

# 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
<b>Breakfast</b>	Oatmeal	250 kcal	Rice Porridge with Almonds	200 kcal
<b>Lunch</b>	Vegetable Quinoa Bowl	450 kcal	Lentil Soup with Brown Rice	500 kcal
<b>Dinner</b>	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
<b>Breakfast</b>	Smoothie Bowl with Banana and Almond Milk	300 kcal	Whole Grain Toast with Avocado Spread	250 kcal
<b>Lunch</b>	Chickpea and Avocado Salad with Whole Grain Wrap	500 kcal	Vegetable and Bean Chili with Brown Rice	550 kcal
<b>Dinner</b>	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
<b>Breakfast</b>	Whole Grain Waffles with Fresh Berries and Yogurt	300 kcal	Green Smoothie with Spinach and Banana	200 kcal
<b>Lunch</b>	Lentil and Vegetable Stew with Whole Grain Bread	550 kcal	Grilled Vegetable and Hummus Wrap	500 kcal
<b>Dinner</b>	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
<b>Breakfast</b>	Cinnamon Oatmeal with Banana and Honey	250 kcal	Whole Grain Toast with Almond Butter and Banana Slices	300 kcal
<b>Lunch</b>	Grilled Vegetable and Quinoa Bowl with Lemon-Tahini Dressing	500 kcal	Black Bean and Sweet Potato Tacos with Avocado Salsa	550 kcal
<b>Dinner</b>	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.

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## Day 5

Time	Menu Option 1	Cal	Menu Option 2	Cal
<b>Breakfast</b>	Whole Grain Pancakes with Fresh Berries and Yogurt	300 kcal	Chia Seed Pudding with Coconut Milk and Banana	250 kcal
<b>Lunch</b>	Vegetable and Bean Chili with Whole Grain Cornbread	550 kcal	Grilled Tofu and Avocado Wrap with Mixed Greens	500 kcal
<b>Dinner</b>	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
<b>Breakfast</b>	Green Smoothie with Spinach and Banana	200 kcal	Whole Grain Waffles with Fresh Berries and Yogurt	300 kcal
<b>Lunch</b>	Lentil and Vegetable Curry with Brown Rice	500 kcal	Grilled Vegetable and Hummus Wrap	450 kcal
<b>Dinner</b>	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
<b>Breakfast</b>	Cinnamon Oatmeal with Banana and Honey	250 kcal	Whole Grain Toast with Almond Butter and Banana Slices	300 kcal
<b>Lunch</b>	Grilled Vegetable and Quinoa Bowl with Lemon-Tahini Dressing	500 kcal	Black Bean and Sweet Potato Tacos with Avocado Salsa	550 kcal
<b>Dinner</b>	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.