



**Client information**

- Name: Varun Tulsain
- Age:33
- Starting Date: 3rd week of march
- Goals: Recently diagnosed with DM with 5kg overweight

**Clinical Assessment**

Height: 165cms      Weight: 72kg      Waist:34      BMI:26.6

**Medical Symptoms and diseases : Vit d deficiency.**

**Advise: D Rise for 8 weeks (weekly once)**

Client Symptoms: newly diagnosed DM

Chief complaints : NA

Parents Diseases: Not known

**Dietary Recall : Likes : Bread, Ghee, curd, grilled chicken, low masala chicken prepared at home besan, sattoo, beaten rice,puffed rice,moth with curd greek yogurt paratha**

**Dislikes: Indian Cuisines, Tea to avoid**

Early Detox water	<ol style="list-style-type: none"> <li>1. Cinnamon water + flax seeds 2tbsp + 100ml of water</li> <li>2. Apple cider vinegar 5ml + 100ml of water</li> </ol>	Coffee to be taken after 15min
Breakfast		

Anyone mentioned	<ol style="list-style-type: none"> <li>1. Paneer fry 150gm + butter milk along with black pepper</li> <li>2. Moong dhal chilla + paneer grated 75gm</li> <li>3. Egg omelet 2nos + Veg stuffed 100gm</li> <li>4. Horse gram cooked 1 cup (sundal )</li> <li>5. Avocado salad with sprouts cooked 1 cup</li> <li>6. Matki cooked ½ cup + butter milk along with jeera and saumh seeds ½ tsp</li> </ol>	
Mid Morning	<ol style="list-style-type: none"> <li>1. Any Fruits 75gm Like papaya, orange, musambi, &amp; melon</li> <li>2. Moringa Tea</li> </ol>	
Lunch	<ol style="list-style-type: none"> <li>1. Lo carb Roti 2no + Veg salad + Dhal 1 cup + Add drumstick leaf (weekly twice)</li> <li>2. Chicken 150gm ( Steam/ Curry/Grilled) + veg salads</li> <li>3. Besan chilla 2no + Veg topping</li> </ol> <p>ButterMilk + Chai seeds 2tsp</p> <p>Kokum juice 150ml diluted with water</p>	<p>Have vegetables first and then start your major meal</p> <p>❖ <b><u>plate meal to be followed for lunch and dinner see the pic below</u></b></p> <div data-bbox="950 1108 1404 1438" data-label="Figure"> <p>The pie chart is titled 'Plate Meal' and is divided into four segments. The largest segment is green, representing 'Vegetables' with a value of 6.1. The next largest is blue, representing 'Sprouts/lentils' with a value of 3. The smallest is red, representing 'Dhal' with a value of 1.2. The fourth segment is yellow, representing 'CHO' with a value of 2.7. A legend below the chart identifies the colors: green for Vegetables, yellow for CHO, red for Dhal, and blue for Sprouts/lentils.</p> </div> <p>Chicken 150gm/ weekly twice Fish weekly thrice</p>
Mid Evening snacks	<ol style="list-style-type: none"> <li>1. Dry Nuts handful + super seeds 2 tsp</li> <li>2. Cooked peanuts 1 cup along with onions and tomatoes</li> <li>3. <b>Masala Makahna</b> 1 cup</li> <li>4. Khakra topped with vegetables</li> <li>5. Chana Chur 1 cup</li> </ol>	All deep fried namkins to avoid in the evening
Dinner	<ol style="list-style-type: none"> <li>1. Tomato soup + 2tbsp of Roasted pumpkin seeds</li> </ol>	Include 1 Roti optional

	<ol style="list-style-type: none"> <li>2. palak soup + 2tbsp super seeds</li> <li>3. Broccoli soup + 2tbsp of super seeds</li> <li>4. Vegetables soup</li> </ol>	Avoid animal products
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Key notes to do small changes in dietary patterns

1. Use more Vegetables 400-500gm (Focus on green leafy vegetables and Gourd vegetables)
2. Use Fruits less than 100gm/day
3. Use oil less than 3-4 tsp.
4. Use more super seeds 2tbsp.
5. Avoid Five white (Butter, Curd, Maida & Wheat flour, Rice Sugar & non veg )
6. One whole lemon per day after breakfast
7. Nuts and super seeds is must.
8. Lemon can used in breakfast.
9. Exercise walking + Muscle strengthening( weekly thrice) + Stretching (yoga) weekly twice
10. Buy Kitchen weighing scale and measuring spoon and Cups
11. Deep breathing thrice daily.