

Ø<ß? NutriVeda

Personalized Ayurvedic Diet Plan

Generated on: 10/9/2025

Patient Information

Name:	Harsh Singh	Dosha:	pitta
Age:	20 years	Digestion:	strong
Gender:	male	Water Intake:	1 L/day
Height:	177 cm	Activity Level:	N/A
Weight:	77 kg	Sleep Pattern:	N/A
BMI:	24.58	Stress Level:	N/A
Medical Conditions:	None		
Allergies:	None		
Current Medications:	None		

14-Day Diet Plan Template

Day	Breakfast	Lunch	Dinner	Snack
Day 1	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 2	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 3	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 4	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 5	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 6	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]

Day 7	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 8	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 9	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 10	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 11	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 12	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 13	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]
Day 14	[Breakfast items will be generated here]	[Lunch items will be generated here]	[Dinner items will be generated here]	[Snack items will be generated here]