

Arjun Shah Wellness Plan

Client Summary

Name:	Arjun Shah
Age:	58
Gender:	Female
Occupation:	Teacher
Height:	173 cm
Weight:	75 kg
Target Weight:	N/A
Health Goals:	Boost Immunity, Weight Loss, Stress Management
City/State:	Surat, Gujarat
Marital Status:	Married

Health Concerns

- None mentioned
- Current Medications: Yes
- Allergies: Nuts
- Family Medical History: Diabetes

Nutritional Goals

Calorie Target

1,500 calories daily to promote healthy weight loss. This is a general guideline, and individual needs may vary. Consult a physician or registered dietitian for specific calorie targets.

Macronutrient Breakdown

- Protein: 15-20% of total calories
- Fat: 30-35% of total calories
- Carbohydrates: 45-60% of total calories
- Fiber: 25g+ daily

Diet Focus

- Increase fruit and vegetable intake - aim for 5 servings a day.
- Whole food choices: focus on minimally processed, fiber-rich, plant-based foods.
- Limit added sugars and highly processed snacks.

Day-wise Meal Plan (7 days) ### Day 1 ##### Breakfast ##### Ingredients - 2 bananas, peeled and frozen overnight - 1 tablespoon peanut butter (natural) - 1 cup (240 ml) plant-based milk (e.g.,

almond, soy) ~~#####~~ ~~1. Blend frozen bananas, peanut butter, and milk in~~ a blender until smooth. 2. Transfer to a glass and enjoy. Calories: roughly 400, high in potassium and fiber, good source of protein and healthy fats. ##### Lunch ##### Ingredients - 1 cup cooked brown rice - 1 cup stir-fried bok choy and other available greens (e.g., spinach, kale) - 1 cup steamed and seasoned tofu cubes - 1 small pear, ripe and raw ##### Instructions 1. Heat tofu cubes in a pan with some olive oil until golden. 2. In a separate pan, stir-fry bok choy and other greens with some garlic and a little salt. 3. Serve tofu and greens on a bed of cooked brown rice. 4. On the side, slice and eat the pear. ##### Dinner ##### Ingredients - 2 cups roasted vegetables (e.g., broccoli, bell peppers, carrots) - 1 cup cooked whole wheat pasta - 1 tablespoon olive oil - 1 teaspoon Italian seasoning - Freshly ground pepper to taste ##### Instructions 1. Preheat oven to 220°C. 2. On a baking sheet, toss vegetables with olive oil, Italian seasoning, and pepper. 3. Roast for 20-25 minutes until tender. 4. Cook pasta according to the package instructions. 5. Mix roasted vegetables with the cooked pasta. #### Day 2 ##### Breakfast ##### Ingredients - 1 cup (240 ml) cooked oatmeal (regular or quick oats) - 1 cup (240 ml) soy milk - 1 tablespoon chia seeds - 1/2 banana, peeled and sliced - 1 tablespoon nut butter (e.g., peanut, almond) ##### Instructions 1. Mix oatmeal, soy milk, chia seeds, banana slices, and nut butter in a bowl. 2. Enjoy as a quick and nutritious breakfast. Calories: Approx. 500, rich in whole grains, fiber, and protein. ##### Lunch ##### Ingredients - 2 whole wheat pita pockets - 2 cups tossed salad with vegetables (e.g., lettuce, tomato, bell pepper, cucumber) - 1/2 cup hummus - 1 can kidney beans (rinsed and drained) ##### Instructions 1. Fill pita pockets with salad, hummus, and kidney beans. ##### Dinner ##### Ingredients - 1 cup (240 ml) cooked black beans - 1 cup cooked brown rice - 1 cup (240 ml) salsa - 1 package microwaveable frozen vegetables (e.g., corn, peas, carrots) ##### Instructions 1. Cook black beans and rice according to package instructions. 2. Dice and microwave frozen vegetables for 2-3 minutes until warmed through. 3. Serve the beans, rice, and vegetables together, topping everything with salsa to taste. #### Day 3 ##### Breakfast ##### Ingredients - 1 cup (240 ml) plant-based yogurt (e.g., soy, coconut) - 1/4 cup (60 ml) chia seeds - 1/2 cup (85 grams) high-fiber cereal (e.g., muesli, bran flakes) - 1 cup (240 ml) fresh berries (e.g., blueberries, raspberries) ##### Instructions 1. Mix yogurt, chia seeds, high-fiber cereal, and berries in a bowl. 2. Enjoy this quick and nutritious breakfast. Calories: Approx. 400, provides sustained energy due to fiber and healthy fats. ##### Lunch ##### Ingredients - 1 whole wheat tortilla - 1 cup (240 ml) black bean and corn salad (from Monday's dinner) - 1/4 cup (60 g) shredded vegan cheese - 1/4 cup (60 ml) salsa ##### Instructions 1. Spread black bean and corn salad, cheese, and salsa on the tortilla. 2. Enjoy as a wholesome and nutritious wrap. ##### Dinner ##### Ingredients - 1 cup (240 ml) cooked brown rice - 1 cup (240 ml) lentil soup (canned or made from dry lentils) - 1/2 cup (115 g) roasted cauliflower ##### Instructions 1. Reheat brown rice and lentil soup in a pot on the stovetop or in a microwave. 2. Enjoy with roasted cauliflower on the side. #### Day 4 ##### Breakfast ##### Ingredients - 1 cup (240 ml) plant-based milk (e.g., almond, soy) - 1/4 cup (30 grams) protein powder (plant-based, preferably) - 1/2 cup (115 grams) frozen berries - 1 tablespoon chia seeds ##### Instructions 1. Mix all ingredients in a blender and blend until smooth. 2. If desired, add ice cubes for a colder and thicker breakfast. ##### Lunch ##### Ingredients - 1 whole wheat pita bread - 1 cup (240 ml) hummus - 1 cup (240 ml) salad made of mixed greens and other available vegetables (e.g., cucumber, bell pepper, tomato) ##### Instructions 1. Fill the pita bread with hummus and mixed green salad. ##### Dinner ##### Ingredients - 1 cup (240 ml) cooked brown rice - 1 cup (240 ml) lentil stew - 1 cup (240 ml) roasted eggplant ##### Instructions 1. Reheat brown rice and lentil stew in a pot on the stovetop or in a microwave. 2. Enjoy with roasted eggplant on the side. #### Day 5 ##### Breakfast ##### Ingredients - 1 cup (240 ml) vegan yogurt (e.g., soy, coconut) - 1/4 cup (60 grams) high-fiber granola - 1 cup (240 ml) fresh strawberries ##### Instructions 1. Mix yogurt, granola, and strawberries in a bowl. ##### Lunch ##### Ingredients - 1 whole wheat tortilla - 1 cup (240 ml)

tofu salad (from Day 3's lunch) - 1/4 cup (60 g) shredded vegan cheese
Day 4 **Breakfast** **Ingredients** - 1 cup (240 ml) cooked brown rice - 1 cup (240 ml) black bean soup - 1 cup (240 ml) roasted mixed vegetables (e.g., broccoli, bell peppers, carrots) **Instructions** 1. Reheat brown rice and black bean soup in a pot on the stovetop or in a microwave. 2. Enjoy with a side of roasted mixed vegetables. **Day 5** **Breakfast** **Ingredients** - 1 cup (240 ml) cooked oatmeal (regular or quick oats) - 1 cup (240 ml) soy milk - 1 tablespoon chia seeds - 1/2 banana, peeled and sliced - 1 tablespoon nut butter (e.g., peanut, almond) **Instructions** 1. Mix oatmeal, soy milk, chia seeds, banana slices, and nut butter in a bowl. 2. Enjoy a quick and nutritious breakfast. **Lunch** **Ingredients** - 1 whole wheat pita bread - 1 cup (240 ml) hummus - 1 cup (240 ml) salad made of mixed greens and other available vegetables (e.g., cucumber, bell pepper, tomato) **Instructions** 1. Fill the pita bread with hummus and mixed green salad. **Dinner** **Ingredients** - 1 cup (240 ml) cooked brown rice - 1 cup (240 ml) lentil stew - 1 cup (240 ml) roasted cauliflower **Instructions** 1. Reheat brown rice and lentil stew in a pot on the stovetop or in a microwave. 2. Enjoy with roasted cauliflower on the side. **Day 6** **Breakfast** **Ingredients** - 1 cup (240 ml) plant-based milk (e.g., almond, soy) - 1/4 cup (30 grams) protein powder (plant-based, preferably) - 1/2 cup (115 grams) frozen berries - 1 tablespoon chia seeds **Instructions** 1. Mix all ingredients in a blender and blend until smooth. 2. If desired, add ice cubes for a colder and thicker breakfast. **Lunch** **Ingredients** - 1 whole wheat tortilla - 1 cup (240 ml) tofu salad (from Day 3's lunch) - 1/4 cup (60 g) shredded vegan cheese **Instructions** 1. Fill the tortilla with tofu salad and cheese. 2. Enjoy your wholesome and nutritious wrap. **Dinner** **Ingredients** - 1 cup (240 ml) cooked brown rice - 1 cup (240 ml) black bean soup - 1 cup (240 ml) roasted mixed vegetables (e.g., broccoli, bell peppers, carrots) **Instructions** 1. Reheat brown rice and black bean soup in a pot on the stovetop or in a microwave. 2. Enjoy with a side of roasted mixed vegetables. **Wellness & Activity Plan** **Daily Exercise and Mindfulness Practices** - 30 minutes of brisk walking or jogging daily, preferably in the morning, for weight loss and improved cardiovascular health. - Practice deep breathing or meditation for 15 minutes daily to manage stress and promote relaxation. **Morning and Evening Routine** - Upon waking, hydrate with a glass of water and stretch gently to wake up your body. - Before sleep, practice gratitude or listen to a guided meditation to calm your mind. **Screen Time Management** - Aim to reduce screen time outside of work hours. Use this time for engaging in physical activity, spending time with family, or engaging in a hobby.

Grocery List

Vegetables - Broccoli - Carrots - Bell peppers (multiple colors) - Spinach - Lettuce - Tomato - Cucumber **Fruits** - Strawberries - Blueberries - Bananas **Grains & Cereals** - Brown rice - Oats **Pulses** - Lentils - Kidney beans - Black beans **Spices** - Garlic - Salt - Pepper **Dry Fruits** - Chia seeds - Almonds **Do's and Don'ts** **Do** - Eat a balanced and nutritious diet, focusing on whole foods, fruits, and vegetables. - Stay hydrated with adequate water intake. - Practice portion control to manage calories. - Engage in regular physical activity and exercise. - Prioritize adequate sleep and manage stress. **Don't** - Avoid highly processed foods and sugary drinks. - Skip meals or follow overly restrictive diets. - Under-eat or over-exercise as this may lead to unhealthy patterns. - Allow stress and other unhealthy habits to take over your life. **Summary Advice for Follow-up** - Arjun should aim to gradually implement sustainable lifestyle and dietary changes. - Weight loss and improved immunity may be observed with consistent effort and proper nutrition. - Consult a physician or registered dietitian for specific medical advice and for monitoring health conditions or complications. - A follow-up appointment in 4-6 weeks should be scheduled to assess progress and make any necessary adjustments. Arjun can contact me via email or the Cohere app for any questions or concerns between appointments.

