**Personalized Diet & Exercise Plan**

**A Comprehensive Plan for Optimal Brain and Physical Health**

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| **Foods for Optimal Brain Function** |

1. Foods rich in Vitamin B3: Peanuts, sunflower seeds, chicken, turkey, fish (especially tuna).

2. Omega-3 DHA-rich foods: Salmon, mackerel, sardines, chia seeds, flaxseeds, walnuts.

3. General brain-boosting foods: Eggs (rich in choline), dark berries (like blueberries and blackberries), leafy greens (like spinach and kale), and fermented foods (yogurt, kimchi).

4. Locally available options in Maharashtra:   
 - Fish: Bangda (mackerel), Surmai (kingfish).

- Nuts: Almonds, cashews.

- Fruits: Guava, oranges, and bananas.

- Vegetables: Spinach, fenugreek, amaranth, and okra.

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| **Exercises to Boost Brain and Physical Performance** |

1. Aerobic exercises: Running, cycling, or swimming to improve cardiovascular health. 2. Strength training: Compound lifts like squats, deadlifts, and bench press.   
3. Yoga: Poses like downward dog, warrior pose, and tree pose.

4. Specific brain-boosting exercises:   
 - Meditation for focus and stress reduction.

- Cross-body movements to enhance coordination.

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| **1-Week Diet and Exercise Plan** |

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| **Day** | **Lunch**  led chicken, spinach sa Paneer bhurji, roti V | **Dinner** | **Exercise** |
| Monday Gril  Tuesday | lad Fish curry, brown rice  egetable stir-fry, quino | Strength training a Yoga |

**Personalized Diet & Exercise Plan**

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| Wednesday   Thursday   Friday Gri Saturday   Sunday | Egg curry, rice   Lentil soup, rotiChic lled salmon, mixed gree Vegetable pulao, raita Chicken stew, millet roti M | Mackerel curry, spinach ken biryani, cucumber s nsPaneer tikka, quinoa Fish fry, roti  ixed vegetable curry, ri | Running  aladStrength training Cycling   Yoga  ce Swimming |