

Ø<ß? NutriVeda

Personalized Ayurvedic Diet Plan

Generated on: September 10, 2025

Ø=Üd Patient Information

Full Name:	Sunita Patel	Primary Dosha:	Kapha
Age:	45 years	Digestion:	Normal
Gender:	Female	Water Intake:	N/A L/day
Height:	160 cm	Activity Level:	Low
Weight:	78 kg	Sleep Pattern:	Normal
BMI:	30.5	Stress Level:	Moderate

Ø<ßå Medical Profile

Medical Conditions:	None
Known Allergies:	None
Current Medications:	None

Ø>Ý AI-Generated 14-Day Ayurvedic Diet Plan

Important: This AI-generated diet plan is customized based on your Ayurvedic constitution and health profile. Please consult with your healthcare provider or Ayurvedic practitioner before making significant dietary changes.