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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.

Meal Timeline

⌚ 6AM - 10AM



Soaked Nuts

Enhance digestion, stabilize energy, and support gut health!



Protein

Supports muscle health, gives steady energy and satiety



Vegetables

Enhance digestion, immunity, and overall vitality

⌚ 10AM - 2PM



Dairy substitutes

Strengthen bones, support gut health, and fuel recovery



Protein

Supports muscle health, gives steady energy and satiety



Cereals

Provide sustained energy, fiber, and essential nutrients



Vegetables

Enhance digestion, immunity, and overall vitality

⌚ 2PM - 6PM



Dairy substitutes

Strengthen bones, support gut health, and fuel recovery



Protein

Supports muscle health, gives steady energy and satiety



Cereals

Provide sustained energy, fiber, and essential nutrients



Vegetables

Enhance digestion, immunity, and overall vitality



Fruits

Steady energy, improved metabolism, and balanced blood sugar

⌚ 6PM - 10PM



Protein

Supports muscle health, gives steady energy and satiety



Vegetables

Enhance digestion, immunity, and overall vitality



Weekly Meal Plan

DAY	EARLY MORNING	BREAKFAST	LUNCH	SNACK	DINNER
Mon	8 almonds + 2 walnuts + coffee	Pesarattu (80g of batter mixed with Sprouts) + 2 boiled eggs + 100g carrot-cucumber salad	Foxtail millet roti (60g) + 120g Pumpkin curry + chicken (100g)	Papaya (100g) + sunflower seeds (1 tsp) + Whey protein (1 scoop)	120g Veg salad + Pesarattu (40g of batter mixed with Sprouts)
Tue	8 almonds + 2 walnuts + coffee	Little millet upma (100g) + 2 egg omelette + 100g sautéed moringa	Brown rice (60g) + 120g Ridge gourd curry + paneer (100g)	Pomegranate (80g) + flax seeds (1 tsp) + Whey protein (1 scoop)	Millet roti (30g) + 100g Cabbage salad + Sprouts (30g)
Wed	8 almonds + 2 walnuts + coffee	Kodo millet idli (2 pcs) + 2 boiled eggs + 100g beans salad	Quinoa (60g) + 120g Bottle gourd curry + egg whites (100g)/ 100g paneer	Watermelon (100g) + pumpkin seeds (1 tsp) + Whey protein (1 scoop)	Millet idly (2 small) + 100g French beans salad + 80g fish
Thu	8 almonds + 2 walnuts + coffee	Millet pongal (100g) + 2-egg scramble + 100g sautéed spinach	Pearl millet roti (60g) + 120g Broccoli-cabbage curry + 100g chicken	Starfruit (100g) + chia seeds (1 tsp) + Whey protein (1 scoop)	Millet pongal (30g) + 100g Zucchini salad + 30g sprouts/80g paneer
Fri	8 almonds + 2 walnuts + coffee	Ragi dosa (80g) + 2 boiled eggs + 100g cucumber salad	Rice roti (60g) + 120g Lauki curry + fish (100g)	Papaya (100g) + flax seeds (1 tsp) + Whey protein (1 scoop)	Kodo millet idli (2 small) + 100g Carrot salad + 80g fish
Sat	8 almonds + 2 walnuts + coffee	Millet idli (2 no.) + 2-egg omelette + 100g boiled beetroot salad	Little millet roti (60g) + 100g Snake gourd curry + fish (100g)	Pomegranate (80g) + pumpkin seeds (1 tsp) + Whey protein (1 scoop)	Jowar roti 30g + 100g Moringa-cabbage salad + 80g chicken
Sun	8 almonds + 2 walnuts + coffee	Ragi upma (100g) + 2 boiled eggs + 100g carrot salad	Quinoa with rice (60g) + 100g Ridge gourd curry + egg whites (100g)	Melon (100g) + sunflower seeds (1 tsp) + Whey protein (1 scoop)	Millet upma (30g) + 100g French beans salad + 80g chicken

Non - Vegetarian Protein Sources

1. Meat, Poultry and seafood

Food item	Protien per 100g
Chicken Breast (skinless)	27
Chicken Thigh (skinless)	24
Chicken Drumstick (skinless)	27
Chicken Wing (skinless)	23
Egg White	11
Egg (whole, boiled)	13

Food item	Protien per 100g
Tuna (canned in oil)	29
Tilapia	26
Salmon	20
Sardines	25
Mackerel	24
Murrel	18
Pomfret	19
Rohu (Indian Fish)	19
Hilsa	21
Catla	20
Kingfish (Seer Fish)	23
Karela (Assumed Seer Fish)	22
Prawns (Cooked)	24

Food Items

Healthy Fats



Avocados

Nutrient-dense healthy fats for brain function, heart health, and sustained energy



Olive Oil

Antioxidant-rich healthy fat for heart health, inflammation reduction, and cellular protection



Coconut Oil

Quick-energy healthy fat for metabolism, brain function, and gut health



Butter and Ghee

Nutrient-rich healthy fats for digestion, brain function, and sustained energy



Flaxseed Oil

High in omega 3 fatty acid which helps in inflammation reduction and heart health)



Nut Butters

Protein-rich healthy fats for sustained energy, muscle recovery, and brain health



Nuts and Seeds

Nutrient-dense powerhouses for heart health, brain function, and sustained energy

Flours



Almond Flour

Low-carb, nutrient-rich flour for sustained energy, heart health, and blood sugar balance



Coconut Flour

Fiber-rich, low-carb flour for digestion, blood sugar balance, and sustained energy



Ragi Flour

Ragi flour boosts immunity, strengthens bones, and supports heart health



Jowar Flour

Jowar flour aids digestion, controls blood sugar, and boosts energy



Bajra Flour

Bajra flour enhances digestion, strengthens bones, and supports heart health.



Flaxseed Meal

Omega-3 rich, fiber-packed support for heart health, digestion, and hormone balance