mild spices like cumin and coriander.

### Lunch:

Basmati Rice or 2-3 warm Whole Wheat Rotis. Served with a bowl of nourishing Moong Dal or Masoor Dal, cooked with digestive spices like cumin, coriander, and a pinch of turmeric. Accompanied by a seasonal Vegetable Sabzi (cooked vegetable curry) such as green beans, carrots, bottle gourd, or zucchini, prepared with mild, cooling spices. A small serving of cucumber and carrot slices (lightly steamed for better Vata digestion) can be included.

### Dinner:

Light and easy-to-digest Vegetable Khichdi made with Basmati rice and Moong Dal, cooked together with grounding vegetables like spinach, bottle gourd, or green beans, seasoned with cumin, coriander, and turmeric. Alternatively, a warm, nourishing vegetable soup (e.g., made from squash, zucchini, or carrots) with a small portion of quinoa or millet.

### Snacks:

Mid-morning: A ripe, sweet fruit like an apple, pear, or sweet orange. Evening: A small handful of pumpkin seeds or sunflower seeds, or a cup of warm herbal tea (fennel, cumin, coriander).

## Guidelines:

- Continue your good hydration practice; ensure you drink 8-10 glasses of warm water throughout the day.
- Establish regular meal times: aim for breakfast by 8:00 AM, lunch between 12:00-1:00 PM, and dinner by 7:00 PM to support optimal digestion and balance the 'late' sleep pattern.

- Practice mindful eating: eat in a calm environment, chew food thoroughly, and stop when you feel satisfied, not overly full.
- Incorporate all six tastes (sweet, sour, salty, pungent, bitter, astringent) in your meals, favoring naturally sweet, bitter, and astringent for Pitta, and warm, moist, and grounding for Vata.
- Utilize digestive and cooling spices like cumin, coriander, fennel, and turmeric. Fresh ginger can be used in moderation. Avoid excessive use of chili and other very heating spices.
- Use healthy plant-based oils for cooking, such as sunflower or olive oil. Avoid peanuts and all milk/dairy products due to allergies.
- Prioritize warm, cooked, and moist foods to pacify Vata, and avoid very cold, dry, or raw foods in large quantities.
- Aim for an earlier and consistent sleep schedule if possible, as 'late' sleep can sometimes aggravate Vata dosha over time.