



Name: alok Vij
Age: 46
BMI: 31.61
Weight: 102.8
Diet Preference: Eggetarian
Nutritionist Name: sarita@healthifyme.com

06:30 AM

Almond(3.0 almond) Coriander Fennel Cumin Water(1.0 cup)
or
Banana, Ripe(0.25 small (6" to 6-7/8" long)) Water(1.0 glass)

07:30 AM

Toasted Whole Wheat Bread(1.0 slice) Unsweetened Creamy Almond Butter(2.5 grams)

08:45 AM

Sambar(0.5 katori) Foxtail Millet Idli(1.0 idli(reguar)) Coriander Coconut Chutney(1.0 teaspoon)
or
Lemon Green Tea without Sugar(1.0 cup) Mixed Nuts and Seeds(1.0 tablespoon)
or
Cucumber Carrot Beetroot Salad(0.5 katori) Low Fat Curd with Chia Seeds(0.5 katori)
or
Pista(1.0 tablespoon) Infused Water with Mint Lemon and Cucumber(1.0 glass)
or
Mixed Beans Vegetable Salad(0.5 cup)
or
Boiled Bengal Gram Foxnut Vegetable Salad(69.0 grams)
or
Sprouted Moong Chickpea Corn Pomegranate Salad(1.0 katori)
or
Carrot Peanut Pomegranate Salad(45.0 grams)

09:45 AM

Boiled Egg White(5.0 egg white) Vegetable Poha with Sprouts(1.0 bowl)
or
Vegetable Vermicelli Upma(2.0 katori) Boiled Egg White(5.0 egg white)
or
Boiled Egg(1.0 large) Poha with Onions Peas and Peanuts(2.0 katori)
or
Coconut Chutney(3.0 tablespoon) Vegetable Besan Cheela(3.0 cheela)
or
Boiled Egg White(5.0 egg white) Mixed Vegetable Oats(1.5 cup)
or
Namkeen Daliya(1.5 cup) Steamed Moth Sprouts(2.0 cup)
or
Vegetable Poha(3.0 katori)
or

Idli(3.0 idli(regular)) Ash Gourd Beans Sambar(1.5 katori)

12:30 PM

Mixed Fruits(1.5 bowl)

or

Walnut(2.0 walnut) Green Tea without Milk and Sugar(1.0 tea cup)

or

Apple(5.0 slice) Plain Curd(1.0 katori)

or

Almond(15.0 almond) Green Tea without Milk and Sugar(1.0 tea cup)

or

Apple(5.0 slice) Mixed Nuts(5.0 teaspoon)

or

Pumpkin Seed(1.0 tablespoon) Green Tea without Milk and Sugar(1.0 tea cup)

or

Walnut(1.0 piece(half of one)) Apple(1.0 medium (3" dia))

or

Almond(12.0 almond) Papaya, Ripe(1.0 fruit, small)

02:00 PM

Cucumber Tomato Multigrain Bread Sandwich(2.0 sandwich)

or

Parantha (1.0 paratha) Rajmah Curry(2.0 katori)

or

Plain Curd(0.5 katori) Vegetable Dalia(2.5 katori) Paneer Vegetable Salad(1.5 katori)

or

Plain Curd(1.0 cup (8 fl oz)) Multigrain Roti(2.0 roti/chapati) Tinda Chana Dal Sabzi(1.0 katori)

or

Plain Cooked Rice(0.5 katori) Cooked Green Gram Dal(1.5 katori) Plain Curd(1.0 cup (8 fl oz))

Cucumber Tomato Carrot Salad(2.0 katori)

or

Plain Curd(1.0 cup (8 fl oz)) Multigrain Roti(2.0 roti/chapati) Beans and Carrot Subzi(1.0 serving (1.0 Katori))

or

Roti(2.0 roti/chapati) Plain Curd(1.0 cup (8 fl oz)) Paneer Sprouts Vegetable Sabji(0.5 katori)

or

Roti(1.0 roti/chapati) Plain Curd(0.5 bowl) Bengal Gram Dal with Spinach(2.0 katori)

05:00 PM

Plain Curd(0.5 cup (8 fl oz)) Sprouts with Cucumber Tomato Pomegranate(1.0 bowl)

or

Brown Bread Tomato Cucumber Sandwich(0.5 sandwich)

or

Brown Bread(2.0 slice)

or

Pomegranates, Raw(4.0 tablespoon) Paneer Tomato Salad(1.0 katori)

or

Low Fat Grilled Paneer Salad(1.5 katori)

or

Moong Boiled(1.0 katori)

or

Multigrain Bread(1.0 slice) Sprouted Mung and Chana Salad(1.5 katori)

or

Coriander Chutney (2.0 tablespoon) Roasted Chana Chaat(1.0 katori)

Roti(3.0 roti/chapati) Egg Curry(1.0 serve(1 egg + curry)) Ladies Finger Sabji(0.5 katori)
 Cucumber Tomato Salad(0.5 cup)
 or
 Cooked Red Gram Dal(1.0 katori) Multigrain Roti(1.0 roti/chapati) Soyabean Chunks with Gravy(2.0 katori)
 or
 Plain Cooked Rice(0.5 katori) Channa Masala(1.5 katori) Cauliflower Sabji(1.0 katori)
 or
 Roti(1.0 roti/chapati) Panchratni Dal(1.5 katori) Mixed Vegetable Raita(1.5 katori)
 or
 Cooked Lentil Dhal(1.0 katori) Multigrain Roti(2.0 roti/chapati) Matar ki Subzi(1.5 katori)
 or
 Peas and Paneer Curry(1.0 katori) Cabbage Subzi(0.5 katori) Multigrain Roti(2.0 roti/chapati)
 Grated Vegetable Salad(1.0 cup)
 or
 Hard Boiled Egg White(6.0 egg white)
 or
 Cooked Red Gram Dal(1.5 katori) Baigan Bharta(1.5 katori) Cooked Brown Rice(0.5 bowl)
 Cucumber Onion Salad(0.5 katori)

NOTES

Follow the following guidelines -

- 1) Start with a positive mind and ensure 6-8 hours of sleep daily.
- 2) Log your meals daily so I can keep a watch.
- 3) Update your weight every Sunday, weigh when you wake up, on the same scale, at same place and preferably same clothes.
- 4) Drink 10-12 glasses of water daily. Drink at evenly spaced intervals and not all in one go.
- 5) Avoid refined cereals, bakery items, canned or packaged foods, fried and sweet items.
- 6) Avoid fruit juices, soft drinks, smoking and alcohol. Avoid eating out a lot.
- 7) Use 500 ml oil per person per month, Rotate oil type such as gingely, rice bran, safflower, sunflower, olive etc. Use maximum of 3 tsp of oil/ghee/butter in a day and no or less than 1 tsp of sugar in a day.
- 8) Finish your salad or soup first and then eat your lunch and dinner.
- 9) Eat slowly, chew every bite properly.
- 10) Remain active for at least 40 minutes daily for 5-6 days a week. Do not exercise on empty stomach or right after a meal.

QUANTITY HELP



Katori
150ml



Small Bowl
150ml



Tea Cup
180ml



Bowl
350ml



Cup
250ml



Glass
250ml



Large Glass
350ml

Commonly asked questions

Why does my diet plan have limited options?

Your diet plan has been created ensuring a balance of easily-repeatable meals with sufficient variety so that it doesn't feel monotonous. Your Diet Coach has given you 7 options for each major meal (i.e. Breakfast, lunch, and dinner). You have also been provided 3 to 4 options for snacks that you can have between the major meals. Along with that, your coach has provided you with slight variations for each option (for example replace a vegetable/fruit with any seasonal vegetable/fruit etc). In case you need further modifications to your plan, your coach will be happy to help you. You can reach out to them via coach chat or a call.

How often will my diet plan be changed?

Your diet plan will be changed every month so that you have enough time to adapt to the diet and reap its benefits. This is done based on enough scientific research. However, if you need any modifications or variations in your diet before the 4 weeks period, your Diet Coach will be happy to help you.

Why does my plan seem monotonous?

It is perfectly normal to feel that way. The diet plan has been designed to ensure that the meals are simple enough and repeatable so you can stick to it easily. If your plan seems too monotonous you can check out the "Recipes" section of the app or ask your Diet Coach for some more variation in your plan. However, try to stick to a diet plan for the suggested amount of time to adapt to it and reap its benefits.

What can I do if my plan doesn't consider my preferences?

Your diet plan is based on the inputs shared by you and the first conversation between you and your Diet Coach. However, if you feel unhappy with your diet plan, feel free to message or book a call with your coach. They will be happy to help you out and make any necessary changes.

Why do I not see results despite following the plan?

Don't be disheartened if you don't see results immediately. Weight loss doesn't depend on diet alone, there are factors such as metabolism, sleep, stress, and more that influence the process. However, if you have been consistent with the plan but haven't been noticing results for more than a month, feel free to reach out to your Diet Coach for assistance and advice. They can help you make the necessary changes to your plan.

What do I do if I am unable to follow the plan every day due to a busy schedule?

Don't worry! Following a plan every single day might get difficult at times. Work together with your Diet Coach to come up with simple modifications that will suit your hectic lifestyle. You can try preparing your meals in advance to help you save on cooking time and deciding what to eat. Small things like portion control, including enough protein and fibre in your meals will also help if you can't follow the plan completely.