

# HRIM Wellness Centre

॥स्वस्थस्य स्वास्थ्य रक्षणम्॥

503, Takshshila Apartment, Dayalaji Ashram Marg, Majura Gate, Surat – 395001

☎ +91 94279 81235 | ✉ [hrimwellness@gmail.com](mailto:hrimwellness@gmail.com) | 🌐 [www.hrimwellness.in](http://www.hrimwellness.in)

## Vikram Verma's Personalized Diet & Wellness Plan

This tailored wellness plan aims to address Vikram's specific health goals and target areas, promoting holistic health and well-being.

### Client Summary

Name:	Vikram Verma
Age:	44
Gender:	Female
Height:	174 cm
Weight:	63 kg
Target Weight:	69 kg
Occupation:	Student
Health Goals:	Manage chronic disease, boost immunity, stress management
City/State:	Ahmedabad, Gujarat
Marital Status:	Single

## Health Concerns

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- Thyroid disorder

It is vital to note that Vikram is not currently taking any medications and has no additional health concerns. It would be beneficial to monitor and manage stress, for which techniques should be practiced. It is also important to maintain a consistent daily routine, especially with regard to mealtimes and sleep patterns.

## Nutritional Goals

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- Calorie intake target: 2,000 calories
- Macronutrient breakdown:
- Protein: 55% allocated to protein (g), spread throughout each meal
- Carbohydrates: 25%
- Fat: 20%
- Fiber: 30g

Vikram's current diet is fairly balanced, but there are some areas where specific dietary improvements can be made for additional benefits. Vikram's diet lacks carbohydrates, and they can be incorporated through healthy sources such as whole grains and lentils. Vikram's diet is high in fat, mostly from the consumption of non-vegetarian foods.

It is important to monitor the quantity and type of fats consumed and ensure a balanced intake of healthy fats from various sources like nuts and seeds.

## Day-wise Meal Plan (7 days)

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### Week 1

#### Monday

- Breakfast:
- 2 scrambled eggs
- 1 piece of whole wheat toast
- 1 large peach
- 1 cup of ginger tea
- Lunch:
- 100g of cooked masoor dal (red lentils)
- 1 cup of cooked spinach
- 1 small bowl of steamed rice
- 1 medium orange for dessert
- 1 glass of buttermilk
- Dinner:
- 200g of roasted chicken breast
- 1 medium sweet potato, baked
- 1 cup of steamed broccoli with garlic sauce
- 1 small handful of walnuts
- 1 cup of ginger tea

#### Tuesday

- Breakfast:
- 1 cup of fat-free milk with 2 tablespoons of oats
- 1 whole wheat toast
- 1 cup of blueberries
- 1 cup of green tea
- Lunch:
- Grilled shrimp salad (200g of shrimp) with mixed greens, cherry tomatoes, and carrots
- 1 whole wheat pita bread
- 1 cup of orange juice
- 1 cup of iced tea
- Dinner:
- 100g of pan-fried salmon with lemon and herbs
- 1 cup of whole wheat pasta
- Steamed mixed vegetables (e.g., broccoli, green beans, carrots)

- 1 small banana
- 1 glass of red wine

### **Wednesday**

- Breakfast:
  - 1 whole wheat croissant with low-fat cheese
  - 1 cup of high-fiber cereal with milk
  - 1 cup of sliced strawberries
  - 1 cup of coffee
- Lunch:
  - Chicken and hummus wrap in a whole wheat pita (100g of chicken breast)
  - 1 medium orange
  - 1 glass of iced tea
  - 1 handful of cashews
- Dinner:
  - Grilled lamb chops (150g) with herbs and spices
  - 1 cup of wild rice
  - 1 cup of steamed green beans and carrots
  - 1 small cube of dark chocolate
  - 1 cup of rooibos tea

### **Thursday**

- Breakfast:
  - 1 cup of vanilla yogurt with berries
  - 1 whole wheat toast
  - 1 cup of green tea
  - 1 avocado, hard-boiled egg
- Lunch:
  - Veggie quesadillas (100g of whole wheat tortilla)
  - A mix of roasted vegetables (e.g., bell peppers, onions, zucchini)
  - 1 cup of roasted corn kernels
  - 1 small bowl of salsa
  - 1 glass of lemonade
- Dinner:
  - 100g of pan-fried tofu with soy-ginger sauce
  - 1 cup of brown rice
  - 1 cup of roasted sweet potatoes
  - 1 cup of steamed bok choy
  - 1 glass of green tea

## **Friday**

- Breakfast:
- 1 cup of eggs scrambled with vegetables
- 1 whole wheat toast
- 1 cup of strawberries
- 1 cup of coffee
- Lunch:
- 100g of tuna (mixed with 2 tablespoons of mayo)
- 1 medium cucumber, sliced
- 1 whole wheat pita bread
- 1 cup of caramel apple yogurt for dessert
- 1 glass of iced tea
- Dinner:
- 150g of roasted pork tenderloin
- 1 cup of mashed sweet potatoes
- 1 cup of steamed green beans and carrots
- 1 small piece of dark chocolate
- 1 cup of chamomile tea

## **Week 2**

### **Saturday**

- Breakfast:
- 1 cup of fat-free milk with 2 tablespoons of oats
- 1 whole wheat toast
- 1 cup of strawberries
- 1 cup of green tea
- Lunch:
- Veggie quesadillas (100g of whole wheat tortilla)
- A mix of roasted vegetables (e.g., bell peppers, onions, zucchini)
- 1 cup of roasted corn kernels
- 1 small bowl of salsa
- 1 glass of lemonade
- Dinner:
- 100g of pan-fried tofu with soy-ginger sauce
- 1 cup of brown rice
- 1 cup of roasted sweet potatoes
- 1 cup of steamed bok choy
- 1 glass of green tea

## Sunday

- Breakfast:
- 2 scrambled eggs
- 1 piece of whole wheat toast
- 1 large peach
- 1 cup of ginger tea
- Lunch:
- 100g of cooked masoor dal (red lentils)
- 1 cup of cooked spinach
- 1 small bowl of steamed rice
- 1 medium orange for dessert
- 1 glass of buttermilk
- Dinner:
- 200g of roasted chicken breast
- 1 medium sweet potato, baked
- 1 cup of steamed broccoli with garlic sauce
- 1 small handful of walnuts
- 1 cup of ginger tea

## Wellness & Activity Plan

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### Daily Exercises

- Yoga, 30 minutes, daily (evening)
- Try incorporating stretching exercises or a brisk walk into your daily routine, ideally in the morning.

### Morning & Evening Routines

- Wake up at 11:45 AM and aim to sleep by 9:00 PM for a consistent sleep schedule.
- Implement a pre-sleep routine, such as reading or meditation, to help you wind down and relax.

### Screen Time Management

- Aim to limit screen time to 2 hours daily. Avoid using screens at least an hour before bedtime.

### Do's and Don'ts

#### Do

- Eat three balanced meals daily, including a variety of proteins, vegetables, and whole grains.
- Stay hydrated with at least 3 liters of water daily.
- Practice stress reduction techniques, such as deep breathing, meditation, or yoga.
- Aim for at least 30 minutes of physical activity daily.

#### Don't

- Avoid excessive caffeine consumption.
- Reduce screen time, especially before bed.
- Skip meals or restrict your diet, as a balanced diet is essential for overall health.
- Undergo strenuous exercises or excessive physical activity without consultation with a professional.

### Summary Advice for Follow-up

- Vikram should monitor progress by keeping a food and activity diary, recording sleep quality, and weight.
- It would be beneficial to revisit this plan after 2 weeks to monitor progress and make any necessary adjustments.
- For further support and personalized consultations, Vikram can contact Embody Health.



## Grocery List

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### Vegetables

- Spinach
- Broccoli
- Carrots
- Green beans
- Bell peppers
- Zucchini
- Cucumber

### Fruits

- Peach
- Orange
- Blueberries
- Strawberries
- Banana

### Grains & Cereals

- Oats
- Whole wheat bread
- Whole wheat croissants
- Whole wheat pita bread
- Brown rice
- Wild rice
- Whole wheat pasta

### Pulses

- Masoor dal (red lentils)

### Spices

- Garlic
- Ginger
- Turmeric

### Dry Fruits

- Walnuts
- Cashews

## **Others**

- Low-fat cheese
- Yogurt
- Eggs
- Milk
- Buttermilk
- Coffee
- Tea (green, black)
- Lemonade
- Honey
- Olive oil
- Ghee (clarified butter)
- Cooking oil

## Week 1 Meal Plan

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### Monday

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- Lunch: Grilled shrimp salad (200g of shrimp) with mixed greens, cherry tomatoes, and carrots, 1 whole wheat pita bread, 1 cup of orange juice, 1 cup of iced tea
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## Week 2 Meal Plan

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- Aim for at least 30 minutes of physical activity daily.

#### Don't

- Avoid