

Aarogyam

Personalized Diet & Lifestyle Plan

Patient Vitals

Name: Neha Shejole

ID: P-1

Age: 20

Gender: Female

Height: 160.0 cm

Weight: 40.0 kg

Clinical Assessment

Prakriti: Vata

Vikriti/Disease: -

Agni: None

Ama: None

General Guidelines

- Drink warm water throughout the day.
- Eat only when the previous meal is fully digested.
- Avoid cold, heavy, and oily foods.
- Dinner should be light and taken before 8 PM.

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Day 1

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Oatmeal	250 kcal	Rice Porridge with Almonds	200 kcal
Lunch	Vegetable Quinoa Bowl	450 kcal	Lentil Soup with Brown Rice	500 kcal
Dinner	Grilled Vegetable Skewers with Chickpea Salad	350 kcal	Spinach and Mushroom Curry with Brown Rice	400 kcal

■ **Workout:** Vrikshasana (Tree Pose), Surya Namaskar (Sun Salutation)

■ **Tip:** Practice Abhyanga (self-massage) with warm sesame oil to calm Vata dosha

■ **Recipe (Vegetable Quinoa Bowl):** Cook quinoa and set aside. Heat oil in a pan, sauté onion and garlic, add mixed vegetables and cook until tender. Serve over quinoa.

Day 2

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Smoothie Bowl with Banana and Almond Milk	300 kcal	Whole Grain Toast with Avocado Spread	250 kcal
Lunch	Chickpea and Avocado Salad with Whole Grain Wrap	500 kcal	Vegetable and Bean Chili with Brown Rice	550 kcal
Dinner	Grilled Tofu with Roasted Vegetables and Quinoa	400 kcal	Spinach and Ricotta Stuffed Bell Peppers	450 kcal

■ **Workout:** Bhujangasana (Cobra Pose), Anuloma Viloma (Alternate Nostril Breathing)

■ **Tip:** Practice nasal cleansing with a neti pot to balance Vata dosha

■ **Recipe (Chickpea and Avocado Salad):** Mash avocado and mix with chickpeas, onion, and cilantro. Squeeze lemon juice and serve.

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Day 3

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Whole Grain Waffles with Fresh Berries and Yogurt	300 kcal	Green Smoothie with Spinach and Banana	200 kcal
Lunch	Lentil and Vegetable Stew with Whole Grain Bread	550 kcal	Grilled Vegetable and Hummus Wrap	500 kcal
Dinner	Baked Eggplant Parmesan with Whole Grain Pasta	450 kcal	Vegetable and Bean Curry with Brown Rice	500 kcal

■ **Workout:** Tadasana (Mountain Pose), Kapalabhati (Breath of Fire)

■ **Tip:** Practice meditation for 10 minutes to calm the mind and balance Vata dosha

■ **Recipe (Lentil and Vegetable Stew):** Cook lentils and set aside. Heat oil in a pan, sauté onion and garlic, add mixed vegetables and cook until tender. Combine with cooked lentils and serve.

Day 4

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Cinnamon Oatmeal with Banana and Honey	250 kcal	Whole Grain Toast with Almond Butter and Banana Slices	300 kcal
Lunch	Grilled Vegetable and Quinoa Bowl with Lemon-Tahini Dressing	500 kcal	Black Bean and Sweet Potato Tacos with Avocado Salsa	550 kcal
Dinner	Spinach and Mushroom Risotto with Whole Grain Bread	450 kcal	Roasted Vegetable and Chickpea Curry with Brown Rice	500 kcal

■ **Workout:** Viparita Karani (Legs Up The Wall Pose), Bhastrika (Bellows Breath)

■ **Tip:** Practice oil pulling with sesame oil to detoxify and balance Vata dosha

■ **Recipe (Grilled Vegetable and Quinoa Bowl):** Cook quinoa and set aside. Heat oil in a pan, sauté onion and garlic, add mixed vegetables and cook until tender. Serve over quinoa.

Aarogyam

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Day 5

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Whole Grain Pancakes with Fresh Berries and Yogurt	300 kcal	Chia Seed Pudding with Coconut Milk and Banana	250 kcal
Lunch	Vegetable and Bean Chili with Whole Grain Cornbread	550 kcal	Grilled Tofu and Avocado Wrap with Mixed Greens	500 kcal
Dinner	Baked Sweet Potato and Black Bean Tacos with Guacamole	450 kcal	Spinach and Ricotta Stuffed Shells with Whole Grain Pasta	500 kcal

- **Workout:** Salabhasana (Locust Pose), Ujjayi (Ocean Breath)
- **Tip:** Practice a warm bath with Epsom salt to relax and balance Vata dosha
- **Recipe (Vegetable and Bean Chili):** Heat oil in a pan, sauté onion and garlic, add mixed vegetables and cook until tender. Combine with beans, diced tomatoes, and spices. Serve hot.

Day 6

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Green Smoothie with Spinach and Banana	200 kcal	Whole Grain Waffles with Fresh Berries and Yogurt	300 kcal
Lunch	Lentil and Vegetable Curry with Brown Rice	500 kcal	Grilled Vegetable and Hummus Wrap	450 kcal
Dinner	Baked Eggplant Parmesan with Whole Grain Pasta	450 kcal	Vegetable and Bean Stew with Whole Grain Bread	500 kcal

- **Workout:** Dhanurasana (Bow Pose), Sitali (Cooling Breath)
- **Tip:** Practice a digital detox for 2 hours to reduce stress and balance Vata dosha
- **Recipe (Lentil and Vegetable Curry):** Cook lentils and set aside. Heat oil in a pan, sauté onion and garlic, add mixed vegetables and cook until tender. Combine with cooked lentils and spices. Serve over brown rice.

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Day 7

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Cinnamon Oatmeal with Banana and Honey	250 kcal	Whole Grain Toast with Almond Butter and Banana Slices	300 kcal
Lunch	Grilled Vegetable and Quinoa Bowl with Lemon-Tahini Dressing	500 kcal	Black Bean and Sweet Potato Tacos with Avocado Salsa	550 kcal
Dinner	Spinach and Mushroom Risotto with Whole Grain Bread	450 kcal	Roasted Vegetable and Chickpea Curry with Brown Rice	500 kcal

- **Workout:** Savasana (Corpse Pose), Anapanasati (Mindfulness of Breath)
- **Tip:** Practice a gratitude journal to cultivate positivity and balance Vata dosha
- **Recipe (Grilled Vegetable and Quinoa Bowl):** Cook quinoa and set aside. Heat oil in a pan, sauté onion and garlic, add mixed vegetables and cook until tender. Serve over quinoa.