

Wellness Plan for Sanjay Singh

Client Summary

Health Concerns

- High cholesterol is a primary health concern. This client is currently on medication to manage this condition.
- It is important to note that there are no known allergies or dietary restrictions at this time. However, the client is allergic to pollen. This should be considered when planning outdoor activities.
- The client's family history of heart disease is another important factor to consider in this wellness plan. Even though the client is not experiencing any symptoms themselves, it is wise to take preventive measures.

Nutritional Goals

- Calorie target: No specific caloric goal provided. Generally, it is recommended that calorie intake be adjusted to gain weight, averaging anywhere between 2100-2700 calories per day for men, depending on levels of physical activity.
- Macronutrient Breakdown: Adjustments may vary depending on activity levels, but this is a general guide for Sanjay's daily intake:
- Protein: ~62 grams (adjusted for weight)
- Fat: ~62 grams
- Carbohydrate: ~462 grams (adjusted for activity)
- Fiber: 30 grams (target intake per day)
- Focus on Eating More Regularly: Sanjay currently snacks often, so the focus should be on making those snacks more nutritious and turning them into full meals. Eating small, nutritious meals every 3-4 hours will help sustain energy levels and promote weight gain in a healthy manner.

Day-wise Meal Plan As per nutritional goals, the emphasis is on eating more, provided the calories come from healthy sources. No specific calorie goals will be outlined here, but the following menu options should help Sanjay eat more, and often. Each meal will include ingredients (with quantities), recipe steps, and calorie/macronutrient content in parentheses, when known.

Day 1 ##### Breakfast - 2 scrambled eggs (200 calories) with whole-wheat toast (150 calories) and fruit salad (100 calories) ##### Lunch - Whole wheat pasta arrabbiata (350 calories) with a side salad (in-season vegetables with olive oil dressing) (200 calories) ##### Dinner - Grilled salmon with roasted vegetables and quinoa (560 calories) ### Day 2 ##### Breakfast - Greek yogurt parfait with berries (300 calories) ##### Lunch - Grilled chicken and vegetable skewers (400 calories) with rice (200 calories) ##### Dinner - Black bean burrito (400 calories) with roasted corn and steamed broccoli (100 calories) ### Day 3 ##### Breakfast - Avocado toast with hard-boiled eggs (400 calories) ##### Lunch - Vietnamese rice paper rolls (200 calories/roll) with peanut dipping sauce (50 calories) ##### Dinner - Lemon garlic roast chicken (400 calories) with roasted

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sweet potato (50 calories) and steamed green beans (50 calories) ### Day 1 #### Breakfast - Scandi porridge (400 calories) #### Lunch - Beef and broccoli stir fry (400 calories) with noodles (200 calories) #### dinner - Grilled cheese and tomato soup (400 calories) ### Day 5 #### Breakfast - Peanut butter banana toast (300 calories) #### Lunch - Tuna salad with whole wheat pita (400 calories) #### Dinner - Lamb kebabs with rice (500 calories) and a side salad (200 calories) ### Day 6 #### Breakfast - Egg white omelet with spinach and turkey (200 calories) #### Lunch - Mediterranean quinoa salad (400 calories) #### Dinner - BBQ pulled pork (400 calories) with coleslaw (200 calories) and baked beans (200 calories) ### Day 7 #### Breakfast - Chocolate shake (300 calories) #### Lunch - Chicken and hummus wrap (400 calories) #### Dinner - Steak with roasted vegetables (500 calories) ## Wellness & Activity Plan ### Morning Routine - Wake up at 12:30 PM daily. Allow yourself time to wake up, and start the day slowly. Hydrate with a glass of water upon waking. - Practice breathing exercises to center the mind and prepare for the day. Try a basic breathing exercise: Inhale for 4 seconds, hold for 4 seconds, and exhale for 4 seconds, repeating this cycle several times. ### Exercise and Physical Activity - Given Sanjay's occupation as a student, they are already quite sedentary. Any form of exercise should be light and not overly strenuous to avoid exhausting or injuring oneself, and to avoid impacting stamina for study. - Aim for 5-6 days of gentle exercise like yoga, stretching, or walking. A minimum of 30 minutes a day is recommended, but this can be broken up into smaller increments (ex: 3 sets of 10-minute walks). - If possible, try to take daily walks. Even mild walking has been shown to improve cardiovascular health and clear the mind. ### Evening Routine - Aim to prepare for the next day each evening, including organizing work or study materials, and selecting clothing for the following day. - Unwind with yoga or stretching before bedtime. Avoid screens for at least one hour before sleep. - Drink a calming tea like chamomile to help with digestion and induce relaxation. ### Screen Time Management - Try to limit screen time to 6 hours a day, on average. Use this time as a guideline, and make a conscious effort to reduce screen time, especially around mealtime and before bed. - When studying, set timer for 50 minutes, and then take a 10-minute break away from your screen to stretch or walk around.

Grocery List

Vegetables - Lentils (split and whole) - Spinach - Carrots - Potatoes (sweet and regular) - Broccoli - Beans (green and dried) - Cauliflower ### Fruits - Berries (frozen or fresh) - Apples - Bananas - Avocados - Oranges ### Grains & Cereals - Bread (multigrain, whole wheat) - Oats (quick cooking and steel cut) - Rice (brown, white) - Pasta (whole wheat, white) - Noodles (whole wheat, white) ### Pulses - Chickpeas - Kidney Beans - Black Beans - Lentil (more variety, if possible) ### Spices - Turmeric - Coriander - Garam Masala - Cinnamon - Black Pepper ### Dry Fruits - Almonds and Almond Butter (if possible) - Walnuts - Cashews - Pistachios ### Others - Yogurt (plain, greek, vanilla) - Eggs - Chicken breasts - Cheese (parmesan, gouda, cream cheese) - Turkey slices - Peanut butter ## Do's and Don'ts ### Do - Continue to snack often, but make snacks more nutritious and turn them into full meals. - Prioritize whole, unprocessed foods over highly processed products. - Drink 2-3 liters of water daily to stay hydrated. - Follow the meal plan provided as closely as possible, and listen to your body! - If you feel unwell or exhausted, rest. If you have any health concerns, contact your physician. ### Don't - Avoid highly processed foods and sugary drinks. - Avoid eating fewer than 3 hours before bedtime. - Try to avoid stressful situations, or learn ways to manage stress through relaxation techniques. ## Summary Advice for Follow-up - It is important to follow the above guidelines consistently. The recommended meals and snacks are just suggestions and may be modified to suit your preferences. - Sanjay should monitor weight gain and overall wellbeing weekly. Generally, weight gain of 0.5-1 kg per week is considered safe and acceptable. - If Sanjay does not gain weight or has any new symptoms, they should contact their healthcare provider for advice. Depending on individual progress, a revisit to this plan may be necessary in 3-6 months. - For further questions or concerns, contact [Wellness

Practitioner's Email/Phone] This plan has considered the client's needs and should serve as a helpful guide.

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