

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: -

Ama: -

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 with almond milk	250 kcal	Rice porridge with cardamom and ginger	200 kcal
Lunch	Vegetable curry with brown rice	450 kcal	Lentil soup with whole wheat bread	420 kcal
Dinner	Grilled tofu with roasted vegetables and quinoa	350 kcal	Stuffed bell peppers with quinoa and black beans	380 kcal

- **Workout:** Surya Namaskar, Leg raises
- **Tip:** Drink warm water throughout the day to balance Vata dosha
- **Recipe (Vegetable Curry):** Saute onions, ginger, and garlic, then add the vegetables and spices, and cook until the vegetables are tender

Day 2

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Smoothie bowl with banana, spinach, and almond milk	220 kcal	Whole wheat toast with avocado and scrambled eggs	280 kcal
Lunch	Chickpea salad with mixed greens and whole wheat wrap	400 kcal	Vegetable biryani with raita	440 kcal
Dinner	Grilled portobello mushrooms with roasted sweet potatoes and green beans	300 kcal	Spinach and feta stuffed chicken breast with quinoa and broccoli	360 kcal

- **Workout:** Tree pose, Seated forward bend
- **Tip:** Practice deep breathing exercises to calm the mind and balance Vata dosha
- **Recipe (Chickpea Salad):** Mix all the ingredients together and serve on top of mixed greens

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Day 3

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Whole wheat waffles with fresh berries and yogurt	250 kcal	Tofu scramble with whole wheat toast and mixed berries	280 kcal
Lunch	Lentil and vegetable stew with whole wheat bread	420 kcal	Grilled vegetable and hummus wrap	400 kcal
Dinner	Baked eggplant parmesan with whole wheat spaghetti	380 kcal	Stuffed acorn squash with wild rice and black beans	400 kcal

- **Workout:** Warrior pose, Triangle pose
- **Tip:** Get enough sleep and maintain a regular sleep schedule to balance Vata dosha
- **Recipe (Lentil and Vegetable Stew):** Saute onions, ginger, and garlic, then add the lentils, vegetables, and spices, and cook until the lentils are tender

Day 4

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Whole wheat pancakes with fresh berries and maple syrup	280 kcal	Smoothie with banana, spinach, and almond milk	220 kcal
Lunch	Grilled vegetable and quinoa bowl with tahini sauce	400 kcal	Chickpea and avocado salad with mixed greens	420 kcal
Dinner	Baked salmon with roasted asparagus and quinoa	360 kcal	Stuffed bell peppers with quinoa and black beans	380 kcal

- **Workout:** Seated twist, Leg raises
- **Tip:** Practice self-massage with warm oil to nourish and calm the skin and balance Vata dosha
- **Recipe (Grilled Vegetable and Quinoa Bowl):** Grill the vegetables and cook the quinoa, then mix with tahini sauce and serve

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Day 5

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Whole wheat French toast with fresh berries and yogurt	280 kcal	Tofu and spinach omelette with whole wheat toast	240 kcal
Lunch	Vegetable and bean chili with whole wheat bread	440 kcal	Grilled vegetable and hummus wrap	400 kcal
Dinner	Baked tofu with roasted Brussels sprouts and sweet potatoes	320 kcal	Stuffed acorn squash with wild rice and black beans	400 kcal

- **Workout:** Downward-facing dog, Child's pose
- **Tip:** Take a warm bath with Epsom salt to relax and balance Vata dosha
- **Recipe (Vegetable and Bean Chili):** Saute onions, ginger, and garlic, then add the vegetables, beans, and spices, and cook until the vegetables are tender

Day 6

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Whole wheat waffles with fresh berries and yogurt	250 kcal	Smoothie bowl with banana, spinach, and almond milk	220 kcal
Lunch	Grilled vegetable and quinoa bowl with tahini sauce	400 kcal	Lentil and vegetable stew with whole wheat bread	420 kcal
Dinner	Baked eggplant parmesan with whole wheat spaghetti	380 kcal	Stuffed bell peppers with quinoa and black beans	380 kcal

- **Workout:** Tree pose, Seated forward bend
- **Tip:** Practice meditation and deep breathing exercises to calm the mind and balance Vata dosha
- **Recipe (Baked Eggplant Parmesan):** Slice the eggplant, layer with tomato sauce and cheese, and bake until golden brown

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Day 7

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Oatmeal with almond milk and honey	250 kcal	Whole wheat toast with avocado and scrambled eggs	280 kcal
Lunch	Chickpea and avocado salad with mixed greens	420 kcal	Vegetable biryani with raita	440 kcal
Dinner	Grilled portobello mushrooms with roasted sweet potatoes and green beans	300 kcal	Stuffed acorn squash with wild rice and black beans	400 kcal

- **Workout:** Surya Namaskar, Leg raises
- **Tip:** Practice yoga and pranayama to balance Vata dosha and maintain overall health and well-being
- **Recipe (Chickpea and Avocado Salad):** Mix all the ingredients together and serve on top of mixed greens