

# HRIM Wellness Centre

॥स्वस्थस्य स्वास्थ्य रक्षणम्॥

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## Client Summary

Name: John Doe

Age: 39

Gender: Male

Occupation: Software Engineer

Height: 175 cm

Weight: 80 kg

Target Weight: 72 kg

Goals: Weight Loss, Stress Management

City/State: Surat, Gujarat

Marital Status: Married

## Health Concerns

Health Concerns: Mild hypertension

Current Medications: Yes

Allergies: None mentioned

Family Medical History: Diabetes, heart disease

## Nutritional Goals

Calorie target: 2000

Macronutrient Breakdown:

- Protein: 55% from beans, lentils, and dairy

- Fat: 30% from healthy oils, nuts, and seeds

- Carbohydrate: 15% from whole grains

Fiber: 25g

# Day-wise Meal Plan (7 days)

## Day 1

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### Breakfast

#### Ingredients

- 2 tablespoons roasted chana (+1 kg chana for the week)
- 1 whole-grain tortilla
- 1 tablespoon sesame seeds
- 1 tablespoon honey
- 1 cup tempered spice tea (chai)

#### Instructions

Soak 1 cup of chana overnight. In the morning, drain the chana and rinse well. Pat dry. Toss with 1 teaspoon of olive oil and roast at 180°C for 25 minutes. Wrap the chana in the tortilla, sprinkle with sesame seeds, and enjoy with honey. Prepare tea by brewing a tea bag in 100ml of hot water and adding spices to taste.

Calorie Count: 517 (23% of total daily intake)

#### Preparation Time

About 20 minutes

#### Hydration Factor

Drink a glass of water to start your day.

### Lunch

#### Ingredients

- 1 serving of whole-grain pasta
- 1 cup cooked beans or 125g canned beans
- 1 medium-sized carrot, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 cup spinach, rinsed
- 1/4 cup grated low-fat mozzarella cheese

## **Instructions**

Cook the pasta according to the package instructions. In a separate pan, heat the olive oil and toast the chopped carrots for 5 minutes. Add the cooked beans and heat through. Stir in the balsamic vinegar. In a bowl, mix the pasta, bean mixture, and spinach. Sprinkle with cheese and enjoy.

Calorie Count: 557 (26% of total daily intake)

## **Preparation Time**

About 20 minutes

## **Hydration Factor**

Have a glass of water with each meal.

## **Dinner**

### **Ingredients**

- 1 cup tofu cubes (150g)
- 2 cups broccoli florets
- 1/2 cup green beans, trimmed
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1 cup whole-grain rice

### **Instructions**

Preheat the oven to 200°C. Cube the tofu and toss it with the broccoli, green beans, soy sauce, honey, and sesame oil. Spread the mixture on a baking sheet and roast for 20 minutes. In the meantime, cook the rice according to the package instructions. Serve the tofu and vegetable mixture over the rice.

Calorie Count: 556 (26% of total daily intake)

### **Preparation Time**

About 30 minutes

### **Hydration Factor**

Have a glass of coconut water after dinner.

## Day 2

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### Breakfast

#### Ingredients

- 2 tablespoons roasted chana (use leftovers from Day 1)
- 1 whole-grain tortilla
- 1 tablespoon almond butter
- 1 apple, sliced
- 1 cup tempered spice tea (chai)

#### Instructions

Heat the chana in a pan over medium heat for 5 minutes. Wrap the chana in the tortilla, add almond butter and apple slices, and enjoy. Prepare tea by brewing a tea bag in 100ml of hot water and adding spices to taste.

Calorie Count: 537 (23% of total daily intake)

#### Preparation Time

Five minutes if using leftover chana; about 35 minutes if roasting fresh chana

#### Hydration Factor

Drink a glass of water to start your day.

### Lunch

#### Ingredients

- 1 serving of whole-grain pasta
- 1 cup cooked beans or 125g canned beans
- 1 medium-sized carrot, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 cup spinach, rinsed
- 1/4 cup grated low-fat mozzarella cheese

#### Instructions

Cook the pasta according to the package instructions. In a separate pan, heat the olive oil and toast the chopped carrots for 5 minutes. Add the cooked beans and heat through. Stir in the balsamic vinegar. In a bowl, mix the pasta, bean mixture, and spinach. Sprinkle with cheese and enjoy.

Calorie Count: 557 (26% of total daily intake)

### **Preparation Time**

About 20 minutes

### **Hydration Factor**

Have a glass of water with each meal.

## **Dinner**

### **Ingredients**

- 1 cup tofu cubes (150g)
- 2 cups broccoli florets
- 1/2 cup green beans, trimmed
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1 cup whole-grain rice

### **Instructions**

Preheat the oven to 200°C. Cube the tofu and toss it with the broccoli, green beans, soy sauce, honey, and sesame oil. Spread the mixture on a baking sheet and roast for 20 minutes. In the meantime, cook the rice according to the package instructions. Serve the tofu and vegetable mixture over the rice.

Calorie Count: 556 (26% of total daily intake)

### **Preparation Time**

About 30 minutes

### **Hydration Factor**

Have a glass of coconut water after dinner.

## Day 3

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### Breakfast

#### Ingredients

- 1 cup plain yogurt with active cultures (low-fat)
- 1/4 cup muesli or granola
- 1 cup berries (fresh or thawed)
- 1 cup tempered spice tea (chai)

#### Instructions

In a bowl, mix the yogurt, muesli or granola, and berries. Prepare tea by brewing a tea bag in 100ml of hot water and adding spices to taste.

Calorie Count: 497 (22% of total daily intake)

#### Preparation Time

Five minutes

#### Hydration Factor

Drink a glass of water to start your day.

### Lunch

#### Ingredients

- 1 serving of whole-grain pasta
- 1 cup cooked beans or 125g canned beans
- 1 medium-sized carrot, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 cup spinach, rinsed
- 1/4 cup grated low-fat mozzarella cheese

#### Instructions

Cook the pasta according to the package instructions. In a separate pan, heat the olive oil and toast the chopped carrots for 5 minutes. Add the cooked beans and heat through. Stir in the balsamic vinegar. In a bowl, mix the pasta, bean mixture, and spinach. Sprinkle with cheese and enjoy.

Calorie Count: 557 (26% of total daily intake)

**Preparation Time**

About 20 minutes

**Hydration Factor**

Have a glass of water with each meal.

**Dinner****Ingredients**

- 1 cup tofu cubes (150g)
- 2 cups broccoli florets
- 1/2 cup green beans, trimmed
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1 cup whole-grain rice

**Instructions**

Preheat the oven to 200°C. Cube the tofu and toss it with the broccoli, green beans, soy sauce, honey, and sesame oil. Spread the mixture on a baking sheet and roast for 20 minutes. In the meantime, cook the rice according to the package instructions. Serve the tofu and vegetable mixture over the rice.

Calorie Count: 556 (26% of total daily intake)

**Preparation Time**

About 30 minutes

**Hydration Factor**

Have a glass of coconut water after dinner.

## Day 4

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### Breakfast

#### Ingredients

- 1 cup plain yogurt with active cultures (low-fat)
- 1/4 cup muesli or granola
- 1 cup berries (fresh or thawed)
- 1 cup tempered spice tea (chai)

#### Instructions

In a bowl, mix the yogurt, muesli or granola, and berries. Prepare tea by brewing a tea bag in 100ml of hot water and adding spices to taste.

Calorie Count: 497 (22% of total daily intake)

#### Preparation Time

Five minutes

#### Hydration Factor

Drink a glass of water to start your day.

### Lunch

#### Ingredients

- 1 serving of whole-grain pasta
- 1 cup cooked beans or 125g canned beans
- 1 medium-sized carrot, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 cup spinach, rinsed
- 1/4 cup grated low-fat mozzarella cheese

#### Instructions

Cook the pasta according to the package instructions. In a separate pan, heat the olive oil and toast the chopped carrots for 5 minutes. Add the cooked beans and heat through. Stir in the balsamic vinegar. In a bowl, mix the pasta, bean mixture, and spinach. Sprinkle with cheese and enjoy.

Calorie Count: 557 (26% of total daily intake)



**Preparation Time**

About 20 minutes

**Hydration Factor**

Have a glass of water with each meal.

**Dinner****Ingredients**

- 1 cup tofu cubes (150g)
- 2 cups broccoli florets
- 1/2 cup green beans, trimmed
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1 cup whole-grain rice

**Instructions**

Preheat the oven to 200°C. Cube the tofu and toss it with the broccoli, green beans, soy sauce, honey, and sesame oil. Spread the mixture on a baking sheet and roast for 20 minutes. In the meantime, cook the rice according to the package instructions. Serve the tofu and vegetable mixture over the rice.

Calorie Count: 556 (26% of total daily intake)

**Preparation Time**

About 30 minutes

**Hydration Factor**

Have a glass of coconut water after dinner.

## Day 5

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### Breakfast

#### Ingredients

- 1 cup plain yogurt with active cultures (low-fat)
- 1/4 cup muesli or granola
- 1 cup berries (fresh or thawed)
- 1 cup tempered spice tea (chai)

#### Instructions

In a bowl, mix the yogurt, muesli or granola, and berries. Prepare tea by brewing a tea bag in 100ml of hot water and adding spices to taste.

Calorie Count: 497 (22% of total daily intake)

#### Preparation Time

Five minutes

#### Hydration Factor

Drink a glass of water to start your day.

### Lunch

#### Ingredients

- 1 serving of whole-grain pasta
- 1 cup cooked beans or 125g canned beans
- 1 medium-sized carrot, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 cup spinach, rinsed
- 1/4 cup grated low-fat mozzarella cheese

#### Instructions

Cook the pasta according to the package instructions. In a separate pan, heat the olive oil and toast the chopped carrots for 5 minutes. Add the cooked beans and heat through. Stir in the balsamic vinegar. In a bowl, mix the pasta, bean mixture, and spinach. Sprinkle with cheese and enjoy.

Calorie Count: 557 (26% of total daily intake)

**Preparation Time**

About 20 minutes

**Hydration Factor**

Have a glass of water with each meal.

**Dinner****Ingredients**

- 1 cup tofu cubes (150g)
- 2 cups broccoli florets
- 1/2 cup green beans, trimmed
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1 cup whole-grain rice

**Instructions**

Preheat the oven to 200°C. Cube the tofu and toss it with the broccoli, green beans, soy sauce, honey, and sesame oil. Spread the mixture on a baking sheet and roast for 20 minutes. In the meantime, cook the rice according to the package instructions. Serve the tofu and vegetable mixture over the rice.

Calorie Count: 556 (26% of total daily intake)

**Preparation Time**

About 30 minutes

**Hydration Factor**

Have a glass of coconut water after dinner.

## Day 6

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### Breakfast

#### Ingredients

- 1 cup plain yogurt with active cultures (low-fat)
- 1/4 cup muesli or granola
- 1 cup berries (fresh or thawed)
- 1 cup tempered spice tea (chai)

#### Instructions

In a bowl, mix the yogurt, muesli or granola, and berries. Prepare tea by brewing a tea bag in 100ml of hot water and adding spices to taste.

Calorie Count: 497 (22% of total daily intake)

#### Preparation Time

Five minutes

#### Hydration Factor

Drink a glass of water to start your day.

### Lunch

#### Ingredients

- 1 serving of whole-grain pasta
- 1 cup cooked beans or 125g canned beans
- 1 medium-sized carrot, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 cup spinach, rinsed
- 1/4 cup grated low-fat mozzarella cheese

#### Instructions

Cook the