

HRIM Wellness Centre

॥स्वस्थस्य स्वास्थ्य रक्षणम्॥

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

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Diet & Wellness Plan for Priya Shah

Client Summary:

Client Name: Priya Shah

Age: 47

Gender: Female

Occupation: Accountant

Height: 185 cm

Weight: 58 kg

Target Weight: 43 kg

Health Goals: Boost Immunity, Improve Fitness & Stamina

City/State: Gandhinagar, Gujarat

Marital Status: Married

Health Concerns: None mentioned. Current Medications: No. Allergies: Nuts. Family Medical History: Hypertension.

Lifestyle Information: - Wake-Up Time: 7:45 AM - Sleep Time: 12:00 PM - Average Sleep: 5 hours. - Work Schedule: Fixed. - Physical Activity: Moderately Active. - Exercise Routine: Walking daily. - Stress Levels: Low. - Screen Time: 6 hours.

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Dietary Information: - Dietary Preference: Vegetarian. - Dietary Restrictions: None mentioned. - Meals Per Day: 3. - Snacking Habits: Yes. - Water Intake: 3 liters. - Caffeine Consumption: 3 cups. - Eating Out Frequency: Rarely.

Mental Wellbeing: - Stress Frequency: Sometimes. - Relaxation Techniques: Meditation. - Hobbies: Gardening.

Additional Information: Specific concerns to improve energy levels.

Previous Diet Plans: None mentioned.

Now, here's a customized plan addressing Priya's goals and lifestyle:

Health Concerns

No specific health concerns mentioned, but we will focus on improving immunity, fitness, and stamina, as well as addressing the specific concern of low energy levels.

Nutritional Goals

Daily Calorie Target: 2000

Macronutrient Breakdown: - Protein: 50g. - Fat: 70g. - Carbohydrates: 320g. - Fiber: 25g.

Focus Areas: - Increasing intake of fruits, vegetables, and whole grains to provide essential vitamins, minerals, and fiber. - Ensuring good sources of protein for muscle health and stamina. - Choosing healthy fats and limiting refined carbohydrates and added sugars.

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Day-wise Meal Plan (7 days) ### Day 1 ##### Breakfast - Savory Oatmeal Bowl (285 calories)
Ingredients: - 1 cup oatmeal (cooked with water) - 1 cup diced tomatoes - 1 cup spinach, chopped
- 1 tablespoon olive oil - Salt and pepper to taste **##### Lunch - Grilled Tofu Salad (392 calories)**
Ingredients: - 1 block extra-firm tofu, pressed and grilled - 2 cups mixed greens - 1 cup sliced
cucumber - 1 cup cherry tomatoes - 1 small avocado, sliced - 2 tablespoons roasted peanuts - 1
tablespoon olive oil - Balsamic vinegar dressing **##### Dinner - Grilled Vegetables with Quinoa
(441 calories)** Ingredients: - 1/2 cup quinoa - 1 cup broccoli florets - 1 cup sliced bell peppers - 1
cup sliced eggplant - 1 tablespoon olive oil - Salt and pepper to taste **##### Hydration Notes**
Ensure a minimum of 7 liters of water intake throughout the day. **### Day 2 ##### Breakfast -
Scrambled Eggs with Whole Wheat Toast (293 calories)** Ingredients: - 2 eggs - 1 slice whole
wheat bread - 1 tablespoon olive oil - Salt and pepper to taste **##### Lunch - Lentil Salad (317
calories)** Ingredients: - 1/2 cup cooked lentils - 2 cups mixed greens - 1 cup cherry tomatoes - 1/4
cup chopped walnuts - 1 tablespoon olive oil - Balsamic vinegar dressing **##### Dinner - Brown
Rice Pasta with Tomato Sauce (352 calories)** Ingredients: - 1/2 cup brown rice pasta - 1 cup
tomato sauce - 1 cup diced vegetables (e.g., mushrooms, peas, carrots) - 1 tablespoon olive oil -
Salt and pepper to taste **##### Hydration Notes** Continue drinking at least 7 liters of water
throughout the day. **### ... ### Day 7 ##### Breakfast - Blueberry Overnight Oats (283 calories)**
Ingredients: - 1/2 cup oatmeal - 1 cup almond milk - 1/4 cup blueberries - 1 tablespoon chia seeds
- 1 tablespoon honey **##### Lunch - Bean Burrito (444 calories)** Ingredients: - 1 large tortilla - 1/2
cup cooked black beans - 1 cup sliced bell peppers - 1/4 cup grated cheese - 2 tablespoons salsa
- 1 tablespoon Greek yogurt **##### Dinner - Indian-Style Vegetable Curry with Rice (464 calories)**
Ingredients: - 1/2 cup cooked rice - 1 cup Indian-style vegetable curry (e.g., cauliflower, potatoes,
peas) - 1 tablespoon olive oil - Salt and pepper to taste **##### Hydration Notes** Continue your good
hydration habits, aiming for at least 7 liters of water again today.

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Wellness & Activity Plan ### Morning Routine - Start the day with a glass of warm water with a lemon wedge to promote digestion and hydration. **### Daily Exercise** - Continue with your regular walking routine. Aim for at least 30 minutes of moderate-intensity exercise daily for general health and weight management. **### Evening Routine** - Wind down at night with a soothing meditation session to promote relaxation and better sleep. **### Screen Time Management** - Aim to reduce screen time as much as possible. Especially avoid screens at least one hour before bedtime to promote better sleep.

Grocery List

Vegetables - Tomatoes × 4 - Spinach × 4 - Cucumber × 4 - Broccoli × 3 - Bell peppers × 3 - Eggplant × 3 - Mushrooms × 3 - Carrots × 3 **### Fruits** - Avocado × 3 - Blueberries × 3 - Lemons × 3 **### Grains & Cereals** - Oatmeal × 3 - Brown rice × 3 - Quinoa × 3 **### Pulses** - Lentils × 3 - Black beans × 3 **### Spices** - Salt × 1 - Pepper × 1 - Olive oil × 3 - Balsamic vinegar × 1 **### Dry Fruits** - Walnuts × 3 **### Others** - Almond milk × 3 - Coconut milk × 3 - Greek yogurt × 3 **## Do's and Don'ts ### Do** - Eat three balanced meals and one or two snacks daily. - Include a variety of fruits and vegetables with each meal. - Choose whole grains for carbohydrates. - Drink water consistently throughout the day. - Get regular exercise and aim for at least 7 hours of sleep nightly. - Practice mindfulness and relaxation techniques. **### Don't** - Avoid excessive caffeine intake beyond the one to two cups per day recommended. - Eliminate entire food groups from your diet. A balanced approach is best. - Skip meals, especially breakfast, as it is crucial for energy and metabolism. - Fall off your exercise routine; consistency is key for results. - Let stress and screen time affect your sleep and overall wellbeing. **## Summary Advice for Follow-up** - Priya, it's important to review this plan every week, making adjustments as necessary to achieve your health goals. If you have any questions or would like further clarification on any item, please don't hesitate to reach out to me or your healthcare provider.