

HRIM Wellness Centre

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Client Summary

Name: Arjun Joshi

Age: 27

Gender: Male

Occupation: Doctor

Height: 186 cm

Weight: 66 kg

Target Weight: 57 kg

Health Goals: Boost immunity

City/State: Anand, Gujarat

Marital Status: Married

Health Concerns

Health concerns are not mentioned. Client is on current medications.

Primary Health Goals

Boost immunity through improved dietary choices.

Allergies and Dietary Restrictions

Client is allergic to pollen and has the dietary restriction of not eating onions.

Nutritional Goals

Calorie Target

1,500 calories daily.

Macronutrient Breakdown

- Protein: 55% of total calories.
- Fat: 30% of total calories.
- Carbohydrates: 15% of total calories.
- Fiber: 25g daily.

Focus areas for diet improvement:

- Increasing fruit and vegetable intake while ensuring a balanced diet that provides all essential nutrients.
- Limiting caffeine consumption to 1-2 cups a day.

Day-wise Meal Plan (7 days)

Day 1

Breakfast

Oats Porridge with Spices

Ingredients

- 1 cup oats (40g)
- 2 cups milk (200g)
- 1 teaspoon cinnamon (2g)
- 1 teaspoon cardamom (2g)
- 1 tablespoon honey (30g)
- 1 banana (100g)
- 1 cup packed chopped almonds and walnuts (100g each)

Instructions

- 1.In a saucepan, combine oats, milk, cinnamon, and cardamom.
- 2.Bring to a boil, then simmer and stir until oats are tender (about 5 minutes).
- 3.Transfer to a bowl, add honey and banana, and mix.
- 4.Top with nuts.

Calorie count: Approx. 500 calories, with 25g protein, 25g fat, 70g carbs, and 6g fiber.

Lunch

Grilled Chicken Salad

Ingredients

- 2 tablespoons olive oil (30g)
- 1 teaspoon garlic paste (5g)
- 500g chicken breast
- 1 medium-sized cucumber, sliced (200g)
- 1 tomato, chopped (200g)

- 1 cup fresh spinach leaves (20g)
- 1 cup packed lettuce (20g)
- 1 tablespoon lemon juice (10g)
- 1 teaspoon black pepper (1g)

Instructions

- 1.In a bowl, mix olive oil and garlic paste.
- 2.Add chicken and coat evenly.
- 3.Grill the chicken in a pan or oven until cooked through.
- 4.In a separate bowl, mix the cucumber, tomato, spinach, and lettuce.
- 5.Add lemon juice and pepper and mix.
- 6.Slice the chicken and add to the salad.

Calorie count: Approx. 500 calories, with 40g protein, 20g fat, 10g carbs, and 2g fiber.

Dinner

Stir-Fried Rice with Vegetables

Ingredients

- 1 cup rice, cooked (200g)
- 1 teaspoon garlic paste (5g)
- 1 teaspoon ginger paste (5g)
- 1 cup chopped French beans (100g)
- 1 cup chopped carrots (100g)
- 1 cup chopped mushrooms (100g)
- 2 tablespoons soy sauce (10g)
- 1 tablespoon vinegar (10g)
- 1 tablespoon honey (20g)
- 1 tablespoon sesame oil (10g)

Instructions

- 1.In a pan, heat oil and stir-fry the rice until crispy.

2. In a separate pan, add garlic and ginger paste to cook the beans, carrots, and mushrooms.
3. Add the vegetables to the rice and mix.
4. In a small bowl, mix the soy sauce, vinegar, honey, and sesame oil.
5. Add the sauce to the rice and vegetables, mix well, and cook until done.

Calorie count: Approx. 500 calories, with 20g protein, 20g fat, 70g carbs, and 3g fiber.

Hydration Notes

Ensure sufficient water intake throughout the day to stay hydrated, especially during the summer in Anand. Drink at least 3 liters of water daily.

Day 2

Breakfast

Scrambled Eggs and Vegetable Sandwich

Ingredients

- 2 eggs (100g)
- 1 tablespoon butter (20g)
- 1 tablespoon olive oil (10g)
- 1 small onion, chopped (50g)
- 1 small green bell pepper, chopped (100g)
- 1 small red bell pepper, chopped (100g)
- 2 slices of whole-grain bread (40g each)

Instructions

1. In a pan, melt butter and olive oil.
2. Add the onion and bell peppers and cook until tender.
3. In a separate bowl, beat the eggs and add them to the pan.
4. Scramble the eggs until cooked.
5. Divide the mixture and serve on the bread.

Calorie count: Approx. 400 calories, with 20g protein, 30g fat, 20g carbs, and 3g fiber.

Lunch

Chicken Soup

Ingredients

- 1 tablespoon olive oil (10g)
- 1 teaspoon garlic paste (5g)
- 500g chicken breast, cut into small pieces
- 1 medium-sized carrot, chopped (50g)
- 1 medium-sized onion, chopped (50g)
- 3 cups chicken stock (750g)
- 1 cup frozen green peas (100g)
- 1 tablespoon lemon juice (10g)
- 1 teaspoon black pepper (1g)

Instructions

1. In a pan, heat olive oil and add garlic paste and chicken pieces.
2. Cook until the chicken is browned.
3. In a separate pot, heat the chicken stock.
4. Add the cooked chicken, carrot, and onion to the stock.
5. Simmer until the vegetables are tender, then add the peas.
6. Season with lemon juice and pepper.

Calorie count: Approx. 400 calories, with 50g protein, 20g fat, 20g carbs, and 6g fiber.

Dinner

Grilled Salmon with Rice and Steamed Spinach

Ingredients

- 1 salmon fillet (200g)
- 1 tablespoon olive oil (10g)
- 1 cup rice, cooked (200g)
- 1 cup packed spinach leaves (20g)
- 1 lemon, sliced (50g)

Instructions

1. In a pan, heat olive oil and cook the salmon until done.
2. In a separate pan, heat the cooked rice.
3. In another pan, steam the spinach with lemon slices.
4. Serve the salmon with the rice and spinach.

Calorie count: Approx. 500 calories, with 30g protein, 20g fat, 55g carbs, and 5g fiber.

Hydration Notes

Continue drinking 3 liters of water daily.

Day 3

Breakfast

Fruit Smoothie Bowl

Ingredients

- 1 cup milk (200g)
- 1 banana (100g)
- 1 cup packed strawberries (100g)
- 1 tablespoon honey (30g)
- 1 cup granola (40g)
- 1 tablespoon chia seeds (10g)

Instructions

1. In a blender, mix milk, banana, strawberries, and honey into a smooth consistency.
2. Transfer to a bowl and add granola and chia seeds.

Calorie count: Approx. 500 calories, with 20g protein, 20g fat, 70g carbs, and 10g fiber.

Lunch

Grilled Tofu Wrap with Vegetables

Ingredients

- 1 tablespoon olive oil (10g)
- 1 teaspoon garlic paste (5g)
- 300g tofu, cut into thin strips
- 1 medium-sized cucumber, sliced (200g)
- 1 tomato, chopped (100g)
- 2 wholemeal tortillas (30g each)

Instructions

- 1.In a pan, heat olive oil and add garlic paste and tofu.
- 2.Cook until the tofu is browned.
- 3.In a separate bowl, mix the cucumber, tomato, and salt.
- 4.Place the mixture on the tortillas and add the tofu.

Calorie count: Approx. 400 calories, with 20g protein, 20g fat, 40g carbs, and 6g fiber.

Dinner

Chicken Curry with Rice

Ingredients

- 1 tablespoon olive oil (10g)
- 1 teaspoon garlic paste (5g)
- 500g chicken pieces
- 1 tablespoon curry powder (10g)
- 1 teaspoon cumin powder (2g)
- 1 teaspoon turmeric powder (2g)
- 1 teaspoon chilli powder (2g)
- 1 can crushed tomatoes (400g)
- 1 cup rice, cooked (200g)

Instructions

- 1.In a pan, heat olive oil and add garlic paste and chicken.

- 2.Add the curry, cumin, turmeric, and chilli powder to the chicken and cook until done.
- 3.Add the tomatoes and cook for 5 minutes.
- 4.Serve with rice.

Calorie count: Approx. 500 calories, with 30g protein, 20g fat, 70g carbs, and 3g fiber.

Hydration Notes

Anand's summer climate can be dehydrating. Aim to drink at least 3-4 liters of water daily.

Day 4

Breakfast

Scrambled Eggs and Veggie Sandwich

Ingredients

- 2 eggs (100g)
- 1 tablespoon butter (20g)
- 1 tablespoon olive oil (10g)
- 1 small onion, chopped (50g)
- 1 small green bell pepper, chopped (100g)
- 1 small red bell pepper, chopped (100g)
- 2 slices of wholemeal bread (30g each)

Instructions

- 1.In a pan, melt butter and olive oil.
- 2.Add the onion and bell peppers and cook until tender.
- 3.In a separate bowl, beat the eggs and add them to the pan.
- 4.Scramble the eggs until cooked.
- 5.Divide the mixture and serve on the bread.

Calorie count: Approx. 400 calories, with 20g protein, 30g fat, 30g carbs, and 3g fiber.

Lunch

Grilled Shrimp Salad

Ingredients

- 2 tablespoons olive oil (30g)
- 1 teaspoon garlic paste (5g)
- 300g shrimp
- 1 medium-sized cucumber, sliced (200g)
- 1 tomato, chopped (100g)
- 1 cup fresh spinach leaves (20g)
- 1 cup packed lettuce (20g)
- 1 tablespoon lemon juice (10g)
- 1 teaspoon black pepper (1g)

Instructions

1. In a bowl, mix olive oil and garlic paste.
2. Add the shrimp and coat evenly.
3. Grill the shrimp in a pan or oven until cooked.
4. In a separate bowl, mix the cucumber, tomato, spinach, and lettuce.
5. Add lemon juice and pepper and mix.
6. Add the shrimp to the salad.

Calorie count: Approx. 400 calories, with 40g protein, 20g fat, 10g carbs, and 2g fiber.

Dinner

Chicken Quesadillas

Ingredients

- 2 wholemeal tortillas (30g each)
- 1 cup cooked chicken, shredded (200g)
- 1 cup packed cheddar cheese, shredded (100g)
- 1 small onion, chopped (50g)
- 1 medium-sized green bell pepper, chopped (100g)
- 2 tablespoons sour cream (50g)
- 1 tablespoon guacamole (50g)

Instructions

1. In a pan, cook the onion and bell pepper until tender.
2. Add the chicken and cook for 5 minutes.
3. Place the mixture on one tortilla and top with cheese.
4. Place the second tortilla on top.
5. In a separate pan, heat the quesadilla until the cheese melts.
6. Cut into triangles and serve with sour cream and guacamole.

Calorie count: Approx. 500 calories, with 30g protein, 30g fat, 40g carbs, and 6g fiber.

Hydration Notes

Anand's summer months can be especially dehydrating. Make sure to drink plenty of water to stay hydrated, at least 3-4 liters per day.

Day 5

Breakfast

Peanut Butter and Jam Sandwich

Ingredients

- 2 slices of wholemeal bread (30g each)
- 1 tablespoon smooth peanut butter (25g)
- 1 tablespoon strawberry jam (30g)

Instructions

1. Spread the peanut butter on one slice of bread.
2. Spread the jam on another slice of bread.
3. Place the slices together to form a sandwich.

Calorie count: Approx. 350 calories, with 10g protein, 20g fat, 50g carbs, and 2g fiber.

Lunch

Grilled Veggie Pizza

Ingredients

- 1 tablespoon olive oil (10g)
- 1 medium-sized onion, chopped (50g)
- 1 medium-sized green bell pepper, chopped (100g)
- 1 medium-sized red bell pepper, chopped (100g)
- 1 cup mushrooms, sliced (50g)
- 1 teaspoon dried oregano

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