

## Wellness Plan for Priya Joshi

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Client Summary:

**Client Name: Priya Joshi**

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**Age: 47**

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**Gender: Female**

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**Height: 176 cm**

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**Weight: 76 kg**

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**Target Weight: 73**

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**Occupation: Software Engineer**

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**Health Goals: Stress Management, Boost Immunity, Weight Loss**

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**City/State: Surat, Gujarat**

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**Marital Status: Single**

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Health Concerns: None mentioned.

Current Medications: No.

Allergies: Dairy.

Family Medical History: None known.

Lifestyle Information:

- Wake-Up Time: 7:30 AM
- Sleep Time: 8:00 AM
- Average Sleep: 9 hours.
- Work Schedule: Other.
- Physical Activity: Very Active.
- Exercise Routine: No regular exercise.
- Stress Levels: High.
- Screen Time: 10 hours.

#### Dietary Information:

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- Dietary Preference: Gluten free
- Dietary Restrictions: None mentioned
- Meals Per Day: 4
- Snacking Habits: Occasionally
- Water Intake: 1 liter
- Caffeine Consumption: 0 cups
- Eating Out Frequency: Frequently

#### Mental Wellbeing:

- Stress Frequency: Often
- Relaxation Techniques: Meditation
- Hobbies: Playing sports

Additional Information: Specific concerns to improve energy levels. Previous diet experience with intermittent fasting with good results.

### Summary Advice for Follow-Up:

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- Progress monitoring suggestions (weekly weigh-ins and measurements).
  - Revisit the plan in one month for progress review and adjustments.
  - Contact information for follow-up inquiries.
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### Health Concerns

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No specific health issues mentioned. Priya reports high stress levels, and wishes to focus on stress management, improving immunity, and achieving weight loss. With no known health complications and no current medications, her primary health goals are to adopt sustainable lifestyle changes for her concerns. She also informs me that she has dairy allergies, and avoids gluten-free food for dietary preference.

## Nutritional Goals

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Calorie goals range from 1700-2000 calories, with adjustments once Priya's weight loss progresses. Her macronutrient breakdown is as follows:

- Protein: 0.8-1.2 grams per pound of body weight.
- Fat: Around 50% of total calories.
- Carbohydrates: At least 130 grams per day.
- Fiber: 25 grams per day.

For diet improvement, emphasis will be placed on incorporating whole foods, reducing eating out, and adequately managing calorie deficit without being overly restrictive.

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## Day-wise Meal Plan (7 days)

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## Day 1 #### Breakfast - 2 Eggs, scrambled with spinach and onion. - 1 piece of whole grain toast. - 1 large peach. - Glass of lemon water. ### Lunch - Grilled chicken salad with lettuce, cherry tomatoes, carrots, and avocado. - 1 cup of orange juice. ### Dinner - Baked salmon with roasted broccoli and quinoa. - Green tea. ### Hydration - Start the day with a glass of lemon water. Continue drinking water regularly throughout the day. Finish the day with at least 8 glasses of water.

## Day 2 #### Breakfast - Greek yogurt parfait with berries and granola. - Handful of almonds. - Orange juice. ### Lunch - Tuna salad sandwich with whole grain bread. - Baby carrots and hummus. - Apple. ### Dinner - Roasted turkey breast with mashed sweet potato and green beans. - Glass of milk. ### Hydration - Follow the same hydration routine as Day 1.

## Day 3 #### Breakfast - Loaded avocado toast with hard-boiled eggs. - Coffee. ### Lunch - Veggie quesadillas (using whole wheat tortilla) with salsa. - Argentinian shrimp salad. ### Dinner - Lamb steak with roasted vegetables and sweet potato. - Handful of cherries. ### Hydration - Same hydration routine as previous days.

## Day 4 #### Breakfast - Oatmeal (with nuts and seeds) and berries. - Protein shake. ### Lunch - Veggie burger with whole grain bun. - Sweet potato fries. - Cucumber and mint salad. ### Dinner - Chicken stir fry with bell peppers, broccoli, and mushrooms. - Glass of red wine. ### Hydration - Same hydration routine as previous days.

## Day 5 #### Breakfast - Breakfast burrito with scrambled eggs, spinach, cheese, and bacon. - Orange juice. ### Lunch - BBQ pulled pork salad (with slaw and veggies). - Coconut water. ### Dinner - Ginger garlic shrimp with steamed broccoli and brown rice. - Glass of milk. ### Hydration - Same hydration routine as previous days.

## Day 6 #### Breakfast - Avocado toast with hard-boiled eggs. - Coffee. ### Lunch - Turkey burger with whole grain bun. - Sweet potato fries. - Cucumber and mint salad. ### Dinner - Grilled chicken breast with quinoa and roasted brussels sprouts. - Glass of red wine. ### Hydration - Same hydration routine as previous days.

## Day 7 #### Breakfast - Scrambled eggs with green peppers and onions. - 1 piece of whole grain toast. - 1 large peach. - Glass of lemon water. ### Lunch - Grilled chicken salad with lettuce, cherry tomatoes, carrots, and avocado. - 1 cup of orange juice. ### Dinner - Baked salmon with roasted broccoli and quinoa. - Green tea. ### Hydration - Start the day with a glass of lemon water. Continue drinking water regularly throughout the day. Finish the day with at least 8 glasses of water. — # Wellness & Activity Plan ## Exercise Plan Priya is new to exercising, and her high-stress

levels may make starting an intense routine challenging. Instead of overwhelming herself, she should start with gentle exercises like yoga and walking. These can be done at home or in the park, and will help build her stamina and energy levels. For best results, she should aim for 45 minutes of exercise daily, which can gradually progress to more intense workouts. ## Mindfulness Practices Since Priya's main concern is stress management, it is essential to incorporate relaxation techniques. She already utilizes meditation, which is a great starting point. Additionally, she can practice deep breathing exercises whenever she feels stressed or anxious. ## Screen Time Management - Priya's screen time is considerably high at 10 hours daily. This can negatively affect her sleep quality and stress levels. She should aim to reduce screen time to 8 hours maximum, and avoid usage at least one hour before bedtime. ---

#### # Grocery List

## Vegetables - Spinach - Broccoli - Carrots - Tomatoes - Avocado - Peppers - Mushrooms - Brussels sprouts - Cucumber - Lettuce ## Fruits - Peaches - Oranges - Berries - Apples - Cherries ## Grains & Cereals - Whole grain bread - Oats - Quinoa - Brown rice ## Pulses - Chickpeas - Black beans ## Spices - Basil - Oregano - Chili Flakes - Cinnamon ## Dry Fruits - Almonds - Walnuts ## Others - Eggs - Chicken breasts - Turkey breasts - Salmon - Shrimp - Lamb - Bacon - Pork - Ham - Coffee - Tea - Milk - Orange juice - Protein bars - Hummus --- # Do's and Don'ts ## Do - Eat a balanced, calorie-controlled diet with all macronutrients. - Take a multivitamin supplement to boost immunity. - Drink at least 8 glasses of water daily for hydration. - Prioritize homemade, whole food meals for better control over ingredients and nutrition. - Engage in physical activity and exercise for at least 30 minutes daily. - Incorporate deep breathing and meditation for stress relief. - Limit screen time, especially before bedtime. ## Don't - Avoid skipping meals or maintaining a very restrictive diet, as it can lead to nutrient deficiencies and disordered eating patterns. - Eliminate entire food groups, unless there are specific medical conditions requiring dietary restrictions. - Forget to prioritize self-care and relaxation, which are essential aspects of overall health. - Continue to eat out frequently, as restaurant meals are often high in calories, fat, and salt. --- # Summary Advice for Follow-Up - Continue monitoring progress by measuring key indicators like weight, waist circumference, and body fat percentage. Priya should aim to lose 2 kg per month for a sustainable weight loss approach. - In a month's time, review this plan and assess progress, making any necessary changes to nutrition and activity according to her progress and goals. - She can contact me again for further inquiries and feedback on this plan.