



Patient Details

Name: Jaykant Shikre
Age: 32 years.
Weight: 56 Kg
Gender: Male
Constitution (Prakriti): Predominantly Vata

Lifestyle: Moderate activity, software developer, irregular meal timings earlier

Primary Goal: Balance digestion, improve energy, prevent bloating/dryness



Dietitian Details

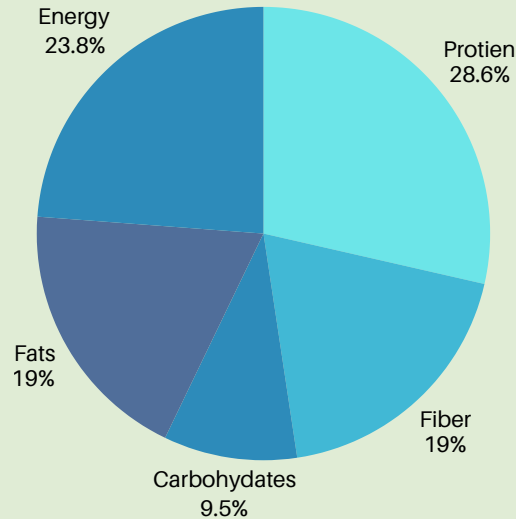
Dietitian Name: Dr. Anjali Deshmukh
(BAMS, MD Ayurveda Nutrition)

Contact: demo@hospital.org

Speciality: Ayurvedic nutrition, Vata balancing plans

Factors Considered in Diet Planning

- Primary Goal: Healthy weight gain for a 32-year-old, 54 kg individual.
- Meal Frequency: 5 meals/day
- Regional Food Preference: Maharashtrian and Gujarati foods
- Lifestyle Fit: Recipes and meal options kept simple and practical for an urban routine.



Expected Nutrition Distribution

DIET PLAN

Nutrient	Avg per Day	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Calories (kcal)	2000	BREAKFAST	Warm sabudana khichdi with ghee + ginger tea.	Warm sheera (sooji halwa with ghee & cardamom)	Warm poha with peanuts, curry leaves, turmeric + ginger tea	Thalipeeth with ghee + jaggery	Warm upma with vegetables	Warm idli with ghee + coconut chutney	Ghavan (rice pancakes) with ghee + jaggery
Protein (g)	80		Soaked dates + warm almond milk.	Fresh fruit (ripe banana or chiku)	Buttermilk with cumin & ginger	Ripe papaya	Warm milk with nutmeg & dates	Roasted makhana in ghee	Sweet lassi with saffron
Carbohydrates (g)	285		Soft varan bhaat (toor dal + rice) + bhindi sabzi cooked in ghee + papad.	Khichdi (moong dal + rice) + jeera aloo + ghee	Undhiyu + soft chapati + dal.	Masala dal khichdi + kadhi	Gujarati dal (sweet-sour) + rice + batata nu shaak	Bharli (stuffed brinjal) + rice + varan	Dal dhokli (soft wheat dumplings in dal)
Fats (g)	65		Steamed dhokla with coriander chutney.	Handvo (moist, baked lentil cake)	Shrikhand (sweet, cooling but grounding)	Thepla roll with ghee	Patra (alu vadi) steamed, not fried	Muthiya (steamed version)	Warm milk + dry fruit laddoo
Fiber (g)	31.5		Methi thepla (soft, not dry) + kadhi.	Pithla-bhakri (with jowar/bajra bhakri, add ghee)	Amti (tangy dal) + rice + ghee	Zunka-poli (soft, add ghee)	Puran poli with ghee (light portion) + milk	Gujarati kadhi + khichdi	Usal pav (light sprouted curry, not too spicy)
Calcium (mg)	900	OPTIONAL							
Iron (mg)	20								
Vitamin C (mg)	90								
Vitamin A (µg)	700								
Sodium (mg)	1800								
Potassium (mg)	3000	LUNCH							
		AFTERNOON BRAKEFAST							
		DINNER							

Notes:

- Always eat food warm & freshly cooked.
- Use ghee, sesame oil, or groundnut oil for cooking.
- Avoid dry snacks (like plain khakra, farsan, fried sev).
- Include sweet, sour, and salty tastes more than bitter, pungent, or astringent.
- Keep dinner lighter than lunch.

Your Dosha is Pitta

Pitta is made of fire + water elements

Pitta tissues are red blood cells, which carry oxygen to ignite the flame, and all the liquids in the body that have a metabolic role. Pitta dictates your metabolism, the process of thinking and the integration of energy between layers of consciousness.

Pitta Food Guide – What to Eat & What to Avoid

Veggies



Go for:

Cooked spinach, corn, olives, leeks, cooked radish, cooked onions, cooked beets

Skip:

Tomato, garlic, raw onion, eggplant, peppers, mustard greens, raw spinach

Fruits



Go for:

Sweet fruits like figs, grapes, mango, apple, pears, melons, coconut, dates, pomegranate, oranges

Skip:

Lemon, sour fruits, unripe banana, strawberries, grapefruit, papaya, persimmon

Nuts & Seeds



Go for:

Soaked almonds, coconut, sunflower seeds, pumpkin seeds, chia, flaxseeds

Skip:

Cashews, peanuts, walnuts, sesame, macadamia, pecans

Dairy



Go for:

Ghee, warm milk, goat's cheese/milk, soft cheeses, fresh yogurt (diluted)

Skip:

Hard cheese, feta, buttermilk, sour cream, ice cream, salted butter

Herbs & Spices



Go for:

Coriander, mint, fennel, turmeric, dill, parsley, basil, cinnamon, saffron

Skip:

Chili, cayenne, mustard, garlic, cloves, paprika, too much salt

Drinks



Go for:

Coconut/almond/rice milk, herbal teas (mint, chamomile, fennel), fresh fruit/veg juices, aloe juice

Skip:

Coffee, black tea, iced drinks, grapefruit juice, cranberry juicet

General Guidelines for Pitta Dosha (Beyond Food)

Keep a regular daily schedule: meals and sleep at consistent times.

Avoid overheating: prefer cool climates, air flow, and shade; don't push yourself in the midday sun.

Manage stress: Pitta tends toward irritability; calming practices (meditation, deep breathing, nature walks) help.

Take time to pause and relax: avoid being overly competitive or perfectionist.

Surround yourself with cooling colors (greens, blues, whites) instead of fiery reds/oranges.

Exercise moderately: Go for cooling activities like swimming, walking, cycling, or yoga — best in the morning or evening, not in the heat of the day.

Prioritize rest: Aim for 7–8 hours of sleep in a cool, calm space; wind down with light, relaxing routines at night.

Work with balance: Stay disciplined but take breaks, avoid overworking, and don't skip meals when busy.

Cool the mind & emotions: Practice meditation, enjoy calming hobbies, spend time near water, and surround yourself with soothing environments (cool colors, nature, peaceful company).

