



Client Name: V. Satyanarayanan

Age: 22 Yrs

Country & state: India, Pudicherry

Program details: UA 4 weeks

Health Goal: Acute pancreatitis- leading to high sugar levels – on Insulin

Diet preference (likes & dislikes): Vegetarian, No brinjal, plantain, banana flower, banana stem, bittergourd, no onion garlic on Thursday

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PROGRESS MONITORING SHEET

	Week 0	Week 1	Week 2	Week 3	Week 4
Date	25-5-24	3-6-24	10-6-24	17-6-24	24-6-24
Weight	70.2	69.7	69.1	69.1	69
Height (cm)	183	183	183	183	183
BMI					20.6
Chest (cm)	83	83	86	82	83
Waist (cm)	89.5	92.5	92	91	90
Lower abdomen (cm)	93	90	89	89	87
Thigh (cm)	53.5	50	52	48.5	47
Arms (cm)	29	27	27	26	26
Hips (cm)	89.5	92.5	92	91	90
Waist to Hip Ratio					1
Difference					-1.2kg, -15.5cm
Avg Water Intake	1-2L	2.5	2-3l	2-3	2-3L
Sleep (0-10)	5	7	6	7	7
Stress (0-10)	5	1	4	2	2
Energy levels (0-10)	4	7	4	5	7
Symptoms	Follow up on epigastric pain, acidity reflux and sugar monitoring	epigastric pain reduced, acidity reflux reduced, better sleep & energy	Pain 3-4 days but duration less, no acidity, sleep okay , reduced morning insulin dose	Not much pain , improved sleep, energy , Fasting 100mg/dl PP 110mg/dl	1 day acidity & gas due to fasting, mild burping, inflammation reduced, insulin dosage reduced from 12 to 8, fasting 70, PP 122

	Week 5	Week 6	Week 7	Week 8	Week 9
Date	1-7-24	8-7-24	17-7-24		
Weight	68.1	67.5	66.8		
Height (cm)	183	183	183	183	183
BMI			19.9		20.6
Chest (cm)	87	87	85		
Waist (cm)	90	89	89		
Lower abdomen (cm)	88	88	88		
Thigh (cm)	44.5	46	49		
Arms (cm)	26	26	26		
Hips (cm)	90	89	89		
Waist to Hip Ratio			1		
Difference					
Avg Water Intake	2-3l	2-3L	2L		
Sleep (0-10)	6	7	7		
Stress (0-10)	1	1	1		
Energy levels (0-10)	8	8	8		
Symptoms	Improved energy, stopped night insulin dose, Waking up fresh, Fasting 97-108 91-136 without evening dose -insulin stopped 106-100 Focusing is improved, compete the work	106-113 T 107-91 thu 4 units 106-141 with stress Energy levels are good, Digestion is good, no pain Sleep is good, Follow-up on next wed	Pain due to walking for long time, digestion is good, no acidity or bloating, stools are dark, mild loose stool. 9th July : fasting: 108 pp: 127 11th July: fasting: 105 pp: 113 13th July: fasting: 98 pp: 129 16th July: fasting: 101 pp:99		

DIET PLAN

Time	Thursday (18-7-24)	Friday (19-7-24)	Saturday (20-7-24)	Sunday (21-7-24)	Thursday (25-7-24)	Friday (26-7-24)	Saturday (27-7-24)
8:30 am	1 glass lukewarm water 1 glass ash gourd turmeric amla juice + 3 soaked and peeled almonds+ 2 soaked figs + 2-inch coconut piece						
9:30 am Cook in ghee only 2 tsp	1 ¼ cup veg rava upma + 3 soaked almonds 1 glass resource hepatic drink	3 red rice & urad dal dosa stuff with lot of veggies+ chutney 1 glass resource hepatic drink	1 ¼ cup vegetable poha+ 3 soaked almonds 1 glass resource hepatic drink	3-4 ragi & oats idli+ 1 cup veg sambhar (limit tamarind) 1 glass resource hepatic drink	1 ¼ cup boiled green peas with mashed sweet potato with lot of other veggies 1 glass resource hepatic drink	1 cup boiled yellow mung with lot of veggies 1 glass resource hepatic drink	3 mung dal lauki chilla stuff with veggies+ chutney 1 glass resource hepatic drink
11:00 am	Keep sipping on Infused water						
1:00 pm (add 1 scoop probiotic powder in buttermilk)	1 cup lauki kurma 1 cup ajwain tadka dal 1 cup rice 1 steamed carrot 1 cup thin buttermilk	1.5 cup ash guard sambhar 1 cup millet rice 1 cucumber 1 cup thin buttermilk	1.5 cup veg red rice khichadi 1 cup steamed drumstick 1 cup thin buttermilk	1.5 cup veg paneer pulao (80g paneer, limit spices) 1 cup beetroot raita	1 cup snake guard sabji 1 cup jeera dal 1 cup millet rice 1 cucumber 1 cup thin buttermilk	1.5 cup veg tofu sabji (80g tofu, lot of veggies) 2 ragi roti 1 cup steamed drumstick 1 cup thin buttermilk	1.5 cup turai dal 1 cup red rice 1 cucumber+ 1 steamed carrot 1 cup thin buttermilk
4:00 pm	1 cup mulethi tea + 1.5 tbsp pumpkin seeds+ ½ cup muskmelon + fistful roasted makhana	1 cup mulethi tea + 1.5 tbsp flax seeds+ 1 guava + fistful roasted makhana	1 cup mulethi tea + 1.5 tbsp pumpkin seeds+ ½ cup muskmelon + fistful roasted makhana	1 cup mulethi tea + 1.5 tbsp flax seeds+ 1 guava + fistful roasted makhana	1 cup mulethi tea + 1.5 tbsp pumpkin seeds+ ½ cup muskmelon + fistful roasted makhana	1 cup mulethi tea + 1.5 tbsp flax seeds+ 1 guava + fistful roasted makhana	1 cup mulethi tea + 1.5 tbsp pumpkin seeds+ ½ cup muskmelon + fistful roasted makhana
7:30 pm	3 red rice & urad dal dosa stuff with lot of veggies+ chutney	1 ¼ cup methi tofu sabji (80g tofu, lot of palak) 2 jowar roti 1 glass carrot cooler	3-4 ragi & oats idli+ 1 ¼ cup veg sambhar (limit tamarind)	1 ¼ cup pumpkin chana sabji 2 jowar roti 2 small steamed carrots	1 ¼ cup veg dhaliya khichadi 1 cup steamed lauki with salt & pepper	3 mung dal lauki chilla stuff with veggies+ chutney	1 ¼ cup sweet potato matar sabji 2 jowar roti 1 glass honey ginger ale
9:30 pm	Mix 2 pinch turmeric & 1 pinch of black pepper in lukewarm water						

Abbreviations: 1 cup = 200 ml, 1 glass = 250 ml, 1 tbsp = 15 ml, 1 tsp = 5 ml, 1 roti/ paratha/ wrap = 6 inch diameter

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Working hours: 10 am to 7 pm IST (MON to FRI)

Guidelines:

Check you fasting & 2 hour post lunch blood sugar levels on highlighted days

You can sip on ½ cup coffee made with almond milk and little jaggery

Can use soya chunks if tofu is not available.

Resource hepatic: <https://amzn.in/d/8pBPTmH>

Probiotic powder: <https://amzn.in/d/1XRViil>

Foods to be avoided: high spicy foods, chillies, chilli paste or powder or flakes, caffeine products like tea, coffee, sugary foods, Maida, salted/pickled foods, highly fermented foods, sour foods, high fat dairy-curd, milk, paneer, deep fried foods, alcohol, carbonated drinks.

Vegetable Juice: Mix all the ingredients, blend them well, strain, add 1-2 tsp of pulp back & consume them immediately.

1. **Ashgourd amla turmeric juice:** 1 cup ash gourd, 1 tbsp amla (if available), fistful of mint leaves, fistful of coriander leaves, 1 tsp fresh turmeric (if available), ½ tsp grated ginger, some pink salt & jeera powder.

Infused Water: Mix the contents & let them stay together for an hour or two & start sipping on it. Will give you amazing water-soluble nutrients & electrolytes. (Do not use plastic bottles to do this)

- 1 L Water + handful tulsi leaves + 1 tsp overnight soaked chia seeds.

Mulethi tea: 1 glass water + 1 tsp mulethi powder (athimadhuram) + 4-6 basil leaves, boil for 2-3 min, Strain once lukewarm and drink it slowly.

Almond milk extraction: https://youtube.com/shorts/yHCcbnzOM3I?si=YdG_mS1s9IWibNyy

Mindful eating steps:

1. Use the smallest plate available to portion your food.
2. Take 5 deep breath & thank God for giving you this meal, visually analyse the meal - fibre, protein carbs in your plate and smell the food.
3. Eat raw/ steamed salad first with fork. And drink buttermilk or curd slowly.
4. Take a very small bite. Chew each bite at least 20 times then only gulp it down.
5. While eating does not watch TV or talk. Give full concentration to your meals.
6. Enjoy your meals & take at least 20 minutes to finish your main meals.

- Use 30-35 ml coconut oil or ghee per day to cook your food per day (2-2.5 tbsp).
- Avoid white sugar, & use jaggery powder instead. Try to reduce your overall sugar threshold & use less jaggery powder too.
- Squeeze few drops of lemon on your curries & dal after portioning your plate for better digestion & absorption of nutrients.
- **Drink at least 2.5L of water every day. Download water reminder application if required.**
- Expose yourself to sun for at least 15 minutes between 11 am to 3 pm.
- **After every meal, wait for 20 minutes & do post meal walks for at least 10 minutes inside the house itself.**
- Soak whole pulses overnight or atleast for 8 hours & cook them in pressure cooker properly before consumption.
- Do meditation to start your day & avoid using phone soon after waking up. Meditation link: <https://www.youtube.com/watch?v=tuiQxBB67wI>
- Go for healthy munching: Roasted chana, peanuts, popcorn, jowar puffs, makhana, sukha bhel, veg juice, etc.
- If you crave for something sweet, go for 1 date or 1 fig or few kismis
- Practice Mindful eating: Eat your main meals for at least 20 minutes, start with your salad (take 5 minutes to chew it nicely), then small bites of rice/roti + more sabji & chew every bite for 30 times.
- Stand for 3 minutes every 1 hour to reduce sedentary sitting hours.
- Perform 4-7-8 deep breathing for 30 counts on your bed before sleeping & avoid phone, tv, laptop at least 45 min before you sleep.
Link: <https://www.youtube.com/watch?v=1Dv-ldGLnIY>
- Try to keep your dinner – last meal of the day. No snacking until you are awake till mid-night.

Exercise:

Step count Target: 8000 steps 6 days a week

Strengthening Exercises: Every alternate day, perform the following exercises.
(Always wear sports shoes & ensure that you are mindful of your posture)

- **Nadi Shuddi:** <https://youtu.be/q5m6tMjcF8k?si=i9CwFIPAB2rA39Gx> (everyday 10 mins immediately after waking up, before bed time)
- Surya Namaskar: <https://www.youtube.com/watch?v=PC7ctYaQ17E> (perform 3-4 repetitions)
- Yoga for pancreas: <https://youtu.be/UjnOIMyPY6Y?si=NWh9dD1e1pz-M0s6>

Recipes:

1. Mix veg paneer pulao + beetroot raita: <https://www.instagram.com/reel/CxfsT2xPvzm/?igshid=MzRIODBiNWFIZA==>
2. Ragi & oats idli: <https://youtu.be/dsmTl0B8ROY?si=s5xVNXwM0lqz72zO>
3. Mung dal lauki chilla: https://www.instagram.com/reel/CyYWepnvaSI/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==
4. Vegetable Dalia Khichadi: https://www.instagram.com/reel/Cx8DOVhvNyA/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==
5. **Carrot cooler:** 1 chopped carrot, 150ml chilled water, black salt & mint leaves, ¼ tsp jaggery for taste, 1 tsp lemon juice. Grind & enjoy.
6. **Honey Ginger Ale:** Put a glass of water to boil, add shredded ginger & let it simmer for 4-5 minutes. Once lukewarm, strain & add 1 tsp honey, some lemon juice, pink salt & put it in the fridge for some time to chill. & drink.

Grocery List:

Basic Essentials	Vegetables & Fruits	Dry Fruits & Seeds	Cereals & Pulses	Dairy	Non-Veg
Cold pressed oil - coconut oil or ghee Wheat flour Red rice Mulethi tea Ginger Garlic Poha Broken rice Dhaliya Fresh turmeric or organic turmeric powder Black pepper	Onion Tomato Coriander Mint Carrot Beetroot Cucumber Peas Corn Tricolor capsicum Drumstick Ash gourd Lauki Snake guard	Mix seeds (flax, sesame, pumpkin) Chia seeds Coconut Peanuts Almonds -for milk extraction	Oats Quinoa Millets Chana Tuver dal Mung dal Sprouts Masur	Curd-low fat Tofu	

Sattu powder	Pumpkin Turai Sweet potato Guava Muskmelon				
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