

Ø<ß? NutriVeda

Personalized Ayurvedic Diet Plan

Generated on: September 10, 2025

Ø=Üd Patient Information

Full Name:	Rajesh Kumar	Primary Dosha:	Vata
Age:	28 years	Digestion:	Normal
Gender:	Male	Water Intake:	N/A L/day
Height:	175 cm	Activity Level:	High
Weight:	70 kg	Sleep Pattern:	Normal
BMI:	22.9	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.