

 ID - USR12345

John Doe

♀ Female ⚡ Bangalore - 560001 ☰ Software Engineer
⌚ D.O.B - 1985-06-15 ☰ D.O.A - 2025-06-30
ψ Omnivore ψ 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

● Vegetables



All Vegetables

Fiber-rich and nutrient-dense for digestion, immunity, and overall vitality

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

Dairy Substitutes



Sour Cream

Creamy probiotic-rich dairy for gut health, digestion, and healthy fats



Full-fat Greek Yogurt

Protein-rich, probiotic-packed dairy for gut health, muscle recovery, and sustained energy



Almond Milk

Nut-based dairy alternative for heart health, bone support, and low-carb nutrition



Rice milk

Light and naturally sweet dairy alternative for easy digestion, energy, and bone support



Coconut milk

Creamy, dairy-free alternative for healthy fats, digestion, and sustained energy



Buttermilk

Probiotic-rich dairy for digestion, gut health, and hydration



Cheese

Rich, flavorful cheeses for bone health, protein intake, and gut-friendly fats



Curd

Probiotic-rich dairy for gut health, digestion, and immunity

Fruits



Strawberries

Antioxidant-rich, low-sugar fruit for skin health, immunity, and heart support



Raspberries

Fiber-rich, antioxidant-packed berries for digestion, brain health, and blood sugar balance



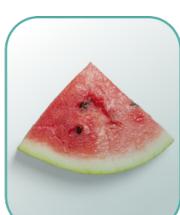
Blackberries

Antioxidant-rich, fiber-packed berries for brain health, immunity, and digestion



Blueberries

Antioxidant powerhouse for brain health, heart support, and immune boost



Watermelon

Hydrating, electrolyte-rich fruit for skin health, digestion, and muscle recovery



Muskmelon

Hydrating, nutrient-dense fruit for digestion, immunity, and skin health



Pomegranate

Low-calorie, anti-inflammatory, supports heart and digestive health.



Star fruit

Low-calorie, vitamin-rich fruit for immunity, digestion, and hydration



Lemon

Vitamin C-rich citrus for immunity, digestion, and detoxification



Avocado

Packed with nutrients and healthy fat for heart health, digestion and brain function

Beverages



Water

Essential for hydration, digestion, and overall vitality



Herbal Tea

Antioxidant-rich infusion for relaxation, digestion, and immune support



Coffee

Natural stimulant for energy, focus, and metabolism boost

Cereals



Millets

Nutrient-dense, gluten-free grains for sustained energy, digestion, and blood sugar balance



Rice

Easily digestible carb for sustained energy, gut health, and muscle recovery



Quinoa

Protein-rich, gluten-free grain for muscle support, digestion, and sustained energy



Buckwheat

Gluten-free, nutrient-dense grain for heart health, digestion, and sustained energy

Snacks



Cheese Crisps

High-protein, low-carb snack for crunchy satisfaction, muscle support, and sustained energy



Makhana

Protein-rich, low-calorie snack for digestion, heart health, and sustained energy



Nut Butters with vegetable sticks

Protein-rich, healthy fats with fiber for sustained energy, digestion, and blood sugar balance



Vegetable salads

Fiber-rich, nutrient-dense meal for digestion, hydration, and overall vitality



Fruit bowls

Antioxidant-rich, fiber-packed blend for energy, digestion, and immune support



Nuts and Seeds

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



Condiments And Spices



Spices

Antioxidant-rich, anti-inflammatory boosters for digestion, metabolism, and immunity

Practices to Follow

| PRINCIPLE | GUIDELINE | SCIENTIFIC BASIS |
|---------------------|--|---|
| Feeding Window | Maintain a 12-hour feeding window (e.g., 9 AM - 9 PM). | Supports digestion, balances blood sugar, and improves metabolism. |
| Hydration | Drink at least 3 liters of water throughout the day | Keeps the body hydrated, helps circulation, and supports kidney function. |
| Sleep | Prioritize 6-7 hours of uninterrupted sleep in a consistent window. | Helps recovery, supports brain health, and balances hormones. |
| Carbohydrate Timing | Consume carbohydrate-rich foods between 10 AM - 6 PM | Improves energy use, supports metabolism, and prevents late-night sugar spikes. |
| Grounding | Walk barefoot to connect with the Earth's surface. | Reduces stress, improves sleep, and supports overall well-being. |
| Mindful Eating | Slow down, chew well, and savor meals. | Reduces stress, improves sleep, and supports overall well-being. |
| Exercise | Continue your current workout routine if already active. If not, start with 30 mins of low-intensity cardio (walking, cycling) 3-5 times a week in a HIIT pattern Eg., Walk at a normal pace for 2 minutes, then speed up to a brisk pace for 30-60 seconds. Repeat this cycle for 30 minutes. | Boosts cardiovascular health, enhances flexibility, and supports overall fitness. |
| Portion Control | Eat until full, without calorie or portion restrictions. | Helps regulate appetite naturally and prevents overeating. |

Drink 3 litres of water daily (can incorporate the following options to enhance this phase and add more flavor

- Plain Water
- Mint-Infused Water: Fresh mint leaves
- Lemon-Infused Water: Fresh lemon slices or lemon juice
- Cucumber-Infused Water: Fresh cucumber slices
- Ginger-Infused Water: Fresh ginger slices or grated ginger
- Apple Cider Vinegar Water: 1-2 tsp apple cider vinegar (in water)
- Herbal Teas (Iced or Hot): Chamomile
- peppermint
- or ginger tea
- Berry-Infused Water: Fresh berries (blueberries, strawberries, raspberries)
- Rose Water: Rose water drops (1-2 drops per glass of water)
- Coconut Water
- Green Tea Infused Water: Brewed green tea (chilled or warm)
- Turmeric-Infused Water: Fresh turmeric root or turmeric powder
- Mint & Lime Infused Water: Fresh mint leaves, lime slices
- Lime and Cucumber Water: Lime slices, cucumber slices
- Carrot & Ginger Water: Fresh carrot slices, ginger slices
- Aloe Vera Water: Aloe vera gel (natural and pure) mixed with water
- Coriander Water: Fresh coriander leaves
- Strawberry & Basil Water: Fresh strawberries, basil leaves
- Watermelon & Mint Water: Fresh watermelon cubes, mint leaves
- Coconut & Lime Water: Coconut water, lime slices

🍴 Foods to Reintroduce

● Vegetables

**Capsicum**

100 gms

31 Kcal

**Tomato**

100 gms

22 Kcal

**Mushroom**

200 gms

54 Kcal

**Potato**

100 gms

77 Kcal

**Corn**

100 gms

96 Kcal

**Brinjal**

100 gms

25 Kcal

● Fruits

**Apple**

100 gms

52 Kcal

**Apricot**

100 gms

48 Kcal

**Banana**

100 gms

84 Kcal

**Black Jamun**

100 gms

62 Kcal

**Cherry**

100 gms

50 Kcal

**Cantaloupe**

100 gms

34 Kcal

**Dragonfruit**

100 gms

60 Kcal

**Clementine**

100 gms

45 Kcal

**Fig**

100 gms

72 Kcal

**Grapes**

100 gms

67 Kcal

**Grapefruit**

100 gms

42 Kcal

**Guava**

100 gms

68 Kcal

| | | | | | |
|--|--|---|--|---|--|
|  | Honeydew 100 gms 36 Kcal |  | Jackfruit 100 gms 96 Kcal |  | Kiwi 100 gms 61 Kcal |
|  | Mango 100 gms 60 Kcal |  | Orange 100 gms 47 Kcal |  | Papaya 100 gms 43 Kcal |
|  | Lychee 100 gms 66 Kcal |  | Passion fruit 100 gms 97 Kcal |  | Pear 100 gms 39 Kcal |
|  | Peach 100 gms 39 Kcal |  | Pineapple 100 gms 50 Kcal |  | Pomegranate 100 gms 68 Kcal |
|  | Tangerine 100 gms 53 Kcal |  | Custard apple 100 gms 94 Kcal |  | Plum 100 gms 46 Kcal |

● Grains & Pulses

| | | | | | |
|--|--|---|--|---|---|
|  | White rice 100 gms 130 Kcal |  | Brown rice 100 gms 112 Kcal |  | Basmati rice 100 gms 118 Kcal |
|  | Black rice 50 gms 170 Kcal |  | Sushi rice 100 gms 130 Kcal |  | Flattened rice 100 gms 34 Kcal |



Puffed rice
50 gms
201 Kcal



Pearl millet
50 gms
190 Kcal



Foxtail millet
50 gms
180 Kcal



Sorghum
50 gms
189 Kcal



Finger millet
50 gms
177 Kcal



Brown top millet
50 gms
170 Kcal



Barnyard millet
50 gms
150 Kcal



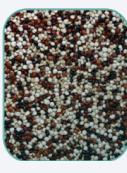
Kodo millet
50 gms
155 Kcal



Little millet
50 gms
170 Kcal



Proso millet
50 gms
170 Kcal



Quinoa
50 gms
187 Kcal



Oats
50 gms
195 Kcal



Sago
50 gms
176 Kcal



Amaranth
100 gms
103 Kcal

Lentils



Red Lentil
100 gms
335 Kcal



Black Gram
100 gms
341 Kcal



Green Moong dal
100 gms
347 Kcal



Chana dal
100 gms
364 Kcal



Toor dal
100 gms
335 Kcal



Horse gram
100 gms
330 Kcal

Legumes



Green peas

100 gms

81 Kcal



Red Kidney beans

100 gms

333 Kcal



Black Kidney beans

100 gms

339 Kcal



White kidney beans

100 gms

333 Kcal



White Chickpea

100 gms

378 Kcal



Black eyed peas

100 gms

378 Kcal



Black chickpeas

100 gms

333 Kcal



Speckled kidney beans

100 gms

333 Kcal



Moth beans

100 gms

333 Kcal



Yellow soya beans

100 gms

333 Kcal



Green soya beans

100 gms

333 Kcal



Black soya beans

100 gms

333 Kcal

Nuts



Pistachio

20 gms

141 Kcal



Peanuts

20 gms

144 Kcal



Cashew

20 gms

144 Kcal

Seeds



Sesame seeds

25 gms

143 Kcal



Poppy seeds

25 gms

126 Kcal

● Wheat



Daliya

100 gms

327 Kcal



Semolina flour

100 gms

360 Kcal



Brown bread

100 gms

260 Kcal



Maida

100 gms

364 Kcal



White bread

100 gms

265 Kcal



Wheat pasta

100 gms

350 Kcal



Oats

100 gms

389 Kcal



Museli

100 gms

350 Kcal



Wheat vermicelli

Ili

100 gms

360 Kcal



Granola

100 gms

471 Kcal

● Dairy



Cheddar cheese

e

40 gms

161 Kcal



Parmesan cheese

40 gms

172 Kcal



Mozarella cheese

40 gms

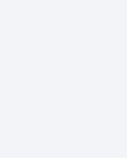
121 Kcal



Gouda cheese
40 gms
142 Kcal



Feta cheese
40 gms
106 Kcal



Paneer
50 gms
132 Kcal



Curd
150 gms
150 Kcal



Butter
150 gms
150 Kcal

● Red Meat



Duck
50 gms
168 Kcal



Turkey
75 gms
142 Kcal



Pork
100 gms
242 Kcal



Beef
100 gms
250 Kcal



Mutton
75 gms
221 Kcal

● Seafood



Crab
100 gms
86 Kcal



Prawn
100 gms
89 Kcal



Shrimp
100 gms
71 Kcal



Octopus
100 gms
82 Kcal



Cray fish
100 gms
77 Kcal



Oyster
100 gms
81 Kcal



Snails
100 gms
74 Kcal



Mussels
100 gms
172 Kcal



Clams
100 gms
148 Kcal



Squid

100 gms

92 Kcal

● Barley



Barley flakes

100 gms

532 Kcal



Whole barley

100 gms

354 Kcal



Barley water

100 gms

30 Kcal



Barley pasta

100 gms

360 Kcal



Barley noodles

100 gms

362 Kcal



Barley bread

100 gms

370 Kcal



Barley malt flour

100 gms

361 Kcal



Barley flour

100 gms

345 Kcal



Barley starch

100 gms

352 Kcal



Polished barley

100 gms

352 Kcal

● Rye



Whole Rye

100 gms

335 Kcal



Rye Flour

100 gms

340 Kcal



Rye Flakes

100 gms

367 Kcal



Rye Pasta

100 gms

360 Kcal



Rye Bread

100 gms

260 Kcal



Rye Malt Flour

100 gms

360 Kcal