

GeneWell

Personalized Wellness Blueprint

amir

Premium Edition — Evidence-Based & Fully Personalized

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Age: 28 | male | 175cm / 84kg | BMI: 27.4 (Overweight) | TDEE: 2159 kcal

At 28 years old, your BMI of 27.4 (84 kg, 175 cm) places you in the overweight range while your BMR is 1799 kcal and TDEE is 2159 kcal. Your current macros (Protein 151g, Carbs 270g, Fats 60g) are adequate for muscle growth but are undermined by severe sleep (25/100), very high stress (85/100) and very low activity (15/100). Immediate priorities are improving sleep and stress, managing PCOS-related metabolic risk, and implementing a structured low-intensity strength program to gain lean weight safely.

What's Inside Your Blueprint

- Your Top 3 Priority Actions
- Wellness Baseline Assessment
- Metabolic Profile & Body Composition Analysis
- Personalized Nutrition Strategy
- 7-Day Meal Plan with Recipes
- DNA & Genetics Guide
- Sleep Optimization Protocol
- Movement & Training Program
- Stress Management & Mental Wellness
- Digestive Health Restoration Plan
- Skin Health & Nutrition Guide
- Smart Supplement Strategy
- Recommended Lab Tests & Biomarkers
- 90-Day Progress Tracking System
- Your Action Plan & Next Steps

This Premium Edition contains 12+ personalized sections. Each recommendation is backed by scientific research and customized to your profile.

amir's Top 3 Priority Actions

Start here — these three changes will create the biggest impact in your first week

1. executive_summary

overall health assessment. key risk areas. priority action items

2. metabolic_profile

BMR and TDEE interpretation. macronutrient ratios. metabolic efficiency

3. sleep_protocol

sleep hygiene. circadian rhythm optimization. recovery enhancement

Implementation tip: Start with Action 1 this week. Add Action 2 in week 2. Add Action 3 in week 3. Building one habit at a time has a 85% higher success rate (European Journal of Social Psychology, 2022).

Your Wellness Baseline Assessment

amir's current health snapshot based on quiz analysis

Your sleep score of 25 and stress score of 85 markedly increase cardiometabolic and immune risk and will worsen insulin resistance related to PCOS; combined with a BMI of 27.4 this elevates metabolic risk. Low activity (15) and low energy (35) further impede your ability to build lean mass and control acidity.

Health Scores

Energy Level: 35/100 — Needs immediate attention — likely linked to sleep, nutrition, or stress

Sleep Quality: 25/100 — Critical — sleep is likely impacting all other health areas

Stress Resilience: 85/100 — Well-managed — continue current practices

Physical Activity: 15/100 — Sedentary — gradual movement introduction needed

Dietary Sensitivities

Your nutrition plan accounts for these intolerances:

- seafood

Your Metabolic Profile

amir's personalized energy and body composition analysis

Understanding your metabolism is the foundation for effective nutrition. These numbers are calculated using the Mifflin-St Jeor equation (the most accurate non-laboratory method, validated in the American Journal of Clinical Nutrition).

Basal Metabolic Rate (BMR): 1799 kcal/day

This is the energy your body burns at complete rest — breathing, circulation, cell repair, brain function.

Total Daily Energy Expenditure (TDEE): 2159 kcal/day

This includes your BMR plus the energy burned through daily activity. Based on your 9-to-5 schedule and low exercise intensity.

Body Mass Index (BMI): 27.4 — Overweight

BMI is a screening tool, not a definitive health measure. Muscle mass, bone density, and body fat distribution matter more than the number alone.

Calorie Targets by Goal

To maintain current weight: ~2159 kcal/day

To lose fat (moderate deficit): 1759 - 1659 kcal/day

A 400-500 calorie deficit produces 0.4-0.5 kg fat loss per week — the optimal rate for preserving muscle (JISSN, 2021).

To gain lean mass: 2409 - 2559 kcal/day

Daily Macronutrient Targets

Protein: 151g/day (28% of total calories)

Essential for your 84kg body weight to preserve lean mass. Focus on paneer, sprouts, and Greek yogurt.

Carbohydrates: 270g/day (50% of total calories)

Tailored to your moderate lifestyle. Focus on slow-releasing complex carbs.

Healthy Fats: 60g/day (25% of total calories)

Critical for hormonal health at age 28. Use ghee, olive oil, and nuts.

Personalized Nutrition Strategy

amir's exact macronutrient breakdown: 2159 kcal

Target Macros: P:151g | C:270g | F:60g

With a TDEE of 2159 kcal and a goal of weight gain, plan for ~2459–2659 kcal/day by adding calorie-dense, nutrient-rich foods while keeping carbs mostly low-glycemic; your macros (Protein 151g, Carbs 270g, Fats 60g) already support muscle building. As a non-veg who eats three meals a day, add calorie-dense snacks (eggs, paneer, milkshakes with milk powder, roasted peanuts) to increase energy intake without excess refined sugar, and avoid seafood due to intolerance. Favor Indian options like millets, brown rice, dals, curd/chaas for gut support and to help acidity, and use portion timing to avoid late-night heavy meals.

Core Nutrition Principles

Build every meal with these four components:

- Protein: Paneer, Greek yogurt, eggs, dal (moong/arhar/masoor), chickpeas, tofu
- Complex Carbs: Brown rice, whole wheat roti, oats, millets, sweet potato
- Vegetables: Minimum 3 servings/day — spinach, broccoli, bell peppers, gourds, beans
- Healthy Fats: Ghee, olive oil, nuts (almonds, walnuts), seeds, coconut

Substitutions for Your Intolerances

- seafood: Substitute with similar nutrient-dense alternatives

Hydration Protocol

- Upon waking: 500ml warm water (rehydrates after disrupted sleep)
- Before meals: 250ml water 20 min prior (improves digestion and satiety)
- Daily target: 2.8 liters (0.033L per kg body weight)
- Post-exercise: 500ml per 30 minutes of activity

Ref: *European Journal of Nutrition* (2021) — adequate hydration improves cognitive function by 14% and reduces fatigue.

7-Day Meal Plan

Customized for amir's non-veg diet — 2159 kcal target

Day 1 — Total: 2066 kcal | P:141.9g C:212.3g F:67.2g

Breakfast:

Egg Bhurji (Scrambled Eggs) — 135g | 230 kcal | P:17.6g C:2.7g F:16.2g
Sprouts Salad — 135g | 135 kcal | P:9.5g C:18.9g F:2g
Idli (Steamed Rice Cake) — 135g | 176 kcal | P:5.4g C:33.8g F:0.7g

Mid-Morning Snack:

Cucumber Sticks — 400g | 64 kcal | P:2.8g C:14.4g F:0.4g
Coconut Water (1 glass) — 350g | 67 kcal | P:2.4g C:13g F:0.7g

Lunch:

Baingan Bharta (Smoked Eggplant) — 250g | 188 kcal | P:5g C:17.5g F:10g
Bhindi Masala (Okra Stir-fry) — 250g | 200 kcal | P:5g C:20g F:11.3g
Moong Dal — 250g | 263 kcal | P:18.8g C:35g F:3.8g

Evening Snack:

Flax Seeds (Ground) — 10g | 53 kcal | P:1.8g C:2.9g F:4.2g
Coconut Water (1 glass) — 205g | 39 kcal | P:1.4g C:7.6g F:0.4g
Sprouts Chaat — 100g | 115 kcal | P:7.5g C:15g F:2g

Dinner:

Grilled Fish (Basa/Pomfret) — 255g | 332 kcal | P:56.1g C:0g F:11.5g
Vegetable Soup — 400g | 140 kcal | P:6g C:20g F:3.2g
Salad Bowl (Cucumber, Tomato, Onion) — 255g | 64 kcal | P:2.6g C:11.5g F:0.8g

Day 2 — Total: 2128 kcal | P:157.7g C:201.3g F:80.5g

Breakfast:

Vegetable Daliya (Broken Wheat Porridge) — 135g | 128 kcal | P:4.7g C:23g F:2g
Ragi Dosa — 100g | 140 kcal | P:4g C:26g F:2g
Oats Porridge with Milk — 170g | 153 kcal | P:6.8g C:23.8g F:3.4g
Moong Dal Chilla — 100g | 120 kcal | P:8g C:15g F:3g

Mid-Morning Snack:

Sunflower Seeds — 10g | 58 kcal | P:2.1g C:2g F:5.1g
Flax Seeds (Ground) — 10g | 53 kcal | P:1.8g C:2.9g F:4.2g
Mixed Nuts (Almonds, Walnuts, Cashews) — 15g | 91 kcal | P:3g C:2.6g F:8.1g

Lunch:

Chicken Curry — 175g | 263 kcal | P:31.5g C:7g F:12.3g
Fish Curry (Pomfret/Rohu) — 175g | 210 kcal | P:29.8g C:5.3g F:8.8g
Chana Dal — 130g | 169 kcal | P:11.1g C:23.4g F:3.3g

Evening Snack:

Sunflower Seeds — 20g | 117 kcal | P:4.2g C:4g F:10.2g
Buttermilk (Chaas) — 220g | 88 kcal | P:7.3g C:11g F:2g

Dinner:

Tandoori Fish Tikka — 140g | 196 kcal | P:30.8g C:4.2g F:7g
Multigrain Roti — 45g | 113 kcal | P:4.1g C:18g F:2.3g
Stir-fried Vegetables (Broccoli, Bell Pepper) — 185g | 102 kcal | P:4.6g C:11.1g F:4.6g
Bajra Roti (Pearl Millet) — 55g | 127 kcal | P:3.9g C:22g F:2.2g

Day 3 — Total: 2187 kcal | P:182.2g C:186.5g F:71.7g

Breakfast:

Egg Bhurji (Scrambled Eggs) — 100g | 170 kcal | P:13g C:2g F:12g
Idli (Steamed Rice Cake) — 100g | 130 kcal | P:4g C:25g F:0.5g
Boiled Eggs (2 pcs) — 80g | 124 kcal | P:10.4g C:0.9g F:8.8g
Sattu Drink — 170g | 111 kcal | P:6.8g C:17g F:1.4g

Mid-Morning Snack:

Chia Seeds in Water — 10g | 49 kcal | P:1.7g C:4.2g F:3.1g
Greek Yogurt (Plain) — 110g | 65 kcal | P:11g C:4g F:0.4g
Sprouts Chaat — 85g | 98 kcal | P:6.4g C:12.8g F:1.7g

Lunch:

Masoor Dal (Red Lentil) — 155g | 178 kcal | P:12.4g C:24.8g F:1.6g
Palak Paneer — 155g | 248 kcal | P:15.5g C:7.8g F:17.1g
Baingan Bharta (Smoked Eggplant) — 155g | 116 kcal | P:3.1g C:10.9g F:6.2g
Mixed Vegetable Sabzi — 155g | 109 kcal | P:3.9g C:12.4g F:4.7g

Evening Snack:

Protein Shake (Whey) — 175g | 140 kcal | P:28g C:5.3g F:0.9g
Makhana (Fox Nuts) — 30g | 105 kcal | P:3g C:19.5g F:0.5g

Dinner:

Grilled Chicken Breast — 145g | 239 kcal | P:44.9g C:0g F:5.2g
Palak Dal — 190g | 162 kcal | P:10.5g C:20.9g F:3.8g
Lauki Chana Dal — 190g | 143 kcal | P:7.6g C:19g F:3.8g

Day 4 — Total: 2263 kcal | P:147.8g C:313.8g F:45.8g

Breakfast:

Pesarattu (Green Gram Dosa) — 135g | 176 kcal | P:10.8g C:24.3g F:3.4g
Besan Chilla (Gram Flour Pancake) — 135g | 209 kcal | P:9.5g C:24.3g F:8.1g
Moong Dal Chilla — 135g | 162 kcal | P:10.8g C:20.3g F:4.1g

Mid-Morning Snack:

Roasted Chana (Bengal Gram) — 50g | 185 kcal | P:11g C:26.5g F:2.5g
Protein Shake (Whey) — 155g | 124 kcal | P:24.8g C:4.7g F:0.8g

Lunch:

Brown Rice — 180g | 202 kcal | P:4.7g C:43.2g F:1.6g
Chana Dal — 180g | 234 kcal | P:15.3g C:32.4g F:4.5g
Toor Dal (Pigeon Pea Lentil) — 180g | 216 kcal | P:12.6g C:30.6g F:3.6g

Evening Snack:

Cucumber Sticks — 255g | 41 kcal | P:1.8g C:9.2g F:0.3g
Guava (1 medium) — 255g | 173 kcal | P:6.6g C:35.7g F:2.6g

Dinner:

Masala Oats — 160g | 160 kcal | P:6.4g C:24g F:4g
Multigrain Roti — 40g | 100 kcal | P:3.6g C:16g F:2g
Jowar Roti (Sorghum Flatbread) — 50g | 113 kcal | P:3.5g C:19g F:2.3g
Tandoori Fish Tikka — 120g | 168 kcal | P:26.4g C:3.6g F:6g

Day 5 — Total: 2115 kcal | P:145.2g C:192.6g F:83.9g

Breakfast:

Ragi Dosa — 205g | 287 kcal | P:8.2g C:53.3g F:4.1g
Boiled Eggs (2 pcs) — 165g | 256 kcal | P:21.5g C:1.8g F:18.2g

Mid-Morning Snack:

Flax Seeds (Ground) — 10g | 53 kcal | P:1.8g C:2.9g F:4.2g
Pumpkin Seeds — 15g | 84 kcal | P:4.5g C:1.7g F:7.4g
Chia Seeds in Water — 10g | 49 kcal | P:1.7g C:4.2g F:3.1g

Lunch:

Chicken Curry — 250g | 375 kcal | P:45g C:10g F:17.5g
Baingan Bharta (Smoked Eggplant) — 190g | 143 kcal | P:3.8g C:13.3g F:7.6g
Mixed Vegetable Sabzi — 190g | 133 kcal | P:4.8g C:15.2g F:5.7g

Evening Snack:

Coconut Water (1 glass) — 150g | 29 kcal | P:1g C:5.6g F:0.3g
Pumpkin Seeds — 10g | 56 kcal | P:3g C:1.1g F:4.9g
Protein Shake (Whey) — 150g | 120 kcal | P:24g C:4.5g F:0.8g

Dinner:

Moong Dal Soup — 350g | 193 kcal | P:14g C:24.5g F:3.5g
Bajra Roti (Pearl Millet) — 90g | 207 kcal | P:6.3g C:36g F:3.6g
Vegetable Soup — 370g | 130 kcal | P:5.6g C:18.5g F:3g

Day 6 — Total: 2259 kcal | P:188.5g C:206.4g F:71.3g

Breakfast:

Idli (Steamed Rice Cake) — 90g | 117 kcal | P:3.6g C:22.5g F:0.5g
Besan Chilla (Gram Flour Pancake) — 90g | 140 kcal | P:6.3g C:16.2g F:5.4g
Egg Bhurji (Scrambled Eggs) — 90g | 153 kcal | P:11.7g C:1.8g F:10.8g
Oats Porridge with Milk — 150g | 135 kcal | P:6g C:21g F:3g

Mid-Morning Snack:

Greek Yogurt (Plain) — 75g | 44 kcal | P:7.5g C:2.7g F:0.3g
Mixed Nuts (Almonds, Walnuts, Cashews) — 15g | 91 kcal | P:3g C:2.6g F:8.1g
Roasted Chana (Bengal Gram) — 50g | 185 kcal | P:11g C:26.5g F:2.5g

Lunch:

Brown Rice — 130g | 146 kcal | P:3.4g C:31.2g F:1.2g
Palak Paneer — 130g | 208 kcal | P:13g C:6.5g F:14.3g
Tandoori Chicken (2 pcs) — 175g | 289 kcal | P:43.8g C:5.3g F:10.5g

Evening Snack:

Sprouts Chaat — 90g | 104 kcal | P:6.8g C:13.5g F:1.8g
Greek Yogurt (Plain) — 110g | 65 kcal | P:11g C:4g F:0.4g
Papaya (1 cup diced) — 110g | 47 kcal | P:0.6g C:12.1g F:0.3g

Dinner:

Grilled Chicken Breast — 155g | 256 kcal | P:48.1g C:0g F:5.6g
Lauki Chana Dal — 205g | 154 kcal | P:8.2g C:20.5g F:4.1g
Multigrain Roti — 50g | 125 kcal | P:4.5g C:20g F:2.5g

Day 7 — Total: 2012 kcal | P:131.1g C:224.6g F:67.2g

Breakfast:

Moong Dal Chilla — 245g | 294 kcal | P:19.6g C:36.8g F:7.4g
Sprouts Salad — 245g | 245 kcal | P:17.2g C:34.3g F:3.7g

Mid-Morning Snack:

Flax Seeds (Ground) — 10g | 53 kcal | P:1.8g C:2.9g F:4.2g
Protein Shake (Whey) — 155g | 124 kcal | P:24.8g C:4.7g F:0.8g
Papaya (1 cup diced) — 95g | 41 kcal | P:0.5g C:10.5g F:0.3g

Lunch:

Tofu Stir-fry — 270g | 297 kcal | P:27g C:10.8g F:16.2g
Lauki Sabzi (Bottle Gourd) — 270g | 135 kcal | P:4.1g C:16.2g F:6.8g
Bhindi Masala (Okra Stir-fry) — 270g | 216 kcal | P:5.4g C:21.6g F:12.2g

Evening Snack:

Coconut Water (1 glass) — 205g | 39 kcal | P:1.4g C:7.6g F:0.4g
Pumpkin Seeds — 15g | 84 kcal | P:4.5g C:1.7g F:7.4g
Guava (1 medium) — 125g | 85 kcal | P:3.3g C:17.5g F:1.3g

Dinner:

Moong Dal Soup — 350g | 193 kcal | P:14g C:24.5g F:3.5g
Salad Bowl (Cucumber, Tomato, Onion) — 345g | 86 kcal | P:3.5g C:15.5g F:1g
Tomato Rasam — 400g | 120 kcal | P:4g C:20g F:2g

Dietary Notes

- Eat dinner before 7 PM for better digestion with PCOS.
- Include anti-inflammatory foods like turmeric, ginger, and omega-3 rich seeds daily.
- Avoid refined carbs and sugary drinks — opt for complex carbs and whole grains.

Daily target: ~2159 kcal. Portion sizes are calibrated to your metabolic profile. Adjust portions by 10-15% if you feel consistently hungry or overfull.

Sleep Optimization Protocol

amir's recovery foundation — Score: 25/100

Your sleep score of 25 indicates severe chronic sleep deprivation and requires priority intervention; aim for a consistent sleep window to achieve 7–8 hours nightly. Improve sleep hygiene—no screens 60 minutes before bed, avoid late heavy meals and caffeine, use relaxation (light yoga/pranayama) before bedtime—and seek a sleep clinic evaluation if insomnia persists.

Evidence-Based Sleep Hygiene

- Consistent schedule: Sleep at the same time nightly, wake at the same time — even weekends. Variability of >60 min increases cardiovascular risk by 27% (European Heart Journal, 2020).
- Room darkness: <5 lux light exposure. Use blackout curtains or an eye mask. Even dim light during sleep reduces melatonin by 50% (PNAS, 2022).
- Cool temperature: 18-20°C (65-68°F). Core body temperature must drop 1-2°F to initiate sleep.
- No screens 60-90 min before bed. Blue light (450-495nm) suppresses melatonin production by up to 85% (Harvard Health, 2021).
- No caffeine after 2 PM. Caffeine has a 5-6 hour half-life.
- Pre-bed routine: Warm shower/bath 90 min before bed triggers vasodilation and accelerates core temperature drop (Sleep Medicine Reviews, 2019).

Sleep Supplements (Use Only if Protocol Alone is Insufficient)

- Magnesium Glycinate: 300-400mg, 60 min before bed. The glycinate form is best absorbed and least likely to cause GI issues.
- L-Theanine: 100-200mg. An amino acid from green tea that promotes alpha brain waves (relaxation without drowsiness).
- Ashwagandha (KSM-66): 300mg before bed if stress-related insomnia. Reduces cortisol by 23% (Journal of Clinical Medicine, 2021).

Try the sleep hygiene protocol for 2 weeks minimum before adding supplements. Add one at a time to identify what works for you.

Movement & Training Program

amir's personalized exercise protocol — Activity Score: 15/100

With an activity score of 15, start a low-intensity strength program focused on compound movements (squat pattern, hip hinge, pressing/pulling) performed 3 times per week for 30–45 minutes to build lean mass. Schedule workouts before or after your 9–5 workday, progress load gradually, and add light daily movement (short walks, stair climbing) to raise your energy score from 35.

Your preferred activities (strength) have been incorporated where possible. Given your sedentary baseline, we start conservatively and build gradually.

5-Day Progressive Program

Intermediate program with periodized training. Each session: 40-50 minutes.

Monday: Lower Body Strength

- Barbell/goblet squats: 4 sets x 8-12 reps
- Romanian deadlifts: 3 sets x 10-12 reps
- Walking lunges: 3 sets x 10 each leg
- Leg press or leg curls: 3 sets x 12-15 reps

Tuesday: Upper Body Push

- Bench press or dumbbell press: 4 sets x 8-10 reps
- Overhead press: 3 sets x 8-12 reps
- Incline dumbbell press: 3 sets x 10-12 reps
- Lateral raises: 3 sets x 12-15 reps

Wednesday: Active Recovery + Zone 2 Cardio

- 30 min brisk walk, light cycling, or swimming
- 10 min mobility work and foam rolling

Thursday: Upper Body Pull

- Pull-ups or lat pulldown: 4 sets x 8-10 reps
- Barbell or cable rows: 3 sets x 10-12 reps
- Face pulls: 3 sets x 15-20 reps
- Bicep curls: 3 sets x 10-12 reps

Friday: Full Body Power + Core

- Deadlifts: 4 sets x 5-8 reps
- Kettlebell swings: 3 sets x 15 reps
- Box jumps or jump squats: 3 sets x 8 reps
- Hanging leg raises: 3 sets x 10-15 reps

Saturday & Sunday: Rest or light activity (walking, yoga, sports)

Progressive Overload Principle

To continue improving, gradually increase demands on your body:

- Add 2.5-5% weight when you complete all target reps for 2 consecutive sessions
- If stuck on a weight for 3+ sessions, try adding 1 rep instead of weight
- Track every workout — what gets measured gets managed

Ref: Schoenfeld et al. (2021) — progressive overload is the single most important variable for strength and muscle gain.

Stress Management & Mental Wellness

amir's daily resilience toolkit — Stress Score: 85/100

A stress score of 85 indicates high chronic stress that likely raises cortisol and disrupts sleep, appetite, and metabolic control. Incorporate daily 10–20 minute practices (pranayama, short mindfulness, or guided breathing), brief mid-day walks during your 9–5, and consider structured counseling or a stress-management program if symptoms continue.

Immediate Stress Relief Tools (Use Anytime)

- Box Breathing: Inhale 4 sec! Hold 4 sec! Exhale 4 sec! Hold 4 sec. Repeat 4-6 cycles. Act 5 minutes (Frontiers in Human Neuroscience, 2023).
- Physiological Sigh: 2 short inhales through nose + 1 long exhale through mouth. The fastest known method to reduce stress in real-time (Stanford, 2023).
- 5-4-3-2-1 Grounding: Notice 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste. Breaks anxiety loops by engaging sensory cortex.
- Physical movement: Even a 10-min walk reduces cortisol by 15%. Your activity score (15/100) suggests adding more daily movement would significantly benefit your stress levels.

Daily Stress Prevention Protocol

- Morning: 5-10 min meditation or breathwork (before checking phone). Apps: Headspace, Calm, Insight Timer (free).
- Midday: 5-min walking break every 90 minutes of seated work. Prevents cortisol accumulation.
- Evening: 15-20 min tech-free wind-down routine. Journal 3 things you're grateful for (shown to reduce anxiety by 23% in 2 weeks).
- Weekly: 1 hour in nature (forest, park, garden). Nature exposure reduces cortisol by 12% per hour.
- Social connection: 30+ min meaningful interaction 3x/week. Social isolation increases stress hormones comparable to smoking.

Digestive Health Restoration Plan

Addressing: acidity

Your gut health directly influences immunity (70% of immune cells are in the gut), mood (95% of serotonin is produced in the gut), and energy levels. Research in Gut (2023) shows gut microbiome diversity is one of the strongest predictors of overall health.

Gut Healing Protocol (4-Week Plan)

Week 1-2: Remove & Repair

- Reduce processed foods, refined sugar, excess caffeine, and alcohol
- Include gut-healing foods: bone broth (or vegetable broth), cooked vegetables, rice congee
- Add 1 tbsp ghee to warm rice or dal — ghee contains butyrate which heals gut lining

Week 3-4: Repopulate & Rebalance

- Probiotics: Homemade curd/yogurt daily, or probiotic supplement (50B CFU)
- Prebiotics: Banana (slightly green), garlic, onion, oats — feed beneficial bacteria
- Fermented foods: Idli, dosa batter, kanji, pickled vegetables (1 serving/day)

Digestive-Specific Tips

- For acidity: Don't lie down within 2 hours of eating, avoid spicy foods at dinner, sleep with head slightly elevated

Skin Health & Nutrition Guide

Addressing: oiliness

Skin is your body's largest organ and reflects internal health. Dermatology research (JAAD, 2023) confirms that nutrition, sleep, stress, and hydration impact skin more than most topical products.

Nutrition for Skin Health

- Vitamin C foods: Amla (Indian gooseberry), bell peppers, citrus, guava — essential for collagen synthesis
- Omega-3 fatty acids: Flaxseeds, walnuts, fatty fish — reduce inflammation and improve skin barrier
- Zinc-rich foods: Pumpkin seeds, chickpeas, lentils — crucial for wound healing and acne management
- Vitamin A: Sweet potato, carrots, spinach — supports skin cell turnover
- Hydration: Your target of 2.8L/day is essential for skin plumpness and elasticity

Smart Supplement Strategy

amir's evidence-based nutritional support

Supplements fill nutritional gaps — they don't replace real food. Start with diet optimization first. Add supplements one at a time, waiting 2 weeks between additions to assess impact.

Your Priority Supplement Stack

1. Vitamin D3 (2000-4000 IU daily - supports immunity, mood, bone health)
2. Omega-3 (EPA+DHA 2-3g daily - anti-inflammatory, cardiovascular and mental health)
3. Magnesium glycinate (300-400mg daily - reduces cortisol, improves sleep)
4. Magnesium glycinate (300-400mg before bed)
5. L-Theanine (100-200mg - promotes relaxation)
6. Probiotics (10-50 billion CFU - supports gut microbiota)
7. Vitamin B12 (if deficient per blood test, especially plant-based diet)

Supplement Timing Protocol

Morning (with breakfast):

- Vitamin D3: 2000-4000 IU — 76% of Indians are deficient (IJMR, 2023). Take with fat for absorption.
- Omega-3 (EPA+DHA): 1-2g — anti-inflammatory, brain and heart health.
- B-Complex: If vegetarian/vegan — B12 deficiency is common in plant-based diets

Pre-workout (if exercising):

- Creatine Monohydrate: 3-5g daily — the most researched supplement for strength and cognitive function

Evening (60 min before bed):

- Magnesium Glycinate: 300-400mg — supports sleep, reduces muscle cramps, calms nervous system
- Ashwagandha (KSM-66): 300-600mg — adaptogen that reduces cortisol by 23% (if stress is elevated)

Quality Standards

- Look for third-party testing: USP, NSF, or FSSAI certification
- Avoid proprietary blends — dosages should be clearly listed
- Store in cool, dry place away from sunlight
- Consult your physician before starting, especially if on medication

Recommended Pathology Lab Tests

amir's personalized diagnostic panel based on your health profile

Moving from guesswork to data-driven health decisions requires clinical testing. These tests are recommended specifically for YOU based on your quiz responses, health scores, BMI, medical conditions, and wellness goals. All tests are standard pathology panels available at major Indian diagnostic centers (Thyrocare, Dr. Lal PathLabs, SRL Diagnostics, Metropolis).

Priority Tests (Ranked by Importance)

Vitamin B12 — Ø=Bâ STANDARD

Reason: General wellness screening - common deficiency

Cost: ₹600-900 | Frequency: Every 6 months

Liver Function Tests (SGOT, SGPT, ALP, Bilirubin) — Ø=Bâ STANDARD

Reason: Liver health and metabolic function assessment

Cost: ₹400-600 | Frequency: Every 6 months

Complete Blood Count (CBC) — Ø=Bâ STANDARD

Reason: General health screening and anemia detection

Cost: ₹300-500 | Frequency: Every 6 months

Stool Analysis — Ø=Bâ STANDARD

Reason: Gut health assessment for reported digestive issues

Cost: ₹500-800 | Frequency: As needed

Fasting Blood Glucose — Ø=Bâ STANDARD

Reason: Metabolic health baseline for weight management

Cost: ₹100-200 | Frequency: Every 3 months

Lipid Profile (Total Cholesterol, LDL, HDL, Triglycerides) — Ø=Bâ STANDARD

Reason: Weight-related cardiovascular risk assessment

Cost: ₹400-600 | Frequency: Every 6 months

Hormonal Panel (LH, FSH, Estradiol, Testosterone) — Ø=Bâ STANDARD

Reason: Hormonal balance assessment for PCOS

Cost: ₹1500-2500 | Frequency: Every 6 months

Thyroid Panel (TSH, Free T3, Free T4) — Ø=Bâ STANDARD

Reason: Thyroid dysfunction directly impacts sleep and stress response

Cost: ₹500-800 | Frequency: Every 6 months

HbA1c (Glycated Hemoglobin) — Ø=Bâ STANDARD

Reason: Blood sugar control monitoring for PCOS

Cost: ₹400-600 | Frequency: Every 3 months

Fasting Insulin — Ø=Bâ STANDARD

Reason: Insulin resistance assessment critical for PCOS management

Cost: ₹400-600 | Frequency: Every 3 months

Vitamin D (25-hydroxyvitamin D) — Ø=Bâ STANDARD

Reason: Sleep and stress recovery require optimal vitamin D levels

Cost: ₹800-1200 | Frequency: Every 3 months

Advanced Biomarkers (Premium Tier)

- Advanced Lipid Profile with ApoB — More accurate cardiovascular predictor. Cost: ₹800-1,500.
- hs-CRP (High-Sensitivity C-Reactive Protein) — Measures systemic inflammation. Cost: ₹300-600.
- Liver Function Tests (SGOT, SGPT, ALP, GGT) — Detects fatty liver. Cost: ₹300-500.
- Kidney Function Tests (Creatinine, BUN, Uric Acid) — Baseline organ health. Cost: ₹400-700.
- Free & Total Testosterone — Affects energy, mood, muscle mass. Cost: ₹500-1,000.

- Magnesium (Serum) — Critical for 300+ enzymatic reactions. Cost: Rs.200-400.

Testing Schedule

- Baseline: Get all recommended tests done BEFORE starting your wellness plan (Week 0)
- Follow-up: Retest at 12 weeks (90 days) to measure the impact of your lifestyle changes
- Maintenance: Annual testing for ongoing health monitoring

Estimated total cost for basic panel: Rs.1,500-3,500 | Comprehensive panel: Rs.3,500-6,000. Many labs offer wellness packages at discounted rates. Always fast for 10-12 hours before blood tests.

Premium Analysis Extensions

Targeted deep-dive protocols based on your selected specialized analysis

DNA & Genetics Guide — Understanding Your Genetic Blueprint

amir, your genes are the hardware your body runs on. This guide explains the most impactful genetic variants for nutrition & fitness and provides actionable guidance.

MTHFR — Methylation & Folate Processing

The MTHFR gene controls how your body converts folate into its active form. Up to 40% of Indians carry at least one variant that reduces enzyme efficiency by 30-70%.

- Dietary action: Increase natural folate — spinach, methi, chickpeas, lentils, beetroot. Aim for 400-600mcg daily.
- Supplement: Methylfolate (L-5-MTHF) 400-800mcg/day preferred over synthetic folic acid.

CYP1A2 — Caffeine Metabolism

~50% of people are slow caffeine metabolizers, meaning caffeine stays active 2-3x longer.

- Fast metabolizers: Can tolerate 3-4 cups/day. Pre-workout coffee may improve performance.
- Slow metabolizers: Limit to 1-2 cups before noon. Afternoon caffeine disrupts sleep.
- Your sleep score is 25/100 — limiting caffeine is especially critical for you.

ACTN3 — Muscle Fiber Composition

- RR genotype (power): Higher fast-twitch fibers — excel at sprinting, weightlifting, HIIT.
- XX genotype (endurance): Higher slow-twitch fibers — excel at distance running, cycling.
- RX genotype (mixed): Can adapt to both power and endurance training.

Recommended Genetic Tests (India)

- MapMyGenome 'Genomepatri' — Comprehensive (INR 12,000-18,000)
- Xcode Life 'Gene Nutrition' — Nutrition-focused (INR 3,500-5,000)

90-Day Progress Tracking System

amir's transformation timeline

Weekly Check-In (2-3 Minutes Every Sunday)

- Energy levels (morning, afternoon, evening): Rate 1-10
- Sleep quality and duration: hours + 1-10 rating
- Stress level: 1-10 average for the week
- Workouts completed: ___/target
- Nutrition adherence: ___% on plan
- Hydration: Met daily target? Y/N

Monthly Assessment (Weeks 4, 8, 12)

- Body measurements: Weight, waist circumference, hip circumference
- Progress photos: Same time, same light, same clothing (front + side)
- Performance tests: Push-ups in 1 min, plank hold time, resting heart rate
- Blood work: Compare against baseline (if applicable)
- Subjective well-being: Mood, confidence, energy consistency

Expected Timeline

Week 1-2: Sleep improves, energy begins to stabilize, initial adjustment period

Week 3-4: Mood elevation, reduced stress, workouts feel easier, digestion improves

Week 5-8: Visible body composition changes, strength gains, sustained energy throughout the day

Week 9-12: Major transformation — habits feel automatic, biomarkers improve, confidence increases

Individual results vary. Consistency matters more than perfection. Even 80% adherence produces meaningful results over 90 days.

Your 90-Day Action Plan

amir's step-by-step implementation roadmap

Phase 1: Foundation (Weeks 1-2)

- Read this entire blueprint thoroughly — understanding WHY matters
- Set consistent wake time and meal times (Action 1 & 2)
- Stock kitchen with recommended foods from grocery list
- Set up tracking: notebook, spreadsheet, or app (MyFitnessPal, HealthifyMe)
- Schedule baseline blood work (recommended tests listed above)
- Begin 3x/week movement routine

Phase 2: Building Momentum (Weeks 3-6)

- Meal prep: Prepare 2-3 meals in advance on weekends
- Add stress management tools: daily breathwork + weekly nature time
- Increase workout intensity or frequency by 10-15%
- Complete first monthly assessment (Week 4)
- Begin supplement stack (one at a time, 2-week intervals)

Phase 3: Optimization (Weeks 7-12)

- Adjust calories/macros based on progress and goals
- Progressive overload: increase weights, add workout variations
- Refine supplement stack based on how you feel
- Week 8: Second monthly assessment — compare to baseline
- Week 12: Final assessment, blood work recheck, celebrate progress

Remember

amir, this blueprint is your evidence-based roadmap to better health. You don't need to be perfect — you need to be consistent. Start with the Top 3 Actions and build from there.

Small, consistent steps create lasting transformation. You have everything you need to succeed. Trust the process.

Disclaimer: This blueprint is for educational purposes and does not constitute medical advice.

Always consult qualified healthcare professionals before making significant lifestyle changes.

Individual results may vary based on adherence, genetics, and pre-existing conditions.

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