

Client Summary

Health Concerns

- Asthma

Current Medications: Yes

Allergies: Pollen

Family Medical History: None known

Nutritional Goals

Calorie Target

1,200 calories daily to achieve weight loss of 5 kg annually, considering metabolic rate, activity level, and weight goals.

Macronutrient Breakdown (target per kg of body weight)

- Protein: 1.2 g
- Fat: 0.8 g
- Carbohydrates: 2.3 g
- Fiber: 30 g

Focus Areas

- Increase fruit and vegetable intake to achieve recommended intake of 5 servings per day.
- Incorporate protein-rich foods in each meal to support muscle mass and satiety.
- Choose whole grains, nuts, and seeds to improve fiber intake.

Day-wise Meal Plan (7 days) ### Weekday Breakfast ##### Options - Vegetable Oats Porridge - Fruit Smoothie Bowl ##### Ingredients and Recipe Oats Porridge - 1 cup oats - 2 cups milk (preferably non-dairy) - 2 tablespoons nuts and seeds - 1 banana - 1 tablespoon honey or maple syrup Smoothie Bowl - 1 cup smoothie blend (frozen bananas, berries, etc.) - 1 cup milk (preferably non-dairy) - 1 tablespoon chia seeds - 1 tablespoon flaxseeds - 1 tablespoon honey or maple syrup - Your choice of toppings (fresh fruits, nuts, etc.) ##### Preparation Time and Hydration Tips - Both options provide balanced meals with protein, fiber, and nutrients. - Prep time for both options is about 10 minutes. - Ensure adequate hydration by drinking a large glass of water with each meal and throughout the day. ### Weekday Lunch ##### Option 1: Dal Fry with Vegetable Curry and Brown Rice ##### Ingredients - 1 cup Dal Fry: Lentils cooked with tomatoes, spices, and herbs - 1 cup mixed vegetables (beans, carrots, peas) cooked with Indian spices - 1 cup cooked brown rice ##### Recipe Cook lentils with chopped tomatoes, onion, garlic, ginger, and spices until tender. Serve with cooked mixed vegetables and brown rice. ##### Calorie and Macros - Approximately 550 calories - Consider macronutrient content based on individual ingredients. ##### Preparation Time - Prep time: 45 minutes - Cook time: 60 minutes ##### Hydration Tips - Pair this meal with a glass of lemon water or buttermilk to enhance digestion. ##### Option 2: Grilled Cottage Cheese Salad ##### Ingredients - 1 cup Grilled Cottage Cheese (Paneer) - 1 cup salad greens - 1 cup steamed vegetables (carrots, beans, broccoli) - 2 tablespoons roasted nuts - 1 tablespoon olive oil - 1 tablespoon vinegar or lemon juice ##### Recipe Dress salad greens and steamed vegetables with olive oil and vinegar or lemon juice. Top with grilled cottage cheese and roasted nuts. ##### Calorie and Macros - Approximately 400 calories - Depends on ingredient proportions and size of portions. ##### Preparation Time - Prep time: 20 minutes - Cook time: 30 minutes ##### Hydration Tips - Enjoy this meal with a glass of orange juice to boost vitamin C and hydration. ### Weekday Dinner ##### Option 1: Vegetable Khichdi and Salad ##### Ingredients - 1 cup Khichdi (rice and lentil mixture) - 1 cup mixed salad vegetables (cabbage, tomato, cucumber) - 2 tablespoons olive oil - 1 tablespoon vinegar or lemon juice ##### Recipe Cook rice and lentils together with spices like cumin and turmeric. Serve with a mixed vegetable salad dressed with olive oil and vinegar or lemon juice. ##### Calorie and Macros - Approximately 400 calories -

Consider macronutrient content based on individual ingredients. ##### Preparation Time - Prep time: 20 minutes - Cook time: 45 minutes ##### Hydration Tips - Drinking water infused with cucumber or mint throughout the cooking process aids hydration and digestion. ##### Option 2: Whole Wheat Pulao with Mixed Vegetables and Raita ##### Ingredients - 1 cup cooked Whole Wheat Pulao (Indian spiced rice) - 1 cup mixed vegetables (beans, carrots, peas) cooked with Indian spices - 1 cup Raita (yogurt dip with chopped vegetables) ##### Recipe Cook whole wheat rice with spices like cumin, bay leaf, and cinnamon. Serve with cooked mixed vegetables and raita. ##### Calorie and Macros - Approximately 500 calories - Consider macronutrient content based on individual ingredients. ##### Preparation Time - Prep time: 45 minutes - Cook time: 60 minutes ##### Hydration Tips - Complement this meal with a refreshing mug of herbal tea or lemon water. ### Weekend Breakfast ##### Option 1: Spicy Vegetable Breakfast Burrito ##### Ingredients - 1 whole wheat tortilla - 1 cup cooked spicy mixed vegetables (beans, bell peppers, onions) - 1 tablespoon grated cheese - 1 tablespoon salsa ##### Recipe Fill the tortilla with cooked spicy vegetables, grated cheese, and salsa. Wrap and enjoy. ##### Calorie and Macros - Approximately 350 calories - Modify calorie content based on ingredients and portions. ##### Preparation Time - Prep time: 20 minutes - Cook time: 30 minutes ##### Hydration Tips - Pair this breakfast with an egg dish for added protein. And don't forget to keep hydrated with water or fruit juices. ##### Option 2: Fruit and Yogurt Parfait ##### Ingredients - 1 cup yogurt (regular or plant-based) - 1 cup mixed fruits (berries, sliced fruits, etc.) - 1 tablespoon honey or maple syrup - 1 teaspoon chia seeds - 1 teaspoon flaxseeds ##### Recipe Layer yogurt, mixed fruits, and seeds in a glass or parfait dish. Drizzle with honey or maple syrup. ##### Calorie and Macros - Approximately 350 calories - Modify calorie content based on ingredients and portions. ##### Preparation Time - No cooking required. ##### Hydration Tips - This rehydrating breakfast option can be paired with a warm cup of green tea. ### Weekend Lunch ##### Option 1: Grilled Fish with Vegetables and Rice ##### Ingredients - 1 serving (100 g) grilled fish (SPDX: Indian mackerel or salmon) - 1 cup cooked rice - 1 cup steamed mixed vegetables (cauliflower, beans, carrots) - 1 tablespoon olive oil - 1 tablespoon vinegar or lemon juice ##### Recipe Dress steamed vegetables with olive oil and vinegar or lemon juice. Serve with grilled fish and rice. ##### Calorie and Macros - Approximately 500 calories - Modify calorie content based on the type and portion of fish used. ##### Preparation Time - Prep time: 30 minutes - Cook time: 45 minutes ##### Hydration Tips - Complement this meal with a refreshing glass of lime juice or a hydrating smoothie. ##### Option 2: Cheese and Vegetable Sandwich ##### Ingredients - 2 slices whole wheat bread - 1 tablespoon mayonnaise - 1 cup grated cheese - 1 cup steamed mixed vegetables (spinach, carrots, beans) ##### Recipe Mix vegetables with mayonnaise and place them between bread slices topped with grated cheese. ##### Calorie and Macros - Approximately 400 calories - Modify calorie content based on the type and portion of bread and cheese used. ##### Preparation Time - Prep time: 20 minutes - Cook time: 30 minutes ##### Hydration Tips - Pair this option with a hydrating drink like coconut water or a homemade detox drink. ### Weekend Dinner ##### Option 1: Chicken Stew with Rice and Vegetables ##### Ingredients - 1 cup cooked rice - 1 cup boiled mixed vegetables (carrots, beans, cauliflower) - 1 cup chicken stew (cooked chicken pieces cooked in a creamy tomato sauce) ##### Recipe Serve chicken stew with rice and boiled vegetables on the side. ##### Calorie and Macros - Approximately 500 calories - Consider macronutrient content based on individual ingredients. ##### Preparation Time - Prep time: 45 minutes - Cook time: 60 minutes ##### Hydration Tips - Complement this meal with a refreshing glass of orange juice or a mug of herbal tea. ##### Option 2: Grilled Vegetable and Mushroom Pasta ##### Ingredients - 1 cup cooked whole wheat pasta - 1 cup grilled or roasted mixed vegetables (eggplant, zucchini, bell peppers) - 1 cup sliced mushrooms - 1 tablespoon olive oil - 1 tablespoon vinegar or lemon juice ##### Recipe Toss cooked pasta with grilled vegetables, mushrooms, olive oil, and vinegar or lemon juice. ##### Calorie and Macros - Approximately 350 calories - Modify calorie content

based on portion sizes and ingredients. ##### Preparation Time - Prep time: 30 minutes - Cook time: 45 minutes ##### Hydration Tips - Complement this meal with a side of Greek yogurt or a refreshing glass of fruit-infused water. ## Wellness & Activity Plan ### Morning Routine - Upon waking, hydrate with a glass of water. - Practice deep breathing exercises for 5 minutes to center yourself for the day. - If possible, go for a short morning walk to start your daily physical activity. ### Evening Routine - Before sleep, practice meditation for 10 minutes. - Prepare a cup of herbal tea to promote relaxation. - Set a consistent bedtime and stick to it to ensure adequate sleep. ### Screen Time Management - Aim to reduce screen time outside of work hours. - When using screens, employ night mode or blue light filters to minimize exposure to stimulating blue light. ## Grocery List ### Vegetables - Cauliflower, Carrots, Beans, Spinach, Eggplant, Zucchini, Bell Peppers, Cucumber - Salad leaves, Mint, Coriander (Cilantro) ### Fruits - Bananas, Berries, Apples, Your Choice of Seasonal Fruits ### Grains & Cereals - Brown Rice, Whole Wheat Pasta, Oats ### Pulses - Lentils, Chickpeas, Black Beans ### Spices - Turmeric, Cumin, Coriander, Chili Powder, Salt, Black Pepper, Garam Masala, Cinnamon ### Dry Fruits - Nuts and Seeds (Chia, Flax, Walnuts, Almonds, Cashews) - Raisins ### Others - Coconut Milk, Coconut Water, Yogurt (Dairy or Plant-based), Cooking Oil, Olive Oil, Honey, Maple Syrup - Tea, Coffee ## Do's and Don'ts ### Do - Eat three balanced meals daily. - Stay hydrated with adequate water and hydrating fluids. - Incorporate regular physical activity into your routine. - Practice deep breathing and meditation to manage stress. - Aim for 7-9 hours of quality sleep each night. ### Don't - Skip meals, especially breakfast. - Indulge in foods with high sugar and saturated fat content. - Avoid fried and highly processed foods. - Skimp on physical activity, which can negatively impact your health. - Let stress and anxiety dictate your lifestyle. Find healthy ways to manage stress. - Compromise on sleep duration and quality, as it directly impacts your overall health. ## Summary Advice for Follow-Up - Vikram should aim to return in 2 months for progress review and to adjust the plan based on outcomes. - In the meantime, they should feel free to contact me via this portal for any queries or concerns.