

## Client Summary

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### Health Concerns

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Health Concerns: High cholesterol

Medications: Yes

Allergies: Pollen

Family Medical History: Diabetes

### Nutritional Goals

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#### Calorie Target

1. Set a daily calorie target for Priya based on their goals. Priya should aim for 2000 calories daily, factoring in their weight loss goal and lifestyle factors.

#### Macronutrient Breakdown

2. Recommend a balanced macronutrient breakdown for Priya, focusing on high-protein, moderate-carb, and moderate-fat consumption.

#### Diet Improvement

3. Encourage Priya to increase their fiber intake through whole grains, fruits, and vegetables.  
Promote consumption of healthy fats derived from sources like avocado, nuts, and seeds.  
Suggest limiting saturated fats and simple carbohydrates, especially from processed foods.

## Day-wise Meal Plan (7 days) ### Day 1 ##### Breakfast - 2 Scrambled Eggs: Made with 4 large eggs, mixed with chopped onions, tomatoes, and chopped coriander. Season with salt and pepper to taste. Prepare using olive oil. Total Calories: 300 Macronutrients: 27g Protein, 18g Fat, 3g Carbohydrates, 1g Fiber ##### Lunch - Grilled Chicken Salad: - 2 oz grilled chicken breast - 1 cup mixed salad leaves (e.g. lettuce, spinach, arugula) - 1/4 cucumber, sliced - 4 cherry tomatoes, halved - 1/4 avocado, sliced - 1 tablespoon roasted unsalted nuts (e.g. almonds, walnuts) Prep: Top the mixed salad leaves with the grilled chicken and sprinkle the cucumber, tomatoes, avocado, and nuts. Dress with 1 tablespoon of olive oil and 1/2 lemon, juiced. Total Calories: 450 Macronutrients: 27g Protein, 27g Fat, 8g Carbohydrates, 5g Fiber ##### Dinner - Grilled Salmon with Quinoa Salad: - 4 oz grilled salmon fillet - 1/2 cup cooked quinoa (cooked with 1 cup water, bring to boil, simmer for 15 mins) - 1 cup mixed steamed vegetables (e.g. broccoli, zucchini, bell peppers) - 1/4 lemon, juiced Prep: Grill the salmon and prepare the quinoa according to instructions. Steam the mixed vegetables and dress with lemon juice and a pinch of salt. Total Calories: 490 Macronutrients: 43g Protein, 23g Fat, 22g Carbohydrates, 5g Fiber Hydration Notes: Ensure adequate water intake throughout the day to support nutrient metabolism and digestion.

### Day 2 ##### Breakfast - High-Protein Smoothie: - 1 scoop protein powder (vanilla flavor) - 1 cup fat-free milk - 1 banana - 1 tablespoon peanut butter - Ice Blend and serve in a glass. Total Calories: 430 Macronutrients: 42g Protein, 17g Fat, 43g Carbohydrates, 3g Fiber ##### Lunch - Grilled Tuna Salad: - 1 can tuna, drained and flaked - 1 cup mixed salad leaves (e.g. lettuce, spinach, arugula) - 1/4 cucumber, sliced - 4 cherry tomatoes, halved - 1/4 avocado, sliced - 1

tablespoon roasted unsalted almonds (or almonds, walnuts) Prep: Toss the salad ingredients with a dressing made of 2 tablespoons extra-virgin olive oil and 1/2 lemon, juiced. Total Calories: 450  
Macronutrients: 42g Protein, 26g Fat, 13g Carbohydrates, 5g Fiber ##### Dinner - Chicken Curry (Gujarati Style): - 1 lb boneless skinless chicken thighs, cut into bite-sized pieces - 1/2 teaspoon cumin seeds - 1/2 teaspoon turmeric powder - 1/2 teaspoon red chili powder - 1/2 teaspoon coriander powder - 1 teaspoon ginger-garlic paste - 1 large onion, sliced - 2 tablespoons olive oil - 1 cup diced tomatoes - 1 cup fresh green beans, chopped into 1-inch pieces - Salt to taste Prep: In a pan, heat olive oil and lightly fry the chicken pieces with the spices and ginger-garlic paste. Then add the onion and tomatoes and cook until the chicken is done. Add the green beans and cook for further 5 mins. Serve with 1 cup steamed rice Total Calories: 560 Macronutrients: 47g Protein, 27g Fat, 31g Carbohydrates, 7g Fiber Hydration Notes: Keep hydrated with ample water or flavored infused water throughout the day. ### Day 3 ##### Breakfast - High-Protein Pancakes: - 1 cup oat flour (blend of 1 cup quick cooking oats and 1 cup water) - 2 large eggs - 2 tablespoons melted coconut oil, or other oil - 1/2 teaspoon baking powder - 1/4 teaspoon baking soda - 1 teaspoon cinnamon - 1 banana, sliced - 1 tablespoon honey, optional Prep: Mix the dry ingredients, then add the wet ingredients and mix well. Add the banana slices to the batter and fry the pancakes in the coconut oil. Serve with optional honey. Total Calories: 490 Macronutrients: 27g Protein, 31g Fat, 52g Carbohydrates, 7g Fiber ##### Lunch - Greek Yogurt Chicken Salad: - 1 cup diced cooked chicken breast - 1/4 cup diced red onions - 1 cup mixed salad leaves (e.g. lettuce, spinach, arugula) - 1/4 cup chopped walnuts - 1/4 cup diced celery - 1/4 cup diced red bell pepper - 1/4 cup chopped fresh parsley leaves - 1 tablespoon olive oil - 1/2 lemon, juiced - 1/2 cup Greek yogurt Prep: In a large bowl, combine all the ingredients except Greek yogurt and toss well. Transfer to a plate and add Greek yogurt dressing. Total Calories: 450 Macronutrients: 40g Protein, 24g Fat, 14g Carbohydrates, 3g Fiber ##### Dinner - Baked Fish with Rice and Steamed Veggies: - 6 oz white fish (e.g. snapper, cod) - 1/2 cup long-grain rice - 1 cup mixed steamed vegetables (e.g. broccoli, zucchini, bell peppers) - 1/4 lemon, juiced Prep: Preheat the oven to 400°F. Place the fish in a baking dish and season with salt and pepper to taste. Bake for 20 minutes or until the fish is cooked through. Serve with cooked rice and steamed vegetables with a squeeze of lemon juice. Total Calories: 400 Macronutrients: 25g Protein, 9g Fat, 60g Carbohydrates, 5g Fiber Hydration Notes: Keep water intake up, especially when consuming carbohydrates and during exercise. ### Day 4 ##### Breakfast - Egg and Vegetable Sandwich: - 2 large eggs, scrambled - 1 wholemeal bread loaf, 2 slices - 1/4 cup sliced cucumber - 1/4 cup sliced cherry tomatoes - 1 tablespoon pesto sauce Prep: Spread the pesto sauce on the bread slices. Fill the sandwiches with scrambled eggs, cucumber, and cherry tomatoes. Total Calories: 400 Macronutrients: 26g Protein, 18g Fat, 41g Carbohydrates, 5g Fiber ##### Lunch - Turkey and Hummus Wrap: - 2 large lettuce leaves - 2 oz sliced smoked turkey - 1/4 cup sliced cucumbers - 1/4 cup sliced cherry tomatoes - 1/4 cup hummus - 1 wholemeal tortilla Prep: Spread the hummus on the tortilla. Fill the wrap with the lettuce, turkey, cucumbers, and tomatoes. Total Calories: 400 Macronutrients: 25g Protein, 12g Fat, 55g Carbohydrates, 6g Fiber ##### Dinner - Gujarati Daal Baati: - 1 cup daal (lentils cooked with tomatoes, spices) - 1 small wholewheat baati (bread roll) - 1 cup steamed broccoli, bell peppers, and zucchini Prep: Cook 1 cup lentils with 1 cup water, 1 chopped tomato, and spices. Cook the vegetables separately and serve with the daal and baati. Total Calories: 400 Macronutrients: 25g Protein, 13g Fat, 56g Carbohydrates, 15g Fiber Hydration Notes: Drink water regularly, especially when consuming fiber-rich foods. ### Day 5 ##### Breakfast - High-Protein Smoothie Bowl: - 1 cup almond milk - 1 scoop vanilla protein powder - 1/2 banana, sliced - 1/4 avocado, sliced - 1 tablespoon chia seeds - 1 tablespoon honey (optional) Prep: Blend the almond milk, protein powder, banana, and avocado until smooth. Pour into a bowl and top with chia seeds and optional honey. Total Calories: 430 Macronutrients: 30g Protein, 20g Fat, 43g Carbohydrates, 8g Fiber ##### Lunch - Greek Chicken Grain Bowl: - 1 cup cooked brown rice - 1 cup mixed salad leaves (e.g.

lettuce, spinach, arugula - 1 cup sliced red onion - 1/4 cup sliced cherry tomatoes, halved bell peppers, sliced - 1/4 cup sliced red onion - 1 grilled chicken breast, sliced - 2 tablespoons olive oil - 1/2 lemon, juiced Prep: In a bowl, combine all the ingredients and toss well. Total Calories: 450  
 Macronutrients: 40g Protein, 26g Fat, 36g Carbohydrates, 5g Fiber #### Dinner - Lentil Stew with Rice: - 1 cup lentils, cooked with 1 cup water, 1 chopped tomato, and spices - 1 cup cooked rice - 1 cup mixed steamed vegetables (e.g. broccoli, zucchini, bell peppers) - 1/4 lemon, juiced Prep: Cook the lentils and rice separately, following the instructions. Steam the vegetables and dress with lemon juice and a pinch of salt. Serve the lentil stew over the rice. Total Calories: 400  
 Macronutrients: 26g Protein, 14g Fat, 67g Carbohydrates, 18g Fiber Hydration Notes: Drink water regularly, especially when consuming fiber-rich foods and during exercise. ### Day 6 #### Breakfast - High-Protein Oatmeal: - 1 cup cooked oatmeal (cooked with water) - 1 scoop vanilla protein powder - 1/4 cup blueberries - 1 tablespoon honey, optional - 1 cup fat-free milk Prep: Mix the protein powder into the cooked oatmeal. Top with blueberries and optional honey. Serve in a bowl with milk. Total Calories: 400 Macronutrients: 30g Protein, 9g Fat, 60g Carbohydrates, 5g Fiber #### Lunch - Tuna Salad Sandwich: - 2 slices wholemeal bread - 1 can tuna, drained and flaked - 1/4 cup sliced cucumbers - 1/4 cup sliced cherry tomatoes - 1/4 cup hummus - 1 cup mixed salad leaves (e.g. lettuce, spinach, arugula) Prep: Spread hummus on the bread slices. Fill the sandwiches with the tuna, cucumbers, and tomatoes. Serve with the mixed salad leaves. Total Calories: 400 Macronutrients: 25g Protein, 16g Fat, 41g Carbohydrates, 5g Fiber #### Dinner - Gujarati Chicken Curry: - 1 lb boneless skinless chicken thighs, cut into bite-sized pieces - 1/2 teaspoon cumin seeds - 1/2 teaspoon turmeric powder - 1/2 teaspoon red chili powder - 1/2 teaspoon coriander powder - 1 teaspoon ginger-garlic paste - 1 large onion, sliced - 2 tablespoons olive oil - 1 cup diced tomatoes - 1 cup fresh green beans, chopped into 1-inch pieces - Salt to taste Prep: In a pan, heat olive oil and lightly fry the chicken pieces with the spices and ginger-garlic paste. Then add the onion and tomatoes and cook until the chicken is done. Add the green beans and cook for further 5 mins. Serve with 1 cup steamed rice Total Calories: 560 Macronutrients: 47g Protein, 27g Fat, 31g Carbohydrates, 7g Fiber Hydration Notes: Keep water intake up, especially when consuming carbohydrates and during exercise. ### Day 7 #### Breakfast - Veggie Omelet: - 2 large eggs - 1/4 cup chopped onions - 1/4 cup chopped tomatoes - 1/4 cup chopped green bell peppers - 1/4 cup chopped green onions - 1 tablespoon olive oil Prep: Whisk the eggs and cook in olive oil over medium heat. Add the vegetables and stir until the eggs are cooked. Total Calories: 300 Macronutrients: 20g Protein, 20g Fat, 17g Carbohydrates, 3g Fiber #### Lunch - Greek Chicken Grain Bowl: - 1 cup cooked brown rice - 1 cup mixed salad leaves (e.g.