

# Ved-Aahaar

## Personalized Ayurvedic Diet Plan

### Patient Information

Name: Pratham Sangurdekar

Age: 18 years

Gender: male

### Health Assessment

Health Goal: Energy Vitality

Primary Concern: Joint Pain

Dietary Preferences: Non-Vegetarian

### Personalized Diet Plan

#### Breakfast (8:00 AM):

Kara Chutney

#### Lunch (12:30 PM):

Kashmiri Mixed Vegetable Soup

#### Snack (4:00 PM):

Roasted Lobster

#### Dinner (7:00 PM):

Khar with Fish

#### Drink (Throughout the day):

Butter Chicken

### Ayurvedic Principles

- Eat at regular times to maintain digestive fire (Agni)
- Include all six tastes (sweet, sour, salty, bitter, pungent, astringent)
- Favor warm, cooked foods over cold, raw foods
- Drink warm water throughout the day
- Practice mindful eating without distractions
- Include seasonal and locally available foods

*This diet plan is based on Ayurvedic principles. Please consult with a healthcare professional before making significant dietary changes.*

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