

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 with almonds and honey	250 kcal	Rice porridge with cardamom	200 kcal
Lunch	Vegetable quinoa bowl with avocado	450 kcal	Lentil soup with whole grain bread	500 kcal
Dinner	Grilled vegetable skewers with brown rice	350 kcal	Spinach and mushroom curry with whole wheat roti	400 kcal

- **Workout:** Surya Namaskar, Leg raises
- **Tip:** Drink warm water throughout the day to balance Vata
- **Recipe (Ginger and Turmeric Tea):** Boil water, add ginger and turmeric, let it steep for 5 minutes, strain and add honey to taste

Day 2

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Smoothie bowl with banana, spinach, and almond milk	300 kcal	Whole grain toast with avocado and scrambled eggs	250 kcal
Lunch	Chickpea and arugula salad with whole grain wrap	400 kcal	Grilled vegetable and hummus wrap	500 kcal
Dinner	Vegetable and bean chili with quinoa	450 kcal	Roasted vegetable and brown rice bowl	400 kcal

- **Workout:** Tree pose, Seated forward bend
- **Tip:** Practice oil pulling with sesame oil to reduce Vata
- **Recipe (Cinnamon and Ginger Chai):** Boil water, add cinnamon and ginger, let it steep for 5 minutes, add milk and honey to taste

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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	Coconut oatmeal with sliced banana and honey	350 kcal
Lunch	Lentil and vegetable stew with whole grain bread	500 kcal	Grilled vegetable and quinoa bowl with tahini dressing	450 kcal
Dinner	Spinach and feta stuffed portobello mushrooms	300 kcal	Vegetable and bean curry with brown rice	400 kcal

- **Workout:** Downward-facing dog, Plank pose
- **Tip:** Take a warm bath with Epsom salt to relax and balance Vata
- **Recipe (Roasted Vegetable Soup):** Roast vegetables in the oven, then blend with broth and coconut milk, season with salt and pepper to taste

Day 4

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Whole grain cereal with sliced banana and almond milk	250 kcal	Scrambled eggs with whole grain toast and avocado	300 kcal
Lunch	Chickpea and quinoa salad with whole grain wrap	450 kcal	Vegetable and hummus wrap with mixed greens	500 kcal
Dinner	Grilled vegetable and brown rice bowl	350 kcal	Lentil and vegetable curry with whole wheat roti	400 kcal

- **Workout:** Warrior pose, Triangle pose
- **Tip:** Practice deep breathing exercises to calm the mind and balance Vata
- **Recipe (Coconut and Turmeric Rice):** Cook rice with coconut milk, turmeric, and salt, fluff with a fork and serve

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Day 5

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Smoothie with banana, spinach, and almond milk	250 kcal	Whole grain toast with avocado and scrambled eggs	300 kcal
Lunch	Vegetable and bean chili with quinoa	450 kcal	Grilled vegetable and hummus wrap	500 kcal
Dinner	Spinach and mushroom curry with brown rice	350 kcal	Roasted vegetable and quinoa bowl	400 kcal

- **Workout:** Seated forward bend, Plank pose
- **Tip:** Practice yoga Nidra to relax and balance Vata
- **Recipe (Ginger and Cinnamon Tea):** Boil water, add ginger and cinnamon, let it steep for 5 minutes, strain and add honey to taste

Day 6

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Oatmeal with sliced banana and honey	250 kcal	Whole grain waffles with fresh berries and yogurt	300 kcal
Lunch	Lentil and vegetable stew with whole grain bread	500 kcal	Grilled vegetable and quinoa bowl with tahini dressing	450 kcal
Dinner	Vegetable and bean curry with brown rice	400 kcal	Spinach and feta stuffed portobello mushrooms	350 kcal

- **Workout:** Tree pose, Leg raises
- **Tip:** Get a massage with warm oil to nourish and balance Vata
- **Recipe (Roasted Vegetable and Quinoa Bowl):** Roast vegetables in the oven, cook quinoa according to package instructions, serve together

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Day 7

Time	Menu Option 1	Cal	Menu Option 2	Cal
Breakfast	Coconut oatmeal with sliced banana and honey	300 kcal	Whole grain cereal with sliced banana and almond milk	250 kcal
Lunch	Chickpea and arugula salad with whole grain wrap	400 kcal	Vegetable and hummus wrap with mixed greens	500 kcal
Dinner	Grilled vegetable and brown rice bowl	350 kcal	Lentil and vegetable curry with whole wheat roti	400 kcal

- **Workout:** Surya Namaskar, Seated forward bend
- **Tip:** Practice meditation to calm the mind and balance Vata
- **Recipe (Turmeric and Ginger Soup):** Boil broth, add ginger and turmeric, let it steep for 5 minutes, blend with coconut milk, season with salt and pepper to taste