

Kajal's Personalized Health & Diet Plan

1. Health Recovery Routine (BP, Viral Infection ke baad)

- Rest & Sleep: 7–8 ghante ki neend lo, raat ko 11 baje tak so jao.
- Easily Digestible Food: Khichdi, dal-chawal, dahi, soup, fruits (papaya, apple, orange).
- Hydration: Din me 2.5–3 litre paani. Saath hi nimbu pani, coconut water, buttermilk.
- BP Monitoring: Roz subah-shaam BP check karo aur note karo.
- Avoid: Excess tea/coffee, oily-spicy food recovery ke dauran.

2. Healthy Weight Gain Diet (Target: 50 kg)

- Morning (6:30–7:00 AM): Warm water + soaked almonds (5) + raisins (5).
- Breakfast (8:00 AM): Milk + poha/upma/idli OR paratha + curd.
- Mid-Morning (11:00 AM, Office): 1 fruit (banana/papaya/orange) + handful nuts.
- Lunch (1:00 PM): 2–3 roti + sabzi + dal + chawal + salad + dahi.
- Evening Snack (4:30 PM, Office): Upma/sandwich OR roasted chana + lemon water.
- Dinner (8:30–9:00 PM): 2–3 roti + sabzi + dal OR khichdi + salad + buttermilk.
- Bedtime (10:30 PM): Warm milk + 1 date/anjeer.

3 .Office Friendly Routine

- Travel: Office 8 AM – 6:30 PM. Light tiffin + fruits carry karo.
- Sitting: Har 1 ghante me 2 min walk/stretch karna.
- Water: Office me 1.5–2 litre bottle khatam karni hai.
- Snacks: Healthy options rakho jaise roasted chana, nuts, fruits.

4. Blood Strong Banane Wala Diet

- Iron Rich: Palak, methi, rajma, chana, gur, kishmish.
- Vitamin C: Orange, lemon, amla (iron absorption ke liye).
- Vitamin B12: Milk, paneer, curd, cheese.
- Folic Acid: Beetroot, papaya, dal, sprouts.
- Protein: Paneer, soyabean, nuts, dals.

5. Daily Healthy Schedule

Time	Activity
6:30 AM	Wake up + warm water + soaked dry fruits
8:00 AM	Breakfast (poha/idli/paratha + milk)
11:00 AM	Fruit + nuts (office)
1:00 PM	Lunch (roti, dal, sabzi, rice, salad, dahi)
4:30 PM	Healthy snack (upma/sandwich/chana)
6:30 PM	Travel back home + fruit
8:30 PM	Dinner (roti, dal, sabzi, salad)
10:30 PM	Milk + date/anjeer + sleep

- ❖ “Daily Routine, Daily Progress – Health First, Success Next.” ♥
- ❖ “Healthy Eating + Proper Rest = Perfect Recovery.” ♥