

Wellness Centre

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Diet & Wellness Plan

Client Summary

- Name: John Doe
- Age: 30 (Born: 1995)
- Gender: Male
- Occupation: Software Engineer
- Height: 165 cm
- Weight: 70 kg

Health Concerns

- Primary Health Goal: Weight loss
- Current Symptoms/Diagnosis: No existing medical conditions reported
- Medications: None
- Stress Levels: Moderate
- Allergies: None reported

Dietary Habits

- Dietary Preference: Vegetarian
- Meals Per Day: 3
- Snacking Habit: Occasional
- Water Intake: 1.5 liters/day
- Caffeine Intake: 2 cups/day (tea/coffee)
- Frequency of Eating Out: Rarely

Activity & Lifestyle

- Physical Activity: Sedentary
- Sleep: 6 hours (Wake-up: 06:00, Sleep: 23:30)
- Screen Time: 3 hours/day
- Hobbies: Traveling

Other Inputs

- Wellness Goals: Weight loss

Ashram
Marg,
Majura
Gate,
Surat –
395001

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- Emotional State: Sometimes stressed
- Relaxation Techniques: None reported
- Menstrual Health: Not specified (assumed regular based on age)
- Cravings: Not specified

Nutritional Goals

- Calorie Target: ~1500-1600 kcal/day (to support gradual weight loss of ~0.5 kg/ week)
- Macronutrient Breakdown:
- Protein: 20% (~75-80 g)
- Fat: 25% (~40-45 g)
- Carbohydrates: 55% (~200-220 g)
- Fiber: 25-30 g/day
- Focus: High-fiber, moderate protein vegetarian meals using Gujarat-specific ingredients, promoting satiety and mindful eating (75% full).

7-Day Diet & Wellness Plan

Notes

- Meals: Quick to prepare (<30 minutes), using Gujarat specific vegetables (e.g., valor, tindora), fruits (e.g., chikoo, guava), spices (e.g., cumin, turmeric), and grains (e.g., bajra, jowar).
- Portions: Designed for mindful eating (stop at 75% full).
- Hydration: Aim for 2.5-3 liters water/day.
- State Context: Gujarat-based, accessible in Surat markets.

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Day 1. Monday

Ashram

Meal Plan * Breakfast (7:00 AM): Poha with Vegetables * Ingredients (1 serving): Flattened rice (50g), onion (30g), green peas (20g), mustard seeds (1g), turmeric (1g), green chili (1g), lemon juice (5ml), coriander leaves (5g), oil (5ml). * Recipe: Rinse poha, soak briefly. Heat oil, add mustard seeds, turmeric, chili, onion, peas. Add poha, cook 5 min. Garnish with lemon, coriander. * Calories: 250 kcal | Protein: 5g | Fat: 7g | Carbs: 42g | Fiber: 3g * Lunch (1:00 PM): Gujarati Dal, Bhindi Sabzi, Roti, Curd * Ingredients (1 serving): Toor dal (40g), bhindi (100g), whole wheat flour (50g), curd (100g), cumin (1g), turmeric (1g), garam masala (1g), oil (5ml), ginger (2g), garlic (1g). * Recipe: Cook dal with turmeric, tomato, ginger. Temper with cumin. Sauté bhindi with spices. Make 2 rotis. Serve with curd. * Calories: 550 kcal | Protein: 20g | Fat: 15g | Carbs: 85g | Fiber: 12g * Dinner (7:30 PM): Vegetable Khichdi, Cucumber Raita * Ingredients (1 serving): Rice (50g), moong dal (20g), carrot (20g), beans (30g), cumin (1g), turmeric (1g), curd (50g), cucumber (50g), oil (5ml). * Recipe: Cook rice, dal, vegetables with spices. Blend curd with grated cucumber for raita. * Calories: 400 kcal | Protein: 15g | Fat: 10g | Carbs: 65g | Fiber: 8g * Total: ~1200 kcal | Protein: 40g | Fat: 32g | Carbs: 192g | Fiber: 23g

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Wellness & Activity Plan - Morning (6:00 AM) - Pranayama: Anulom vilom (5 min) - Alternate nostril breathing to reduce stress. * Yoga: Surya Namaskar (3 rounds, 10 min) - Full-body stretch. * Evening (6:00 PM): * Exercise: Brisk walk (20 min, ~2 km) to improve stamina. * Meditation: Guided body scan (5 min) for mindfulness. * Wellness Reminders: * Drink 500ml water upon waking. * Limit screen time to 2 hours (avoid 1 hour before bed). * Sleep by 22:30 for 7-8 hours. * Practice mindful eating: Chew slowly, savor flavors.

Day 2: Tuesday

Meal Plan * Breakfast: Vegetable Upma * Ingredients: Sooji (50g), beans (20g), carrot (20g), mustard seeds (1g), curry leaves (2g), oil (5ml), green chili (1g). * Recipe: Roast sooji. Sauté mustard, curry leaves, chili, vegetables. Add water, sooji, cook until thick. * Calories: 260 kcal | Protein: 6g | Fat: 8g | Carbs: 40g | Fiber: 4g * Lunch: Chole, Valor Sabzi, Roti * Ingredients: Chickpeas (50g), valor (100g), whole wheat flour (50g), onion (30g), tomato (30g), chana masala (2g), oil (5ml). * Recipe: Cook chickpeas with spices. Sauté valor with onion, tomato. Make 2 rotis. * Calories: 570 kcal | Protein: 22g | Fat: 16g | Carbs: 85g | Fiber: 14g * Dinner: Methi Thepla, Tomato Sabzi * Ingredients: Whole wheat flour (50g), methi leaves (30g), tomato (100g), ajwain (1g), turmeric (1g), oil (5ml). * Recipe: Knead dough with methi, spices. Make 2 theplas. Cook tomato with spices. * Calories: 380 kcal | Protein: 12g | Fat: 12g | Carbs: 58g | Fiber: 10g * Total: ~1210 kcal | Protein: 40g | Fat: 36g | Carbs: 183g | Fiber: 28g

Wellness & Activity Plan * Morning: * Pranayama: Kapalbhati (3 min) - Boosts metabolism. * Yoga: Tadasana, Vrikshasana (10 min) - Improves balance. * Evening: * Exercise: Bodyweight squats (3 sets of 10, 10 min). * Meditation: Gratitude journaling (5 min). * Wellness Reminders: Same as Day 1.