

ID - USR12345



John Doe

Female Bangalore - 560001 Software Engineer

D.O.B - 1985-06-15 D.O.A - 2025-06-30

Omnivore Allergies - Nil

# 60 Day Health Optimization Diet

This carefully curated plan consists of two phases, each with specific actions to gradually implement. Follow the steps for each phase to enhance your overall health and well-being.



## Anti inflammatory 8 weeks

In this phase, the focus is on eliminating pro-inflammatory foods and incorporating anti-inflammatory options to promote healing and overall health. The goal is to reduce inflammation, support the body's recovery, and improve immune function through nutrient-dense foods, hydration, quality sleep, and mindful eating. By following a clean, anti-inflammatory diet, you'll enhance digestion, reduce stress, and boost long-term well-being. After 8 weeks, once symptoms improve, you can begin the reintroduction phase.

## Reintroduction 9th Week onwards

# Superfoods to Prioritise

Category	What to eat
Low-GI foods	Spinach, pumpkin seeds, flaxseeds, almonds, buckwheat, lentils, chickpeas, peas, green beans, carrots, cauliflower, cucumber, broccoli, brussels sprouts, zucchini, lettuce.
Anti-inflammatory foods	Garlic, turmeric, olive oil, almonds, walnuts, pecans, berries, chia seeds, avocado, flaxseeds.
Vitamin-D rich foods	Sardine, salmon, tuna, shrimp, sunflower seeds, liver, eggs
Folate rich foods	Black-eyed peas, kidney beans, mung beans, lima beans, navy beans, lentils, walnuts, spinach (fresh), kale, beet, mustard greens, broccoli, barley, split peas, Brussels sprouts, almonds, cabbage, dried figs, avocado, green beans, coconut (fresh), dates, blackberries.
Vitamin B6	Sunflower seeds, Liver, chicken, Salmon, flesh, Mackerel, flesh, Lentils, dry, Lima beans, dry, Black-eyed peas, dry, Navy beans, dry, Brown rice, Hazelnuts, Garbanzos, dry, Pinto beans, dry, Avocados, Egg whites, Kale, Spinach, Raisins, Sardines, Brussels sprouts, Elderberries, Cod, Cauliflower, Red cabbage
Vitamin-B12 rich foods	Eggs, green leafy vegetables
Omega 3 rich foods	Walnut, olive oil, fish oil, flaxseeds
Adrenal supporting foods	Almonds, Buckwheat, Brazil nut, Millet, Walnut, Beet greens, Coconut meat, Dry Spinach, Brown rice, Dried figs, Apricots, dried, Dates, Shrimp, Avocado, Sunflower seeds, Common beans, cooked, Barley, Garlic, Raisins, Fresh green peas, Crab, Blackberry, Beets, Broccoli, Cauliflower, Carrot, Chicken, Cabbage, Fish, kidney beans, flaxseeds, Fish oil, olive oil, walnuts.
Iron rich foods	Pumpkin seeds, sunflower seeds, millet, clams, coriander, almonds, dried prunes, raisins, brazil nuts, beet greens, walnut, dates, cooked dry beans, lentils, green peas, brown rice, ripe olives, mung bean sprouts, broccoli, currants, cauliflower, strawberries, asparagus, blackberries, red cabbage, beets, carrot, avocado, figs, brown rice (cooked), cherries.
Zinc rich foods	Spinach, cabbage, hazelnuts



## Phase 1

# Anti inflammatory - 8 Weeks

Week	Category	Foods to exclude
Week 1 & 2	Sugars & Packaged Foods	White sugar, brown sugar, honey, maple syrup, jaggery, corn syrup, high-fructose corn syrup, cane juice, Instant noodles, biscuits, chips, ready-to-eat meals
	Cereals & Dairy	Wheat, Corn, barley, kamut, rye, Animal milk (Cow, buffalo, goat based)
Week 3 & 4	Nuts and Seeds	Pista, peanuts, cashew nuts, sesame and poppy seeds
	Lentils, Legumes, Soy & Soy Products	Avoid all non-sprouted legumes. Soy milk, Soy bean, Soy chunks.
Week 5 & 6	Vegetables	Mushrooms, Corn, Tomatoes, Potatoes, Eggplant, Bell peppers.
	Fruits	All fruits EXCEPT Fresh berries, Watermelon, Pomegranate, Starfruit, Muskmelon, Avocado, Lemon
Week 7 & 8	Oils	Refined/Hydrogenated/processed oils, Sunflower oil, Rice bran oil, Palm oil, Premade salad dressings, mayonnaise, premade spreads
	Meats	Broiler chicken, broiler eggs
	Others	Alcohol and Tobacco



## Reasons to Skip

Category	Items to skip
Vegetables & Fruits	May cause inflammation in sensitive individuals due to compounds like lectins and alkaloids. Corn can spike blood sugar levels, increasing inflammation -Tomatoes, potatoes, eggplant, and bell peppers contain solanine and alkaloids that may aggravate autoimmune conditions and joint inflammation
Fruits	High in fructose that can contribute to insulin resistance and inflammation.
Oils	Contain trans fats, inflammatory omega-6 fatty acids, additives
Dairy	Can trigger inflammation and contribute to mucus production and hormonal imbalances
Cereals	These cereals are either Gluten rich or genetically modified and high glycemic carbohydrates and is notorious to irritate the gut and promote inflammation
Nuts and Seeds	High in mycotoxins, & high omega-6 content, can skew the omega-6 to omega-3 ratio and increase inflammation
Lentils & Legumes	All legumes contain antinutrients such as lectins, tannins, saponins, and phytic acid, which can irritate the gut, interfere with nutrient absorption in many, and cause digestive discomfort in some. However, sprouting significantly reduces their levels.
Refined Sugars	Can cause blood sugar spikes, promote inflammation, and disrupt gut microbiota.
Packaged Foods	Contain trans fats, preservatives, excess sodium, and lack nutrients, leading to systemic inflammation and oxidative stress.
Soy & Soy Products	Contain estrogen-like compounds that may disrupt hormone balance, and GMO soy may cause inflammation and gut microbiota issues.
Alcohol	Weakens the gut lining, allows toxins into the bloodstream, increases liver burden, and contributes to systemic inflammation and chronic diseases.
Tobacco	Contains toxins that increase oxidative stress, impair immune function, damage blood vessels, and lead to life-threatening conditions like heart disease, COPD, and cancer.