

Personalized Health Plan

CALORIES

2300

DIET_PLAN

Breakfast: Oatmeal with flaxseeds, walnuts, and berries. Lunch: Quinoa salad with chickpeas, spinach, avocado, and lemon dressing. Dinner: Tofu stir-fry with broccoli, bell peppers, and brown rice. Snacks: Almonds and orange slices for Vitamin C and E.

HYDRATION

Drink 3-4 liters of water daily. Include green tea for antioxidants and coconut water for natural electrolytes.

WORKOUT

Monday/Wednesday/Friday: Moderate bodyweight strength training (push-ups, squats, lunges).
Tuesday/Thursday: 30-minute brisk walking or light yoga. Saturday: Active recovery/Stretching.
Sunday: Rest.

SLEEP

Aim for 7-9 hours of quality sleep per night to allow for skin cell regeneration and cortisol regulation.

LIFESTYLE

Apply broad-spectrum sunscreen daily, cleanse face twice a day to remove pollutants, and practice 10 minutes of mindfulness to reduce stress-related skin issues.