



PRC Diet



Healthier Lifestyle



Get Your Diet
Plan!

Diet Plan

NAME uday chauhan

AGE 30 yr

HEIGHT 164cm
Weight : 69kg

BMI : 25.7 overweight

Food Habit NON-VEG

MED CON : RA

YOUR IDEAL WEIGHT SHOULD BE
60-65 KG



PRC Diet



Cycle 1

Anti-inflammatory phase

Foods to Include:

Fruits and Vegetables:

- ☐ Berries, leafy greens, cruciferous vegetables like broccoli, and a variety of colorful fruits and vegetables are packed with antioxidants and beneficial compounds.

- ☐ **Whole Grains:**

Brown rice, quinoa, oats, and other whole grains offer fiber and nutrients that support overall health.

- ☐ **Healthy Fats:**

Olive oil, avocados, nuts, and seeds (like walnuts, flaxseeds, and chia seeds) are good sources of monounsaturated and polyunsaturated fats.

- ☐ **Fatty Fish:**

Salmon, mackerel, tuna, and sardines are rich in omega-3 fatty acids, which have potent anti-inflammatory properties.

- ☐ **Legumes:**

Beans, lentils, and other legumes are excellent sources of protein and fiber, contributing to a balanced diet.

- ☐ **Spices and Herbs:**

Turmeric, ginger, garlic, and other spices offer anti-inflammatory benefits and can add flavor to meals.



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DAY 1

Early Morning 07:00 AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 09:00 AM	moong dal cheela 1 green chutney 1 tsp
Mid-Morning 11:00 AM	Tender coconut water – 1
Lunch 01:30 PM	tinda sabji 1k\ Millet roti-1 salad -1k raita 1k
Evening 05:30 PM	Green tea 1 cup
Dinner 07:00 PM	drumstick soup 1k sauteed salad 1k



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DAY 2

Early Morning 08:00 AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 09:00 AM	sprouts cheela 1 (Add veggies) mint chutney 1tsp
Mid-Morning 11:00 AM	1 gauva
Lunch 01:30 PM	bottle gourd paratha 1 fruit raita 1k
Evening 05:30 PM	Black tea 1 cup
Dinner 08:30 PM	mix veg soup 1 k sauteed veggies 1k



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DAY 3

Early Morning 08:30 AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 9:00 AM	veg oats 1k mint chutney 2 tsp
Mid-Morning 11:00 AM	papaya 3 slices
Lunch 01:30 PM	veg pulao 1k raita 1k salad 1k
Evening 05:30 PM	Green tea 1 cup
Dinner 07:00 PM	Quinoa salad 1 bowl



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DAY 4

Early Morning 08:30 AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 10:00 AM	Idli 2 / millet dosa 1 Green chutney-1 tsp
Mid-Morning 11:00 AM	Fruits salad 1 bowl
Lunch 01:30 PM	Millet roti 1 Pumpkin Sabji 1k Salad 1k Raita 1k
Evening 05:30 PM	Green tea-1 cup / black tea pumpkin seeds 2tbsp.
Dinner 07:00PM	lemon rice 1k salad 1k



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DAY 5

Early Morning 08:30 AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 10:00 AM	sattu drink 1 glass
Mid-Morning 11:00 AM	1 fruit (seasonal) / buttermilk 1glass
Lunch 01:30 PM	Paneer bhurji-1k millet roti-1 salad-1k
Evening 05:30 PM	green lemon tea / black tea 1 cup Makhana bhel 1k
Dinner 08:30 PM	lemon coriander soup 1.5k sauteed Salad 1plate



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DAY 6

Early Morning 08:00 AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 10:00 AM	besan cheela 1 (add veggies) Green chutney-1 tsp
Mid-Morning 11:00 AM	1 fruit (seasonal) / citrus fruit 1
Lunch 01:30 PM	millet roti- 1 Drumstick curry-1k salad-1k
Evening 05:30 PM	Green tea 1 cup
Dinner 07:00PM	bottle gourd soup 1k salad 1k



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DAY 7

Early Morning 08:00AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 10:00 AM	apple oats smoothie 1 glass
Mid-Morning 11:00 AM	buttermilk 1glass
Lunch 01:30 PM	rajgeera roti 1 broccoli sabji 1k salad 1k
Evening 05:30 PM	Black tea 1 cup
Dinner 07:00 PM	Pumkin lentil soup 1.5k Sauteed veggies 1k



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DAY 8

Early Morning 08:30 AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 10:00 AM	Veg poha 1k Green chutney 1tsp
Mid-Morning 11:00 AM	Tender coconut water – 1 glass
Lunch 01:30 PM	Millet roti- 1 besan curry -1k Salad 1plate
Evening 05:30 PM	Green tea 1 cup
Dinner 08:30 PM	moong dal soup 1 k salad 1k



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DAY 9

Early Morning 08:30 AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 10:00 AM	apple aots smoothie 1 glass
Mid-Morning 11:00 AM	orange 1
Lunch 01:30 PM	Multigrain Roti-1 paneer bhurji - 1k salad 1k
Evening 05:30 PM	Green tea 1 cup
Dinner 08:30 PM	Sauteed paneer with veggies 1k broccoli soup 1k



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DAY 10

Early Morning 08:30 AM	basal seeds 1 glass (overnight soaked 1 tsp seeds in 1 glass water) 3 soaked almonds 2 soaked walnuts
Breakfast 10:00 AM	masala oats 1 k pudina chutney 1 tsp
Mid-Morning 11:00 AM	tender coconut water 1
Lunch 01:30 PM	sprouts sabji -1k Millet roti-1 salad -1k curd 1k
Evening 05:30 PM	Green Tea 1 cup
Dinner 08:30 PM	millet dosa 1 Coconut chutney 2tsp



PRC Diet



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Dietary Guidelines-

Maintain a diet diary.

Include food items from all food groups.

Do not skip your meals and consume small but frequent meals.

Use low fat milk and milk products such as curds, paneer, buttermilk. -Avoid refined cereals such as refined flour, refined pasta or noodles.

Use good sources of MUFAS and PUFAs in the diet, such as mustard oil, rice bran oil, sunflower oil, soya bean oil, etc Use combination of oils in food preparation.

Increase intake of fruits and vegetables in diet in form of fruit chaat, fruit custard and salads.

Reading of food labels for salt, sugar & fat content is recommended. Drink around 2L of water in a day, i.e., 7-8 glasses / day.

Avoid processed foods and foods high in salt, sugar and fat such as chips, namkeens, biscuits, pickles, etc.

Engage yourself in physical activity daily for 1/2 an hr. to 45 mins. Day 1-Day 14-5gm flaxseeds + 5gm pumpkin seeds.

Day 15-Day 28-5gm sesame seeds+5 gm sunflower seeds.

Either chew them properly or grind them and have it ½ an hour before lunch.

Do not change the combination and days, else it will disturb your hormones.



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