

Personalized Diet & Fitness Plan

Name: ujala | Age: 27 | Gender: female

Height: 160.0 cm | Weight: 50.0 kg | BMI: 19.53 (Normal)

Activity: medium | Sleep: 8.0 hrs | Stress: high

Conditions: BP=normal, Sugar=diabetic, Thyroid=hyper, PCOD=no, Cholesterol=normal, Heart=yes, Kidney=no

Diet Pref: veg | Allergies: None | Goal: weight_gain

Diet Plan:

Day 1: Breakfast: Besan chilla with chutney | Lunch: 2 chapati + dal + green sabzi | Dinner: Ro

Day 2: Breakfast: Oats + curd + nuts (unsweetened) | Lunch: 2 chapati + dal + green sabzi | Din

Day 3: Breakfast: Besan chilla with chutney | Lunch: Brown rice + rajma (small portion) | Dinne

Day 4: Breakfast: Vegetable oats (no sugar) | Lunch: 2 chapati + dal + green sabzi | Dinner: Ro

Day 5: Breakfast: Vegetable oats (no sugar) | Lunch: Brown rice + rajma (small portion) | Dinne

Day 6: Breakfast: Sprouts salad + buttermilk | Lunch: Quinoa + sprouts chaat + curd | Dinner: C

Day 7: Breakfast: Idli + sambar (no chutney sugar) | Lunch: Brown rice + rajma (small portion)

Exercise Plan:

- Full-body strength training 3–4x/week (progressive overload)
- Easy walk 20 min (active recovery)
- Core & mobility 10–15 min
- Meditation 10–15 min (box breathing / 4-7-8 / body scan)
- Pranayama: Nadi Shodhana 5 min, Bhramari 5 min
- Evening: 10 min gentle stretching to downshift
- Low-impact cardio 30 min (walk, cycle). Avoid max-effort HIIT unless cleared.
- Yoga: Setu Bandhasana, Balasana, and guided relaxation

Recommendations:

- Balanced plate: 1/2 veggies, 1/4 protein, 1/4 carbs.
- Calorie surplus (300–500 kcal) with 1.6–2.2 g/kg protein.
- Low-GI choices; keep meals evenly spaced; monitor glucose response.
- Low salt; include potassium-rich foods (banana, beet, spinach) if doctor allows.
- Daily 10–15 min mindfulness (box breathing / body scan); digital curfew 1 hr before bed.