

Wellness Plan for Priya Shah

Client Summary

Health Concerns

1. Health Concerns: Diabetes managed with regular medication.
2. Allergies: Dairy.
3. Dietary Restrictions: None specified.
4. Fitness Goals: Gain healthy weight, reduce stress, and increase energy levels.

Nutritional Goals

1. Daily Calorie Target: 2,000 calories.
2. Macronutrient Goals:
 - 30% of calories from Protein.
 - 35% of calories from Fat.
 - 35% of calories from Carbohydrates.
3. Focus on Eating:
 - Complex carbohydrates: whole grains, vegetables, and fruits to manage blood sugar.
 - Lean proteins: chicken, fish, eggs, and pulses to support weight gain.
 - Healthy fats: nuts, seeds, and olive oil.

Day-wise Meal Plan (7 days) ### Day 1 ##### Breakfast - 2 Scrambled Eggs cooked with 1 tbsp. Olive Oil, served with 1 whole wheat chapati, and 1 glass of milk. Total Calories: 370; Protein: 20g; Fat: 22g; Carbs: 23g; Fiber: 4g. ##### Lunch - Grilled chicken salad with lettuce, cucumber, tomato, and olive oil vinegar dressing. - 1 portion of steamed rice. - 1 glass of lemon water. Total Calories: 410; Protein: 30g; Fat: 20g; Carbs: 38g; Fiber: 3g. ##### Dinner - Steamed fish with lemon and herbs, served with roasted broccoli and 1 small portion of rice. - Seasonal fruit salad. - 1 glass of buttermilk. Total Calories: 460; Protein: 30g; Fat: 15g; Carbs: 53g; Fiber: 5g. ##### Hydration - Drink at least 4 liters of water distributed throughout the day. ### Day 2 ##### Breakfast - Overnight oats made with 1/2 cup oats, 1/2 cup Greek yogurt, 1/4 cup berries, and 1 tsp. chia seeds. - 1 cup of morning tea. Total Calories: 250; Protein: 10g; Fat: 7g; Carbs: 38g; Fiber: 5g. ##### Lunch - Whole wheat pasta with grilled chicken and steamed vegetables (Tomatoes, Spinach, Zucchini). - 1 glass of orange juice. Total Calories: 460; Protein: 30g; Fat: 20g; Carbs: 51g; Fiber: 6g. ##### Dinner - Chicken kebab with salad and lemon wedge. - 1 small portion of jeera rice. - 1 cup of herbal tea. Total Calories: 330; Protein: 30g; Fat: 10g; Carbs: 31g; Fiber: 5g. ##### Hydration - Drink at least 4 liters of water distributed throughout the day. ### Day 3 ##### Breakfast - Two whole wheat toasts with peanut butter and jam, served with 1 cup of low-fat milk. - 1 cup of morning tea. Total Calories: 350; Protein: 16g; Fat: 16g; Carbs: 41g; Fiber: 6g. ##### Lunch - Chicken rice soup (homemade) with lots of vegetables and 2 whole wheat crackers. - 1 glass of orange juice. Total Calories: 400; Protein: 30g; Fat: 6g; Carbs: 65g; Fiber: 5g. ##### Dinner - Grilled fish with lemon butter sauce, served with roasted cauliflower and quinoa. - 1 glass of milk. Total Calories: 460; Protein: 30g; Fat: 22g; Carbs: 43g; Fiber: 5g. ##### Hydration - Drink at least 4 liters of water distributed throughout the day. ### Day 4 ##### Breakfast - Veggie omelet with 1 whole wheat toast. - 1 cup of coffee. Total Calories: 280; Protein: 15g; Fat: 18g; Carbs: 20g; Fiber: 3g. ##### Lunch - Chicken and vegetable stir fry with tofu and roasted broccoli. - 1 glass of milk. Total Calories: 400; Protein: 30g; Fat: 20g; Carbs: 41g; Fiber: 7g. ##### Dinner - Baked salmon with lemon, served with quinoa and steamed spinach. - 1 glass of wine. Total Calories: 380; Protein: 30g; Fat: 12g; Carbs: 54g; Fiber: 6g. ##### Hydration - Drink at least 4 liters of water distributed throughout the day. ### Day 5 ##### Breakfast - 2 whole wheat pancakes with maple syrup, served with 1 cup of yogurt and 1 glass of orange juice. Total Calories: 350; Protein: 15g; Fat: 16g; Carbs: 51g; Fiber: 4g. ##### Lunch - Chicken salad with lettuce, cherry tomatoes, and carrots, dressed with olive oil and vinegar. - 1 portion of whole wheat pasta. - 1 glass of milk. Total Calories: 400; Protein: 30g; Fat: 14g; Carbs: 45g; Fiber: 6g. ##### Dinner - Grilled lamb chops with roasted sweet potato and green beans. - 1 glass of buttermilk. Total Calories: 520; Protein: 41g; Fat: 22g; Carbs: 47g; Fiber: 7g. ##### Hydration - Drink at least 4 liters of water distributed throughout the day. ### Day 6 ##### Breakfast - 1 whole wheat toast with 2 scrambled eggs, 1 cup

of coffee. Total Calories: 240; Protein: 12g; Fat: 14g; Carbots: 20g; Fiber: 2g. ##### Lunch - Tuna salad with 2 whole wheat crackers and 1 glass of milk. Total Calories: 280; Protein: 20g; Fat: 6g; Carbots: 41g; Fiber: 4g. ##### Dinner - Lamb biryani with raita and 1 glass of water. - 1 cup of green tea. Total Calories: 380; Protein: 20g; Fat: 23g; Carbots: 47g; Fiber: 3g. ##### Hydration - Drink at least 4 liters of water distributed throughout the day. ### Day 7 ##### Breakfast - 1 avocado toast with 2 poached eggs and 1 cup of coffee. - 1 glass of orange juice. Total Calories: 370; Protein: 15g; Fat: 24g; Carbots: 33g; Fiber: 7g. ##### Lunch - Veggie quesadillas made with 1 whole wheat tortilla, 1 tbsp. cheese, and grilled vegetables. - 1 glass of milk. Total Calories: 350; Protein: 20g; Fat: 19g; Carbots: 33g; Fiber: 4g. ##### Dinner - Chicken pasta with steamed broccoli and garlic bread. - 1 glass of milk. Total Calories: 500; Protein: 30g; Fat: 20g; Carbots: 61g; Fiber: 5g. ##### Hydration - Drink at least 4 liters of water distributed throughout the day. ## Wellness & Activity Plan ### Morning Routine 1. Start the day with a glass of warm water and lemon to promote digestion. 2. Practice deep breathing for 5 minutes to manage stress. 3. Engage in gentle stretching for 5 minutes to wake up the body. ### Evening Routine 1. Spend 20 minutes practicing mindfulness meditation to unwind from the day's stress. 2. Aim for 8 hours of sleep, maintaining a consistent sleep schedule. 3. Practice self-care, such as reading or journaling, before bedtime. ### Screen Time Management 1. Limit screen time to 2 hours daily (including screen time for work). 2. Avoid screens for at least 1 hour before bedtime. 3. Use screen time for productive tasks and avoid mindless scrolling. ### Exercise and Fitness 1. Engage in moderate to intense cardio workouts for at least 30 minutes daily (e.g., brisk walking, cycling, swimming). 2. Practice Yoga for 60 minutes daily to improve flexibility and reduce stress. 3. Strengthen muscles with 2 sessions of bodyweight exercises or resistance training per week.

Grocery List

Vegetables - Lettuce, Tomatoes, Spinach, Broccoli, Cauliflower, Carrots, Zucchini, Sweet Potato. #### Fruits - Berries, Seasonal Fruits, Oranges, Lemon. #### Grains & Cereals - Oats, Brown Rice, Whole Wheat Pasta, Whole Wheat Crackers, Whole Wheat Chapatis, Quinoa. #### Pulses - Tuna, Chickpeas, White Beans, Lentils. #### Spices - Oregano, Chili Flakes, Turmeric, Cinnamon, Coriander, Garam Masala, Ginger Powder, Garlic Powder. #### Dry Fruits - Almonds, Walnuts, Chia Seeds, Flaxseeds. #### Others - Olive Oil, Vegetable Oil, Yogurt, Butter, Eggs, Milk, Cheese, Crackers. ## Do's and Don'ts ### Do 1. Eat mindfully, focusing on the taste and enjoyment of food. 2. Practice portion control and avoid overeating. 3. Listen to your body's hunger and fullness cues. 4. Stay hydrated by drinking adequate water throughout the day. 5. Include physical activity in your daily routine. 6. Prioritize 7-8 hours of sleep every night. 7. Practice mindfulness and meditation to manage stress. ### Don't 1. Avoid unhealthy, highly processed foods high in sugar and fat. 2. Eliminate saturated fats and trans fats from your diet. 3. Refrain from skipping meals, especially breakfast. 4. Stay away from artificial sweeteners and refined carbs. 5. Avoid excessive caffeine and alcohol intake. 6. Limit salt intake and avoid processed salts. 7. Do not sacrifice nutrition for convenience; prioritize healthy eating. ## Summary Advice for Follow-Up 1. Revisit the plan in 3 months. 2. Measure progress by monitoring weight, energy levels, and stress management. 3. Contact Priya Shah's physician for medication adjustments if needed. 4. Continue to incorporate healthy eating habits and regular exercise.