

Name: Sumesh  
Age: 39  
BMI: 28.52  
Weight: 80.5  
Diet Preference: Vegetarian  
Nutritionist Name: sabaria.joseph@healthifyme.com

09:00 AM

Jeera Water(1 glass)    Soaked and peeled almonds(6 piece)  
or  
Methi Seeds Water(1 glass)    Soaked and peeled almonds(6 piece)

09:30 AM

Oats Porridge(1 bowl)    Dates(3 small date, pitted)  
or  
Idli(3 idli(regular))    Sambar(1 katori)    Egg White Omelette(2 egg white per omelette)  
or  
Moong Dal Dosa(3 small)    Peanut Chutney(2 tablespoon)  
or  
Paneer Capsicum Sandwich(1 sandwich)    Curd Mint Dip(0.75 katori)  
or  
Oats Fruit Smoothie with Seeds and Nuts(1.5 glass)  
or  
Oats with Low Fat Milk(1.5 bowl)    Chia Seeds(2 teaspoon)    Mixed Nuts(10 grams)  
or  
Millet Porridge(1.5 bowl)    Omelette with Egg White and Vegetable(2 egg white per omelette)

12:45 PM

Vegetable Salad(1.5 katori)

01:00 PM

Rice(1 cup)    Dal(1 katori)    Beans Poriyal(1 katori)  
or  
Rice Cooked(1 cup)    Oil Less Chicken Curry(1 katori)    Avarakkai Poriyal(1 katori)    Low Fat Curd(0.5 katori)  
or  
Chapatti(3 roti/chapati)    Soya Chunks Sabji(1 katori)    Low Fat Curd(0.5 katori)  
or  
Roti(3 roti/chapati)    Grilled Fish(50 grams)    Vegetable Curry(1 katori)  
or  
Brown Rice(1 cup)    Egg Curry(1 katori)    Ladies Finger Sabji(1 katori)  
or  
Chicken Biryani (0.5 bowl)    Raita(1 katori)    Egg Omelet(1 egg per omelette)  
or  
Ragi Mudde(2 mudde/ball)    Keerai Pasi Paruppu Kootu(1.5 katori)    Scrambled Egg White(1 egg white scrambled)

04:00 PM

Tea with Low Fat Milk(1 teacup)

05:00 PM

Boiled Chana(0.75 katori)

or

Boiled Moong(0.75 katori)

or

Roasted Peas(3 tablespoon)

or

Fruit Bowl with Chia Seeds(1 cup) Egg White(1 egg white)

or

Makhana(1 cup)

07:00 PM

Vegetable Soup(1 bowl)

or

Vegetable Salad(1 bowl)

07:30 PM

Egg White Dosa(2 dosa with 1 egg white) Sambar(1 katori) Low Fat Curd(0.5 katori)

or

Rava Idli(3 idli) Onion Tomato Chutney(2 tablespoon) Egg Omelet(1 egg per omelette)

or

Ragi Semiya Upma(1 bowl) Coconut Peanut Chutney(2 tablespoon) Low Fat Curd(1 katori)

or

Roti(2 roti/chapati) Paneer Peas Curry(1.5 katori)

or

Oats Vegetable Uttapam(3 mini uttapam) Sambar(1 katori)

or

Roti(2 roti/chapati) Pan Fry Fish(50 grams) Vegetable Kurma(1.5 katori)

or

Carrot Idli(4 idli) Mint Coriander Chutney(3 tablespoon) Scrambled Egg(1 egg scrambled)

10:00 PM

Low Fat Milk(1 glass) Walnut(2 piece(half of one)) Apple(1 small (2-3/4" dia))

QUANTITY HELP



Katori  
150ml



Small Bowl  
150ml



Tea Cup  
180ml



Bowl  
350ml



Cup  
250ml



Glass  
250ml



Large Glass  
350ml

## Commonly asked questions

### Why does my diet plan have limited options?

Your diet plan has been created ensuring a balance of easily-repeatable meals with sufficient variety so that it doesn't feel monotonous. Your Diet Coach has given you 7 options for each major meal (i.e. Breakfast, lunch, and dinner). You have also been provided 3 to 4 options for snacks that you can have between the major meals. Along with that, your coach has provided you with slight variations for each option (for example replace a vegetable/fruit with any seasonal vegetable/fruit etc). In case you need further modifications to your plan, your coach will be happy to help you. You can reach out to them via coach chat or a call.

### How often will my diet plan be changed?

Your diet plan will be changed every month so that you have enough time to adapt to the diet and reap its benefits. This is done based on enough scientific research. However, if you need any modifications or variations in your diet before the 4 weeks period, your Diet Coach will be happy to help you.

### Why does my plan seem monotonous?

It is perfectly normal to feel that way. The diet plan has been designed to ensure that the meals are simple enough and repeatable so you can stick to it easily. If your plan seems too monotonous you can check out the "Recipes" section of the app or ask your Diet Coach for some more variation in your plan. However, try to stick to a diet plan for the suggested amount of time to adapt to it and reap its benefits.

### What can I do if my plan doesn't consider my preferences?

Your diet plan is based on the inputs shared by you and the first conversation between you and your Diet Coach. However, if you feel unhappy with your diet plan, feel free to message or book a call with your coach. They will be happy to help you out and make any necessary changes.

### Why do I not see results despite following the plan?

Don't be disheartened if you don't see results immediately. Weight loss doesn't depend on diet alone, there are factors such as metabolism, sleep, stress, and more that influence the process. However, if you have been consistent with the plan but haven't been noticing results for more than a month, feel free to reach out to your Diet Coach for assistance and advice. They can help you make the necessary changes to your plan.

### What do I do if I am unable to follow the plan every day due to a busy schedule?

Don't worry! Following a plan every single day might get difficult at times. Work together with your Diet Coach to come up with simple modifications that will suit your hectic lifestyle. You can try preparing your meals in advance to help you save on cooking time and deciding what to eat. Small things like portion control, including enough protein and fibre in your meals will also help if you can't follow the plan completely.