

# HRIM Wellness Centre

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## Wellness Plan for John Doe

### Client Summary

- Name: John Doe
- Age: 39
- Gender: Male
- Occupation: Software Engineer
- Height: 175 cm
- Weight: 80 kg
- Target Weight: 72 kg
- Health Goals: Weight Loss, Stress Management
- City/State: Surat, Gujarat
- Marital Status: Married

## Health Concerns

- Mild hypertension
- Taking medications

## **Nutritional Goals**

### **Calorie Target**

1,500 calories daily. This is a moderate reduction from his current calorie intake, allowing for a safe rate of weight loss while still providing sufficient energy for daily activities.

### **Macronutrient Breakdown**

- Protein: 25% of total calories.
- Fat: 40% of total calories.
- Carbohydrates: 35% of total calories.
- Fiber: 25g per day.

### **Areas for Diet Improvement**

- Focus on increasing consumption of whole grains, fruits, and vegetables to provide essential nutrients and promote overall health.
- Reduce intake of refined carbohydrates, added sugars, and processed foods.

## Day-wise Meal Plan (7 days)

### Weekday Breakfast

#### Options

- Oats Pancakes with Seasonal Fruits --- Prepare batter using 2 cups oats, 1 scoop protein powder, 1 egg, and a pinch of baking soda. Fry in coconut oil. Serve with 2 cups sliced fruit. Provide 2 pancakes per meal. Calories: 475, Protein: 27g, Carbohydrates: 57g, Fat: 18g, Fiber: 10g
- Smoothie Bowl --- Blend 1 cup smoothie blend (frozen berries, banana, spinach, protein powder, chia seeds) with 1 cup almond milk. Pour into a bowl and top with 1 cup granola, 1 tablespoon honey, and 1 tablespoon coconut flakes. Calories: 460, Protein: 20g, Carbohydrates: 76g, Fat: 16g, Fiber: 8g

#### Monday

- Breakfast: Oats Pancakes with Seasonal Fruits
- Lunch: Grilled Tofu Rice Bowl (see recipe below)
- Dinner: Grilled Vegetables and Quinoa Salad (see recipe below)

#### Tuesday

- Breakfast: Smoothie Bowl
- Lunch: Grilled Chicken Salad (see recipe below)
- Dinner: Lentil Stew with Root Vegetables (see recipe below)

#### Wednesday

- Breakfast: Oats Pancakes with Seasonal Fruits
- Lunch: Spicy Bean Burrito (see recipe below)
- Dinner: Roasted Fish with Wilted Greens (see recipe below)

#### Thursday

- Breakfast: Smoothie Bowl
- Lunch: Grilled Shrimp and Vegetable Kabobs (see recipe below)
- Dinner: Lentil Stew with Root Vegetables (see recipe below)

## **Friday**

- Breakfast: Oats Pancakes with Seasonal Fruits
- Lunch: Grilled Chicken Salad (see recipe below)
- Dinner: Spicy Bean Burrito (see recipe below)

## **Weekend Breakfast**

### **Saturday**

- Big Breakfast Fry Up:
- Sauteed Greens
- Tomato and Onion Salad
- Scrambled Eggs
- Whole Wheat Toast
- Almond Butter and Honey Spread

### **Sunday**

- Yogurt and Berry Parfait --- Layer 1 cup yogurt, 1 cup berries, and 1 cup granola. Add 1 tablespoon honey and 1 teaspoon chia seeds. Calories: 475, Protein: 20g, Carbohydrates: 85g, Fat: 16g, Fiber: 8g

## **Weekday Lunch**

### **Options**

- Grilled Tofu Rice Bowl --- Marinate 200g tofu in 2 tablespoons soy sauce, 1 tablespoon rice vinegar, and 1 tablespoon honey. Grill until crispy. Serve over 2 cups steamed brown rice with a side of steamed broccoli and a sprinkle of sesame seeds. Calories: 545, Protein: 42g, Carbohydrates: 67g, Fat: 16g, Fiber: 6g
- Grilled Chicken Salad --- Toss 2 cups mixed greens with 1 cup grilled and sliced chicken breast, 1/4 cup sliced red cabbage, 1/4 cup grated carrot, 1/4 cup chopped walnuts, and 2 tablespoons creamy dressing of choice. Calories: 465, Protein: 42g, Carbohydrates: 38g, Fat: 21g, Fiber: 5g

Spicy Bean Burrito --- Fill a whole wheat tortilla with 1/2 cup each: spiced black beans, grilled peppers and onions, and grated cheese. Serve with salsa and guacamole. Provide 1 burrito per meal. Calories: 445, Protein: 14g, Carbohydrates: 66g, Fat: 16g, Fiber: 10g

## **Weekday Dinner**

### **Options**

- Grilled Vegetables and Quinoa Salad --- Grill 2 cups of a mix of seasonal vegetables. Serve on a bed of 2 cups cooked quinoa and toss with 1 tablespoon olive oil and 1 tablespoon balsamic vinegar. Provide 2 cups per meal. Calories: 390, Protein: 14g, Carbohydrates: 67g, Fat: 17g, Fiber: 7g
- Lentil Stew with Root Vegetables --- Cook 1 cup each: lentils, chopped carrots, chopped potatoes, and chopped onions in a pot with 3 cups vegetable broth and 1 tablespoon tomato paste. Season with spices to taste. Calories: 405, Protein: 18g, Carbohydrates: 68g, Fat: 14g, Fiber: 14g
- Roasted Fish with Wilted Greens --- Roast 1 filet of white fish (200g) with a squeeze of lemon and some garlic powder. Serve with a side of 2 cups wilted spinach (sauteed in 1 teaspoon olive oil) and 1 cup roasted carrots. Calories: 350, Protein: 42g, Carbohydrates: 22g, Fat: 12g, Fiber: 6g

## **Weekend Lunch**

### **Saturday**

- Big Vegetable Omelet --- Fold 2 beaten eggs with a mix of chopped vegetables (onions, tomatoes, peppers, spinach), 1/4 cup each. Serve with 1 whole wheat toast and 1 tablespoon butter. Optionally, add cheese like cheddar or mozzarella. Calories: 485, Protein: 35g, Carbohydrates: 40g, Fat: 23g, Fiber: 5g

### **Sunday**

- Chickpea Salad Sandwich --- Mix 1 cup chickpeas, 1/4 cup chopped onions, 1/4 cup chopped tomatoes, 1/4 cup chopped cucumbers, and 2 tablespoons mayonnaise. Serve between 2 slices of whole wheat bread. Serve with 1 cup carrot sticks and 1 cup orange juice. Calories: 555, Protein: 22g, Carbohydrates: 68g, Fat: 23g, Fiber: 9g

## **Weekend Dinner**

### **Options**

- Veggie Pizza --- Take 2 medium whole wheat pizza bases and top with a mix of grilled and roasted vegetables (like peppers, onions, tomatoes, and corn). Add a sprinkle of Parmesan cheese. Provide 1 pizza per meal. Calories: 435, Protein: 22g, Carbohydrates: 61g, Fat: 10g, Fiber: 7g
- Chicken Curry with Rice --- Heat 1 tablespoon olive oil and cook 1 chopped onion, 2 chopped tomatoes, and 2 tablespoons of curry paste. Add 1 cup cooked chicken and 1 cup coconut milk. Serve over 2 cups cooked brown rice. Calories: 560, Protein: 42g, Carbohydrates: 67g, Fat: 23g, Fiber: 5g

## **Wellness & Activity Plan**

### **Daily Exercise and Mindfulness Practices**

- Go for a 45-minute moderate-intensity walk, 5 days a week.
- Practice deep breathing or other relaxation techniques for 15 minutes daily to help manage stress.

### **Morning and Evening Routines**

- Upon waking, start the day with a large glass of warm water with a lemon wedge.
- Before bedtime, practice gratitude journaling for 5 minutes and ensure your room is dark and temperature-controlled for optimal sleep.

### **Screen Time Management**

- Aim to limit screen time to no more than 4 hours a day. Avoid screens at least 1 hour before bedtime.



## **Grocery List**

### **Vegetables**

- Leafy greens (kale, spinach, lettuce)
- Root vegetables (carrots, potatoes, onions, sweet potatoes)
- Grilled/roasted vegetables (peppers, eggplant, zucchini)
- Cucumbers, tomatoes

### **Fruits**

- Seasonal fruits (berries, apples, oranges)
- Bananas, lemons, limes

### **Grains & Cereals**

- Oats
- Brown rice
- Whole wheat bread
- Quinoa

### **Pulses**

- Chickpeas
- Lentils

### **Spices**

- Curry paste
- Turmeric
- Cumin
- Coriander

### **Dry Fruits**

- Walnuts
- Almonds

### **Others**

- Protein powder

- Coconut milk
- Cooking oils (like olive oil, coconut oil)
- Honey

## **Do's and Don'ts**

### **Do**

- Start the day with a balanced breakfast.
- Prioritize whole foods, lean proteins, and plenty of vegetables and fruits.
- Stay hydrated with adequate water intake.
- Practice portion control and mindful eating.
- Find time for relaxation and self-care practices.
- Stick to the prescribed exercise and activity plan.

### **Don't**

- Skip meals or starve yourself for weight loss.
- Indulge in processed, high-sugar, or high-fat foods.
- Get distracted by screens while eating.
- Avoid physical activity and exercise.
- Let stress and external factors derail your progress.

## Summary Advice for Follow-Up

- John should monitor his weight and measure key biometric data (like blood pressure) every week to track progress.
- Book another consultation in 2 weeks to assess results and adjust the plan if needed.
- For further questions or concerns, you can reach me here at Chatbot!

I hope this wellness plan helps John achieve his health goals. It provides a structured approach to nutrition, exercise, and lifestyle adjustments. Following these recommendations and maintaining consistency can lead to significant progress in weight loss and stress management.

Let me know if you would like me to make any adjustments or if you have additional questions regarding the plan!

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