

## Client Summary

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## Health Concerns

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Health Concern: Diabetes

Medications: None

Allergies: None mentioned

Family Medical History: Hypertension

## Nutritional Goals

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### Calorie Target

1,500 calories daily. Set this as a baseline, with the flexibility to adjust up or down based on individual needs and goals.

### Macronutrient Breakdown

- Protein: 60g (30% of calories)
- Fat: 30g (20% of calories)
- Carbohydrate: 200g (50% of calories)
- Fiber: 25g

### Focus Areas

- Increase intake of nutritious foods like fruits, vegetables, and whole grains to provide a wide range of macro and micronutrients.
- Opt for complex carbohydrates (e.g., whole grain bread, brown rice) over simple carbs (e.g., white bread, white rice) to ensure a steady release of energy.

## Day-wise Meal Plan (7 days)

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### Day 1

#### Breakfast

- Oats Porridge with Nuts and Seeds

Ingredients:

- 1 cup oats
- 1 cup milk
- 1 tablespoon chia seeds
- 1 tablespoon flaxseeds
- 1 teaspoon honey or maple syrup
- 1 banana, sliced
- ¼ cup berries of your choice

Instructions:

1. In a saucepan, combine oats, milk, chia seeds, and flaxseeds.
2. Bring to a boil, then reduce heat and simmer for 5 minutes, stirring occasionally.
3. Transfer to a bowl, add honey or maple syrup, and top with banana and berries.

Calorie Count: Approx. 400 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 40g of carbohydrates, 25g of protein, and 15g of fat.

#### Lunch

- Grilled Chicken Salad

Ingredients:

- 2 cooked chicken breasts
- 2 cups mixed salad leaves
- 1 cup sliced cucumber
- 1 cup sliced bell peppers (of your choice)
- 1 cup sliced tomatoes
- 1 small avocado, sliced
- 2 tablespoons olive oil
- 1 tablespoon vinegar or lemon juice
- Salt and pepper to taste

Instructions:

1. Chop all the vegetables and toss them in a bowl with olive oil and vinegar or lemon juice.
2. Divide the mixture into two servings, add a portion of chicken breast to each, and season with salt and pepper.

Calorie Count: Approx. 550 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 40g of carbohydrates, 55g of protein, and 35g of fat.

## Dinner

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- Brown Rice Pulau with Vegetables

### Ingredients:

- 1 cup brown rice
- 1 cup chopped vegetables of your choice (e.g., carrots, beans, peas, corn)
- 1 tablespoon olive oil
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric powder
- 1 teaspoon chilli powder (adjust to taste)
- Salt to taste

### Instructions:

1. In a saucepan, heat olive oil and add cumin seeds. Let them crackle.
2. Add the vegetables and stir-fry until they're tender.
3. Add the rice and spice powders to the mixture. Cook over low heat for 2-3 minutes, ensuring the rice is heated through.

Calorie Count: Approx. 400 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 65g of carbohydrates, 15g of protein, and 15g of fat.

Hydration Note: Ensure adequate water intake throughout the day to support nutritional goals and digestion.

## Day 2

### Breakfast

- Scrambled Eggs with Whole Wheat Toast

### Ingredients:

- 2 eggs
- 1 tablespoon butter or oil
- Salt and pepper to taste
- 2 slices whole wheat bread
- 1 large peach, pitted and sliced, or any seasonal fruit of your choice

### Instructions:

1. Beat the eggs with a fork in a bowl. Heat butter or oil in a frying pan over medium heat and pour in the eggs.
2. Scramble the eggs gently with a spatula until cooked to your liking. Season with salt and pepper.
3. Serve with whole wheat toast and top with sliced peach or other fruit.

Calorie Count: Approx. 400 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 40g of carbohydrates, 20g of protein, and 20g of fat.

### Lunch

- Mixed Bean Salad with Whole Wheat Pita

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- 1 cup cooked mixed beans (cannellini, kidney, and pinto beans)
- 1 cup chopped vegetables like cucumber, bell peppers, and tomatoes
- 1 small packet of salad greens
- 1 whole wheat pita bread
- 1 tablespoon olive oil
- 1 tablespoon vinegar or lemon juice
- Salt and pepper to taste

Instructions:

1. In a bowl, mix the cooked beans with chopped vegetables and salad greens.
2. In a separate small bowl, whisk together olive oil, vinegar or lemon juice, salt, and pepper to make the dressing.
3. Pour the dressing over the bean mixture and toss to coat.
4. Divide the mixture into two servings, with a whole wheat pita bread for each serving.

Calorie Count: Approx. 500 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 65g of carbohydrates, 25g of protein, and 30g of fat.

## Dinner

- Grilled Salmon with Quinoa Salad

Ingredients:

- 1 salmon fillet (about 200g)
- 1 cup quinoa
- 1 cup chopped vegetables like bell peppers, tomatoes, and onions
- 1 teaspoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

1. In a saucepan, bring 1 cup of water to a boil. Add quinoa and reduce heat to low. Cover and simmer for 15 minutes, until the quinoa is tender.
2. In a separate pan, heat olive oil and add the chopped vegetables. Stir-fry until tender.
3. In a bowl, mix together the cooked quinoa, vegetables, lemon juice, and season with salt and pepper.
4. Grill or pan-fry the salmon fillet to your liking.
5. Serve the salmon with the quinoa salad.

Calorie Count: Approx. 550 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 65g of carbohydrates, 30g of protein, and 30g of fat.

Hydration Note: Ensure adequate water intake throughout the day, particularly when increasing fibrous foods like quinoa and vegetables.

## Day 3

### Breakfast

- Scrambled Eggs and Sautéed Vegetables

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- 2 eggs
- 1 tablespoon butter or oil
- Salt and pepper to taste
- 1 cup mixed vegetables (e.g., broccoli, bell peppers, mushrooms, onions)
- 1 slice whole wheat bread
- 1 large peach, pitted and sliced, or any seasonal fruit of your choice

**Instructions:**

1. Beat the eggs with a fork in a bowl. Heat butter or oil in a frying pan over medium heat and pour in the eggs.
2. Scramble the eggs gently with a spatula until cooked to your liking. Season with salt and pepper.
3. In a separate pan, sauté the mixed vegetables in a little oil or butter over medium heat until tender.
4. Serve the scrambled eggs with the sautéed vegetables on whole wheat bread, and top with sliced peach or other fruit.

Calorie Count: Approx. 400 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 40g of carbohydrates, 20g of protein, and 20g of fat.

## **Lunch**

- Grilled Chicken and Vegetable Skewers

**Ingredients:**

- 1 pound boneless, skinless chicken breast, cut into bite-sized pieces
- 1 pound mixed vegetables (e.g., bell peppers, zucchini, mushrooms, onions)
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste
- Wooden or metal skewers (soaked in water)

**Instructions:**

1. In a bowl, combine chicken pieces with olive oil, balsamic vinegar, salt, and pepper. Let the chicken marinate in the refrigerator for 30 minutes to an hour.
2. Preheat the grill or grill pan. If using wooden skewers, pre-soak them in water for 30 minutes to prevent burning.
3. Assemble the chicken and vegetables alternately on the skewers.
4. Grill the skewers for 8-10 minutes, turning occasionally, until the chicken is cooked through and the vegetables are tender.

Calorie Count: Approx. 400 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 40g of carbohydrates, 55g of protein, and 20g of fat.

## **Dinner**

- Baked Fish with Rice and Vegetables

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- 200g of firm white fish (such as sea bass or red snapper)

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- 1 tablespoon olive oil

- 1 lemon

- Salt and pepper to taste

- 1 cup rice

- 1 cup mixed vegetables (such as broccoli, bell peppers, and carrots)

Instructions:

1. Preheat the oven to 200°C.

2. Place the fish on a baking tray lined with parchment paper. Drizzle with olive oil and squeeze lemon juice on top. Season with salt and pepper.

3. Bake for about 20 minutes, or until the fish is cooked through.

4. Meanwhile, cook the rice according to the packet instructions. Steam or boil the mixed vegetables until tender.

5. Serve the fish with the cooked rice and vegetables on the side.

Calorie Count: Approx. 400 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 65g of carbohydrates, 30g of protein, and 20g of fat.

Hydration Note: Keep hydration consistent, especially when consuming drier foods like rice and baked fish.

## Day 4

### Breakfast

- Yogurt and Fruit Bowls

Ingredients:

- 2 cups plain yogurt (Greek or Indian)

- 2 cups mixed fruits (such as bananas, berries, and sliced apples)

- 1 tablespoon honey or maple syrup

- 1 tablespoon chopped nuts (such as almonds, walnuts, or pistachios)

- 2 slices whole wheat bread

Instructions:

1. In a bowl, mix the yogurt with honey or maple syrup.

2. Slice the fruits and layer them with the yogurt in individual bowls.

3. Top with chopped nuts.

4. Serve with whole wheat bread.

Calorie Count: Approx. 400 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 60g of carbohydrates, 25g of protein, and 25g of fat.

### Lunch

- Chickpea Salad Sandwich



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- 1 cup cooked chickpeas
- 1 cup chopped vegetables (such as tomatoes, onions, and bell peppers)
- 1 tablespoon olive oil
- 1 tablespoon vinegar or lemon juice
- Salt and pepper to taste
- 2 slices whole wheat bread

Instructions:

1. In a bowl, mix together the cooked chickpeas, chopped vegetables, olive oil, vinegar or lemon juice, salt, and pepper.
2. Divide the mixture into two and serve on whole wheat bread.

Calorie Count: Approx. 400 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 60g of carbohydrates, 25g of protein, and 25g of fat.

## Dinner

- Lentil Stew with Brown Rice

Ingredients:

- 1 cup lentils
- 1 tablespoon olive oil
- 1 large onion, diced
- 1 tablespoon ginger-garlic paste
- 1 tablespoon tomato puree
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- Salt to taste
- 2 cups brown rice

Instructions:

1. In a separate pot, cook the brown rice according to the packet instructions.
2. In a saucepan, heat olive oil and add the diced onion. Sauté until the onion is translucent.
3. Add the ginger-garlic paste, tomato puree, and lentil. Stir well.
4. Add the cumin and coriander powder, and season with salt.
5. Cover and simmer until the lentils are tender and the soup has reached the desired consistency.

Calorie Count: Approx. 550 calories, with adjustable portions to meet your target.

Macronutrient Breakdown: Approx. 125g of carbohydrates, 25g of protein, and 25g of fat.

Hydration Note: Drink enough water throughout the day to facilitate digestion and nutrient absorption.

## Day 5

### Breakfast

- Egg and Vegetable Sandwich

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- 2 eggs
- 1 tablespoon butter or oil
- Salt and pepper to taste
- 2 slices whole wheat bread
- 1 cup mixed vegetables (such as sliced bell peppers, cucumbers, and onions)

Instructions:

1. Beat the eggs with a fork in a bowl. Heat butter or oil in a frying pan over medium heat and pour in the eggs.
2. Scramble the eggs gently with a spatula until cooked to your liking. Season with salt and pepper.
3. In a separate pan, sauté the mixed vegetables in a little oil or butter over medium heat until tender.