

Name: archa patil
Age: 29
BMI: 24.41
Weight: 62.5
Diet Preference: Eggetarian
Nutritionist Name: ruchishrivastava@healthifyme.com

06:30 AM

Soaked Almond(5.0 almond) Dhaniya Jeera Water(1.0 glass)

07:00 AM

Tea without Sugar(1.0 teacup)

08:00 AM

Plain Water(1.0 glass) Whey Protein, Chocolate, ON(1.0 scoop)

09:30 AM

Yogurt, plain, low fat, 12 grams protein per 8 ounce(1.0 katori) Moong Dal Vegetable Cheela(2.0 cheela)
or
Curd Mint Dip(1.0 katori) Vegetable Besan Cheela(2.0 cheela)
or
Namkeen Daliya(1.0 bowl) Boiled Egg White(2.0 egg white)
or
Yogurt, plain, low fat, 12 grams protein per 8 ounce(1.0 tablespoon) Vegetable Poha(1.0 cup)
or
Boiled Egg White(2.0 egg white) Rice Vermicelli Upma(1.0 cup)
or
Cornflakes with Milk and Fruits(2.0 katori)
or
Yogurt, plain, low fat, 12 grams protein per 8 ounce(1.0 katori) Ragi Besan Sprouts Vegetable Cheela without Oil(2.0 piece)

01:30 PM

Dudhi Chana Dal(1.0 katori) Jeera Rice(1.0 katori) Palak Pyaz Dahi Salad(1.0 katori)
or
Yogurt, plain, low fat, 12 grams protein per 8 ounce(1.0 katori) Green Leafy Sabji(1.0 katori) Besan Oats Roti(2.0 roti/chapati)
or
Boiled White Rice(1.0 katori) Dahi Kheera ka salad(1.0 katori) Rongi Curry(1.0 katori)
or
Mugache Varan(1.0 katori) Multigrain Roti without Oil(2.0 roti/chapati) Cucumber Onion Salad(1.0 katori)
or

Cucumber Onion Salad(1.0 katori) Pudina Raita(1.0 katori) Vegetable Paneer Pulao(1.0 cup)
or
Green Salad(1.0 katori) Dal Palak(1.0 katori) Besan Oats Roti(2.0 roti/chapati)
or
Matkichi Usal(1.0 chinese bowl(small)) Beetroot Salad with Onion(1.0 katori) Besan Oats Roti(2.0
roti/chapati)

04:00 PM

Green Tea(1.0 cup)

05:30 PM

Apple(1.0 small (2-3/4" dia))
or
Papaya(1.5 cup 1" pieces)
or
Anar Fruit(0.5 cup)
or
Orange(1.0 fruit (2-5/8" dia))

08:30 PM

Chhach(1.0 glass) Jowar Roti(2.0 roti/bhakri) Methi Matar Sabji(1.0 cup)
or
Dahi Patta Gobhi Koshimbir(1.0 katori) Jowar Roti(1.0 roti/bhakri) Soya Chunks Curry(1.0 katori)
or
Ragi Roti(1.0 roti/chapati) Punjabi Kala Chana Masala(1.0 katori) Beetroot Cucumber Carrot
Raita(1.0 katori)
or
Green Salad(1.0 katori) Rice without Starch(1.0 chinese bowl(small)) Egg White Curry(2.0
serve(one egg white))
or
Kheera Raita(1.0 katori) Chana Dal Cheela(2.0 piece) Moong Sprouts Sauteed(1.0 katori)
or
Vegetable Khichdi(1.0 bowl) Kadhi without Pakoras(1.0 katori)
or
Yogurt, plain, low fat, 12 grams protein per 8 ounce(1.0 katori) Vegetable Oats(1.0 bowl)

10:00 PM

Chamomile Tea(1.0 cup)

NOTES

Follow the following guidelines when you start your diet –

- 1) Start with a positive mind and ensure 6-8 hours of sleep daily.
- 2) Log your meals daily so I can keep a watch.
- 3) Update your weight every Sunday, weigh when you wake up, on the same scale, at same place and preferably same clothes.
- 4) Drink 10-12 glasses of water daily. Drink at evenly spaced intervals and not all in one go.

- 5) Avoid refined cereals, bakery items, canned or packaged foods, fried and sweet items.
- 6) Avoid fruit juices, soft drinks and alcohol. Avoid eating out a lot.
- 7) Use maximum of 3 tsp of oil/ghee/butter in a day and no or less than 1 tsp of sugar in a day.
- 8) Finish your salad or soup first and then eat your lunch and dinner.
- 9) Eat slowly, chew every bite properly.
- 10) Remain active for at least 40 minutes daily for 5-6 days a week. Do not exercise on empty stomach or right after a meal.

QUANTITY HELP



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.