



Name: Ayush Aggarwal
Age: 24
BMI: 28.66
Weight: 85.5
Diet Preference: Vegetarian
Nutritionist Name: harshika.upadhyay@healthifyme.com

07:00 AM

Almond(4.0 almond) Walnuts(2.0 piece(half of one)) Apple(1.0 small (2-3/4" dia)) Chia Seed Water(1.0 glass)

08:30 AM

Impact Whey Protein, Raspberry, Myprotein(40.0 grams)

09:00 AM

Low Fat Curd(1.0 katori) Vegetable Chickpea Poha(1.0 katori)
or
Low Fat Curd(1.0 katori) Besan Vegetable Cheela(1.0 cheela)
or
Double Toned Milk(1.0 glass) Mint Coriander Chutney(2.0 teaspoon) Vegetable Stuffed Multigrain Roti without Ghee(1.0 roti/chapati)
or
Low Fat Curd(1.0 katori) Vegetable Rava Upma with Less Oil(1.0 katori)
or
Mint Chutney (1.0 teaspoon) Double Toned Spiced Milk(1.0 glass) Oats Vegetable Cheela without Oil(2.0 piece)
or
Double Toned Milk(1.0 glass) Oats and Fruit Porridge(1.0 katori) Mixed Seed Powder(1.0 teaspoon)
or
Homemade Sambar(1.0 katori) Green Gram Dosa(1.0 small) Tomato Garlic Chutney(1.0 tablespoon)
or
Brown Bread Sandwich with Yogurt and Vegetable(1.0 sandwich) Low Fat Milk(1.0 glass)
or
Almond(4.0 almond) Honey(1.0 teaspoon) Milk with Oats(1.0 katori)
or
Low Fat Curd(1.0 katori) Sweet Corn(15.0 grams) Mix Sprouts(1.5 katori) Roasted Moong Dal Papad(0.5 piece)
or
Mixed Vegetable Salad(1.0 katori) Boiled Kidney Beans and Soyabean(1.5 katori)
or
Tomato(1.0 small whole (2-2/5" dia)) Low Fat Curd(2.0 tablespoon) Onion(1.0 small) Boiled Soya Chunks(1.5 katori) Boiled Mushrooms(1.0 katori) Low Fat Paneer(30.0 grams)

11:00 AM

Guava with Skin(1.0 fruit, with refuse)

or

Apple(1.0 small (2-3/4" dia))

or

Orange(1.0 fruit (2-5/8" dia))

or

Coconut water(1.0 glass) Anjeer(1.0 small (1-1/2" dia))

01:30 PM

Roti(2.0 roti/chapati) Buttermilk(1.0 glass) Peas Curry(1.0 katori) Onion Salad(1.0 katori)

or

Low Fat Curd(1.0 katori) Mixed Vegetable Salad(1.0 katori) Vegetable Stuffed Multigrain Roti without Ghee(2.0 roti/chapati)

or

Raita(1.0 katori) Rajma Gravy(1.5 katori) Brown Rice(1.0 katori)

or

Roti(2.0 roti/chapati) Buttermilk(1.0 glass) Mixed Vegetable Sabzi without Potato(1.0 katori)
Rajma Salad(1.0 katori)

or

Arhar ki Dal(1.5 katori) Raita(1.0 katori) Brown Rice(1.0 katori) Cucumber Salad(1.0 katori)

or

Roti(2.0 roti/chapati) Masoor ki Dal(1.0 katori) Beans Sabji(1.0 katori) Cucumber Salad(1.0 katori)

or

Roti(2.0 roti/chapati) Low Fat Curd(1.0 katori) Cucumber Salad(1.0 katori) Vegetable Curry(1.0 katori)

04:30 PM

Makhana Roasted(20.0 grams) Green Tea(1.0 tea cup)

or

Green Tea with Lime(1.0 teacup) Roasted Chana(2.0 tablespoon)

or

Roasted Chickpeas(2.0 tablespoon) Ginger Green Tea(1.0 tea cup)

or

Sprouts corn salad(1.0 katori) Herbal Tea(1.0 teacup)

07:30 PM

Boiled Eggs(2.0 large)

08:00 PM

Roti(1.0 roti/chapati) Mixed Vegetable Raita(1.0 katori) Low Fat Paneer Methi Curry(1.0 katori)

or

Brown Rice Moong Dal Khichdi(1.0 bowl) Mixed Vegetable Salad(1.0 katori)

or

Roti(1.0 roti/chapati) Cucumber Tomato Lemon Juice Salad(1.5 katori) Paneer Bhurji with Vegetable(1.5 katori)

or

Roti(1.0 roti/chapati) Pumpkin Curry(1.0 katori) Mixed Vegetable Raita(1.5 katori)

or

Roti(1.0 roti/chapati) Onion Salad(1.0 katori) Palak Low Fat Paneer(1.5 katori)

or

Roti(1.0 roti/chapati)	Lentil Dhal (1.0 katori)	Vegetable Salad(1.0 katori)
or		
Roti(1.0 roti/chapati)	Rajma Curry(1.5 katori)	Cucumber Salad(1.0 katori)

09:00 PM

Turmeric(0.5 teaspoon) Dates(2.0 small date, pitted) Low Fat Milk(1.0 glass)

NOTES

.

QUANTITY HELP



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.