

Personalized Nutrition Plan

Akxxxxx Shxxxxx

31 Female 98xxxxxx90

Starting Weight: 92 kg

Current Weight: 84 kg

Height: 165 cm

Dietary Preference: Vegetarian

Medical Conditions: Hypothyroidism and family history of hypertension & diabetes

Allergies: Artificial food colour

Goals

Weight loss, manage thyroid, blood glucose levels, and overall well being.



Curated by **Dietitian Anjali Khanna**

Thursday, August 6, 2020

Meal	Time	Details
Early Morning	9:30 AM	1 Glass Luke warm water, 5 pcs Soaked almonds, 2 pcs Walnuts
Breakfast	10:30 AM	1 Bowl Cornflakes, 1 Cup Green tea
Mid-Morning	12:30 PM	1 Apple
Lunch	2:30 PM	1 Bowl Veg dalia, 1 Katori plain curd
Evening	5:30 PM	1 Glass Lemon water with 1 teaspoon chia seeds, 1 Katori Roasted makhana (Fox nut)
Late Evening	6:00 PM	
Dinner	8:30 PM	1 Bowl Steamed sprouts, 1 Bowl Moong dal
Post Dinner	10:30 PM	1 Glass Ginger lemon water

Notes

Cornflakes 3tblsp in 250ml of low fat milk no sugar

Ginger lemon water 1 glass hot water with 1 teaspoon grated ginger with half lemon juice

Friday, August 7, 2020

Meal	Time	Details
Early Morning	9:30 AM	1 Glass Luke warm water, 5 pcs Soaked almonds, 2 pcs Walnuts
Breakfast	10:30 AM	1 Bowl Veg oats, 1 Cup Green tea
Mid-Morning	12:30 PM	1 Bowl Watermelon
Lunch	2:30 PM	1 Bowl Cucumber and tomato salad, 1 Wheat bran chapati, 1 Katori Lobhiya curry, 1 Katori Plain curd
Evening	5:30 PM	1 Cup Lemon water with chia seeds, 1 pc Masala papad
Late Evening	6:00 PM	
Dinner	8:30 PM	1 Bowl Sautéed veggies, 1 Bowl Tomato clear soup
Post Dinner	10:30 PM	1 Glass Ginger lemon water

Notes

Masala papad Use 2 wheat/ multigrain bread. Add slices of tomato, capsicum/ cucumber, lettuce, and have it with green chutney

Ginger lemon water 1 glass hot water with 1 teaspoon grated ginger with half lemon juice

Saturday, August 8, 2020

Meal	Time	Details
Early Morning	9:30 AM	1 Glass Luke warm water, 5 pcs Soaked almonds, 2 pcs Walnuts
Breakfast	10:30 AM	1 pc Sooji cheela Green chutney
Mid-Morning	12:30 PM	1 Glass Butter milk
Lunch	2:30 PM	1 Bowl Green salad, 1 Bowl Quinoa veg pulao, 1 Katori Toor/ arhar dal
Evening	5:30 PM	1 Cup Green tea, 2 pcs Digestive biscuits
Late Evening	6:00 PM	
Dinner	8:30 PM	1 pc Uttapam with veggies, 1 Slice Green chutney
Post Dinner	10:30 PM	1 Glass Ginger lemon water

Notes

sooji cheela add cabbage, carrot to the cheela. Use less oil

Ginger lemon water 1 glass hot water with 1 teaspoon grated ginger with half lemon juice

Special Instructions:

Salad before lunch Have salad 10 minutes before lunch

Warm water after meals Have 1 glass of warm water 30 min after meals

Walk 30 minutes after dinner at 10 pm

Infused water 4-5 pcs of water melon, 5-7 mint leaves and lemon juice in 1 liter of water

Wheat bran chapati 70% Wheat flour and 30% bran. Instead of bran, you can also ragi aata or jowar aata. Use 50% wheat and 50% ragi/ jowar

Sleep Try to sleep by 12:30 am or max 1 am

Foods to avoid:

- No refined foods, sugar, processed and packaged foods to be taken.
- No table salt to be added to salads or otherwise.
- No fruit juices/ ice-creams/ jams/ jellies/ desserts/ sweets and fried foods to be consumed.
- Avoid fruits like banana/ grapes/ mango/ chikoo/ melons/ sarda. Avoid vegetables like potato/ arbi

Important trackers to keep you going:

- Every one hour get up stretch and walk, climb up and down one floor 2-3 times a day
- Rotate your oils mustard/ olive/ canola/ rice bran/ sunflower.
- Drink 2-3 liters of water per day
- After lunch walk in the sun for 10 to 15 min to get natural vitamin D from the sunlight
- Include green leafy veggies (GLV) like spinach/ methi (fenugreek)/ cabbage/ kale/ brussel sprouts/ spring onion greens
- Always consume raw onion in your salads - it helps to lower your cholesterol
- Take a combination of nuts like almonds/ walnuts/ pista in moderation as they are good for both cholesterol and hypertension
- Use raw garlic and olive oil and lemon juice in salads
- Use multigrain wheat - add 500gm of wheat bran to it
- Take 30 ml of Patanjali amla juice 3 times a week
- Regular walk after meals is important to absorb and metabolize the carbohydrates

Disclaimer: The content of this document is not intended as medical advice, or as a substitute for a medical advice of a physician. None of the information contained in this document is intended to replace consultations with a qualified healthcare physician and should therefore not be relied upon to do so.