Here are the 4-week diet plans based on the blood report, one for vegetarians and one for non-vegetarians. The plans will focus on addressing the abnormal findings in the blood report.  
  
I. 4-Week Vegetarian Diet Plan:  
 a. Week 1  
 Breakfast: Sprouted moong dal cheela with mint chutney.  
 Lunch: Palak paneer with 2 multigrain rotis and a small bowl of cucumber raita.  
 Dinner: Vegetable and quinoa khichdi with a side of carrot and beetroot salad.  
 b. Week 2  
 Breakfast: Besan (gram flour) and vegetable (spinach, fenugreek) uttapam with sambar.  
 Lunch: Mixed vegetable curry (beans, carrots, peas, cauliflower) with 2 multigrain rotis and a bowl of curd.  
 Dinner: Daliya (broken wheat) upma with mixed vegetables (carrots, peas, beans).  
 c. Week 3  
 Breakfast: Methi (fenugreek) paratha with a dollop of homemade white butter.  
 Lunch: Chole (chickpea) curry with brown rice and a side of onion and tomato salad.  
 Dinner: Vegetable (bottle gourd, ridge gourd) and lentil soup with a small piece of whole wheat bread.  
 d. Week 4  
 Breakfast: Paneer bhurji (scrambled cottage cheese) with 2 multigrain toasts.  
 Lunch: Rajma (kidney bean) curry with brown rice and a side of mixed vegetable salad (cucumber, tomato, carrot).  
 Dinner: Vegetable (drumstick, potato, tomato) sambar with 2 idlis.  
  
II. 4-Week Non-Vegetarian Diet Plan:  
 a. Week 1  
 Breakfast: Egg and spinach omelet with 2 multigrain toasts.  
 Lunch: Fish curry (Rohu/Catla) with brown rice and a side of vegetable salad (cucumber, carrot, tomato).  
 Dinner: Chicken stew with mixed vegetables (carrots, potatoes, peas).  
 b. Week 2  
 Breakfast: Scrambled eggs with sautéed mushrooms and a multigrain toast.  
 Lunch: Mutton keema with 2 multigrain rotis and a bowl of curd.  
 Dinner: Chicken and vegetable (beans, carrots, peas) biryani with a side of raita.  
 c. Week 3  
 Breakfast: Egg paratha with a side of mint chutney.  
 Lunch: Fish fry (Surmai/Pomfret) with brown rice and a side of mixed vegetable salad (onion, tomato, cucumber).  
 Dinner: Chicken and spinach curry with 2 multigrain rotis.  
 d. Week 4  
 Breakfast: Boiled egg with avocado slices and a multigrain toast.  
 Lunch: Mutton curry with brown rice and a side of cucumber raita.  
 Dinner: Fish curry (Tilapia/Basa) with mixed vegetables (cauliflower, cabbage, peas).