

HRIM Wellness Centre

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Wellness Plan for Priya Sharma

Client Summary:

- Name: Priya Sharma
- Age: 35
- Gender: Male
- Occupation: Accountant
- Height: 171 cm
- Weight: 71 kg
- Target Weight: 64 kg
- Health Goals: Manage Chronic Disease, Weight Gain
- City/State: Junagadh, Gujarat
- Marital Status: Single

Health Concerns: Hypertension

Current Medications: Yes

Allergies: None mentioned

Family Medical History: None mentioned

This wellness plan is tailored to address Priya Sharma's specific health concerns and goals, taking into account their lifestyle, dietary preferences, and mental wellbeing. It provides a structured approach to nutrition, exercise, and overall wellness, aiming to help Mr. Sharma manage their chronic condition and achieve their weight goals.

Let's explore the plan in more detail:

Health Concerns

- Health concerns such as Hypertension are important to address in this plan. It appears that Mr. Sharma is already under medical supervision for this condition, as noted by their current medication usage.

Primary Health Goals:

- Manage chronic disease through proper dietary and lifestyle interventions
- Achieve a weight loss of 5 kg, reaching their target weight of 64 kg

Nutritional Goals

Mr. Sharma's daily diet should focus on improving intake of all macronutrients. His meal plan will aim to fulfill the following nutritional goals:

- Average calorie intake: 2,200 calories daily
- Carbohydrate intake: 335 grams daily
- Protein intake: 110 grams daily
- Fat intake: 70 grams daily
- Fiber intake: 25 grams daily

These goals can be achieved through a balanced vegetarian diet, ensuring he is meeting his nutritional needs while avoiding any dietary restrictions.

Day-wise Meal Plan (7 days)

Weekday Breakfast

Monday

- Morning breakfast:
- Steel-cut oats porridge with fresh fruits (choice of bananas, apples, or berries)
- 1 cup of fortified plant-based milk
- Coffee or tea (optional)

Tuesday

- Morning breakfast:
- Scrambled tofu with onions, tomatoes, and spices (chopped green chili, ginger, and coriander)
- Whole grain toast with jam
- 1 cup of orange juice

Wednesday

- Morning breakfast:
- Quick oats with nuts and seeds
- Yogurt with berries and honey
- Lemon water (optional)

Thursday

- Morning breakfast:
- Vegetable uttapam (rice pancakes) with chutney
- Herbal tea
- Fresh fruit salad

Friday

- Morning breakfast:
- Whole grain cereal with nuts and seeds
- Fruit smoothie (blend of banana, berries, and plant-based milk)
- Caffeinated coffee or tea (optional)

Weekend Breakfast

Saturday

- Brunch:

- Vegetable dum biryani (traditional dish)
- Raita (cucumber yogurt dip)
- Fresh lime water

Sunday

- Breakfast:
- Bread toast with avocado mash
- Eggless vegetable quiche
- Iced tea

Weekday Lunch

Monday

- Lunch:
- Grilled vegetable salad (e.g. grilled eggplant, bell peppers, zucchini)
- Two whole grain bread slices
- Hummus dip
- Fruit yogurt for dessert

Tuesday

- Lunch:
- Lentil soup (variation: spinach and lentil soup)
- Whole wheat pasta arrabbiata (dairy-free)
- Green salad with vinaigrette dressing
- Fresh fruits as dessert

Wednesday

- Lunch:
- Mixed bean salad (with kidney beans, chickpeas, and corn)
- Whole grain pita bread
- Tahini dressing
- Fruit sorbet for dessert

Thursday

- Lunch:
- Grilled tofu stir-fry (with mixed vegetables)
- Steamed rice
- Soup of the day (e.g. tomato soup)
- Fresh figs for dessert

Friday

- Lunch:
- Spaghetti with tomato sauce (with plant-based meatballs)
- Roasted broccoli and cauliflower
- Whole grain dinner rolls
- Fruit parfait for dessert

Weekend Lunch

Saturday

- Lunch:
- Pakora (cauliflower and spinach fritters)
- Chickpea curry (with fresh spices like turmeric and coriander)
- Rice
- Coconut cream pudding for dessert

Sunday

- Lunch:
- Vegetable biriyani (with boiled eggs)
- Raita
- Cucumber salad
- Fresh fruit pie for dessert

Weekday Dinner

Monday

- Dinner:
- Grilled fish (wild salmon)
- Quinoa salad (with vegetables like arugula, tomatoes, and cucumbers)
- Steamed broccoli
- Chocolate mousse (dairy-free)

Tuesday

- Dinner:
- Bean burritos (whole grain tortilla)
- Refried beans
- Fried veggies (e.g. zucchini, bell peppers)
- Guacamole
- Tomato salsa

Wednesday

- Dinner:
- Vegetable stir-fry (with tofu, broccoli, and mushrooms)
- Brown rice
- Green beans
- Fruit sorbet

Thursday

- Dinner:
- Spaghetti with tomato sauce (with meat alternative meatballs)
- Roasted eggplant and zucchini
- Bread crumbs
- Chocolate cake (dairy-free)

Friday

- Dinner:
- Vegetable biryani (with cashews and raisins)
- Raita
- Cucumber salad
- Coconut rice pudding for dessert

Weekend Dinner

Saturday

- Dinner:
- Pizza (dairy-free cheese on whole grain base)
- Salad (field greens, carrots, tomatoes)
- Garlic bread
- Chocolate cookies (dairy-free)

Sunday

- Dinner:
- Mac and cheese (with vegan cheese)
- Steamed broccoli and cauliflower
- Bread crumbs
- Fruit cobbler

Hydration

It is important to stay hydrated throughout the day. Priya Sharma should aim to drink at least 2 liters of water daily. Feel free to have herbal teas, infused water, or other non-caffeinated beverages to meet this requirement.

Wellness & Activity Plan

Daily Exercise

- Go for a 45-minute moderate-intensity cardio workout like brisk walking, cycling, or swimming (4 times a week).
- Resistance training: 2 days a week, focusing on whole-body exercises like squats, push-ups, lunges, and plank variations.

Morning Routine

- Wake up at 11:15 PM daily (including weekends)
- Drink a glass of water immediately upon waking
- Practice yoga or stretching for 15 minutes to ease into the day and manage stress

Evening Routine

- Wind down and prepare for sleep at 9:30 PM
- Practice deep breathing or meditation
- Avoid screens for at least 30 minutes before bed

Screen Time Management

- Limit screen time to 45 minutes for personal use outside of work
- Set reminders to move regularly when engaged in screen-based work
- Use phone settings to help with screen time tracking and management

Grocery List

Vegetables

- Tomatoes (x10)
- Zucchini (x5)
- Eggplant (x5)
- Bell peppers (x5)
- Spinach (x5)
- Broccoli (x5)
- Cauliflower (x5)
- Beans (x5)
- Carrots (x5)

Fruits

- Bananas (x5)
- Apples (x5)
- Berries (strawberries, blueberries, raspberries) (x5)
- Figs (x5)

Grains & Cereals

- Steel-cut oats (x5)
- Quick oats (x5)
- Whole grain cereal (x5)
- Whole grain bread (x5)
- Brown rice (x5)
- Quinoa (x5)

Pulses

- Lentils (x5)
- Kidney beans (x5)
- Chickpeas (x5)

Spices

- Turmeric (x5)
- Coriander (x5)
- Chilli powder (x5)
- Ginger (x5)

Dry Fruits

- Almonds (x5)

- Cashews (x5)

Others

- Plant-based milk (x5)
- Yogurt (x5)
- Eggs (x5)
- Hemp seeds (x5)
- Nutritional yeast (x5)
- Coconut oil (x5)
- Olive oil (x5)
- Vinegar (x5)
- Salad dressing (x5)
- Tea (x5)
- Coffee (x5)

Do's and Don'ts

Do

- Eat three balanced meals daily, including a variety of vegetables, fruits, whole grains, and protein sources.
- Stay hydrated by drinking at least 2 liters of water daily.
- Prioritize rest and stress management, incorporating meditation, deep breathing, or yoga into your routine.
- Stick to the provided meal plan and grocery list, preparing meals at home as often as possible.
- Stay active with regular exercise and walks.
- Aim to reduce screen time, especially before bedtime.

Don't

- Don't skip meals, especially breakfast, as it is crucial for kickstarting your day and managing hunger.
- Avoid excessive sugar, refined carbohydrates, and processed foods, as these may hinder your health goals.
- Refrain from excessive alcohol consumption, as it can negatively impact your overall health.
- Avoid comparing yourself to others, as everyone has different wellness journeys.

Summary Advice for Follow-Up

- Priya Sharma should aim to return to the doctor for a checkup and possible bloodwork in one month, to monitor their hypertension and overall progress.
- They should continue following this wellness plan, with the goal of achieving their target weight of 64 kg.
- If they have any questions or concerns, they can contact me again for further advice and adjustments to the plan as needed.