

Nutrition Plan (Weekly)

No. of Diet Plan(s): 11

Package Name: Chief Nutrition Plan

Package Duration: March 6, 2023 to March 5, 2024



Customer Information

- **Client Name:** Nisha Bajaj
- **Date of Birth:** Aug. 14, 1982
- **Country:** India
- **Goals:** Weightloss, Acne Reduction, Overall Fitness, Rectification of Fatigue, Management of Stress, Correcting Blood Parameters, Management of PCOS, Fat Burning, Inch Loss
- **Date Joined:** July 30, 2021, 12:23 p.m.
- **Blood Group:** A+
- **Last Assessment Date:** May 8, 2023

Clinical Assessment

- **Height(cm):** 154.9
- **Weight(Kg):** 63
- **Fat(%):** 33.2
- **Fat Mass(Kg):** 20.92
- **Skeletal Muscle(%):** 37.62
- **Muscle Mass(Kg):** 23.70
- **BMI(Kg/m²):** 26.3
- **FFM(Kg):** 42
- **Med Condition:** Yes
- **Surgery:** C-Section 2015, Laparoscopy for removing kidney stone 2009,

Medical Symptoms & Conditions

- **Client's Symptoms:** Fatigue ,Prone To Uti ,Brittle Nails ,Dizziness ,Breathlessness ,Cervical Pain ,Facial Pain ,Ear Pain ,Rib Movement ,Frequent Urination ,Low Immunity ,Headache ,Acne ,Facial Hair ,Severe Dehydration ,Nails With Ridges ,Nails With Pits ,Bad Breath ,Drainage ,Heavy Periods ,Joint Stiffness ,Anaemia ,Back Pain ,Knee Pain ,Poor Memory ,Open Pores ,Excess Facial Hair Growth ,Pain In Abdomen
- **Client's Diseases:** Gestational Diabetes ,Prediabetes ,Ectopic Pregnancy ,Fatty Liver ,Poly Cystic Ovarian Syndrome ,Cervical Spondylitis ,Leucorrhoea ,Enlarged Uterus With Fibroid ,Renal Calculi ,Fatty Liver
- **Parent's Diseases:** Diabetes

Blood Test Analysis

Date: March 23, 2023

Group	Test	Value	Normal Range	Deranged
Cardiovascular pannel	Lipoprotein A (Lp A)	17.6 mg/dl	0 - 30	NO
Diabetes panel	Insulin - Fasting	13.2 µ IU/ml	2.6 - 24.9	NO
Diabetes panel	Glycosylated Haemoglobin (Hba1C)	4.9 %	- 5.6	NO
Diabetes panel	Glucose - Fasting	89 mg/dl	74 - 100	NO
Diabetes pannel	Average Blood Glucose – Abg	93.93 mg/dl	90 - 120	NO
Electrolytes	Potassium (K+)	4.2 mmol/L	3.5 - 5.1	NO
Electrolytes	Chloride (Cl-)	102 mmol/L	98 - 107	NO
Electrolytes	Sodium (Na+)	136 mmol/L	136 - 145	NO
Enzymes	Alkaline Phosphatase	52 U/l	40 - 115004	NO
Gene	Apo Lipoprotein B	103 mg/dl	60 - 117	NO
Gene	Apo Lipoprotein A1	157 mg/dl	104 - 202	NO
Haemogram	hemoglobin	13.8 g/dl	12 - 15	NO
Haemogram	Mchc	33.8 g/dl	31.5 - 34.5	NO
Haemogram	Mch	30.8 pg	27 - 32	NO
Haemogram	Absolute Neutrophil Count	2.61 10 ³ /ul	2 - 7	NO
Haemogram	Platelet Count	2.77 lakhs/cmm	1.5 - 4.1	NO
Haemogram	Absolute Monocyte Count	0.15 10³/ul	0.2 - 1	YES
Haemogram	Absolute Lymphocyte Count	1.67 10 ³ /ul	1 - 3	NO
Haemogram	Total Wbc	4.6 10 ³ /ul	4 - 10	NO
Haemogram	Absolute Basophil Count	0.05 10 ³ /ul	0.02 - 0.5	NO
Haemogram	Mcv	90.9 fl	83 - 101	NO
Haemogram	Rbc	4.5 Million/cmm	3.8 - 4.8	NO
Haemogram	Total Neutrophils	56.8 %	40 - 80	NO
Haemogram	Eosinophil (%)	2.5 %	1 - 6	NO
Haemogram	Basophils (%)	1 %	0 - 1	NO
Haemogram	Monocytes(%)	3.3 %	2 - 10	NO
Haemogram	Lymphocytes (%)	36.4 %	20 - 40	NO
Haemogram	Plateletcrit (Pct)	0.2 %	0.1 - 0.28	NO
Haemogram	Mpv	8.9 fL	9.3 - 12	YES
Haemogram	Pdw	13.6 fl	8.3 - 25	NO
Haemogram	Pcv (Haematocrit)	40.9 %	36 - 46	NO
Inflammation marker	Esr	9 mm/1 hr	0 - 12	NO
Inflammation marker	Hhscrp (High Sensitive C - Reactive Protein)	2 mg/l	0 - 3	NO
Lipid profile	Tc/ Hdl Ratio	3.78	3.5 - 5	NO
Lipid profile	Serum Globulin	2.6 gm/dl	2.5 - 3.4	NO
Lipid profile	Non Hdl	139 mg/dl	0 - 100	YES
Lipid profile	Vldl	30.2 mg/dl	- 30	YES
Lipid profile	Ldl/Hdl Ratio	2.18	0 - 3.5	NO
Lipid Profile	Ldl Cholestrol	108.8 mg/dl	- 130	NO
Lipid Profile	Triglycerides	151 mg/dl	- 150	YES
Lipid Profile	Hdl Cholestrol	50 mg/dl	50 -	NO
Lipid Profile	Total Cholestrol	189 mg/dl	- 200	NO
Liver Function Tests	S.G.O.T	19 U/L	- 32	NO
Liver Function Tests	S.G.P.T	23 U/L	- 55	NO
Liver Function Tests	Bilirubin - Total	0.4 mg/dl	0.2 - 1.2	NO
Liver Function Tests	Bilirubin - Direct	0.1 mg/dl	- 0.2	NO
Liver Function Tests	Ggt	31 U/L	9 - 36	NO
Liver profile	Bilirubin – Indirect	0.3 mg/dl	0.1 - 1	NO
Male hormone test	Blood Total Testosterone	48.8 ng/ml	13 - 53	NO
Mineral/Metal	Ferritin	14.1 ng/ml	12 - 295	NO
Mineral/Metal	Unsaturated Iron-Binding Capacity (Uibc)	286 ug/dl	70 - 310	NO
Mineral/Metal	Total Iron Binding Capacity(Tibc)	350 ug/dl	250 - 450	NO
Mineral/Metal	Transferrin Saturation	18.29 %	12 - 45	NO
Mineral/Metal	Iron	64	50 - 170	NO
Mineral/Metal	Calcium	8.7 mg/dl	8.4 - 10.2	NO
Mineral/Metal	Phosphorous	3.9 mg/dl	2.3 - 4.7	NO
Others	Total Proteins	6.8 gm/dl	6.4 - 8.3	NO

Protein	Albumin	4.2 gm/dl	3.8 - 5.2	NO
Protein	Serum Albumin/Globulin Ratio	1.62	0.9 - 2	NO
Renal Fuction tests	Urea	21 mg/dl	19 - 43	NO
Renal Fuction tests	Uric Acid	5.4 mg/dl	2.6 - 6	NO
Renal Fuction tests	Creatinine	0.8 mg/dl	0.57 - 1.11	NO
Renal profile	Bun / Creatinine Ratio	12.26	10 - 15	NO
Stress	Homocysteine	8.3 umol/L	5.46 - 16.2	NO
Thyroid function profile	T3 (Total)	96.9 ng/ml	35 - 193	NO
Thyroid function profile	T4 (Total)	6.7 ng/ml	4.87 - 11.2	NO
Thyroid function profile	Tsh	1.2 µ IU/ml	0.35 - 4.94	NO
Urine Test	Creatinine Urine (Female)=	35 mg/dl	28 - 217	NO
Urine Test	Urinary Microalbumin	2 mg/dl	0 - 25	NO
Urine Test	Urine Albumin/Creatinine Ratio	5.71 mcg/mg of creatinine	0 - 30	NO
Vitamin Profiling	Vitamin D (25 - Oh)	30 ng/l	30 - 100	NO
Vitamin Profiling	Vitamin B12	949 ng/L	187 - 883	YES

Monday

On Waking Up at 05:30 AM	Portion	Calories
CCF TEA	1 Tea Cup	5
<u>OR</u> BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
		5

During Workout at 07:00 AM	Portion	Calories
GREEN TEA (use 1 teabag)	500 MI	0
MUSCLEPHARM / GLUTAMINE (MusclePharm) (add 5 gm to green tea) 🛒	1 Scoop	0
		0

Supplement at 09:45 AM	Portion	Calories
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Before Breakfast at 10:00 AM (Add 2 pinches turmeric and pepper powder.)	Portion	Calories
VIRGIN COCONUT OIL	5 Grams	45
<u>OR</u> GHEE	5 Grams	45
		45

Breakfast at 10:15 AM	Portion	Calories
CUCUMBER CARROT GINGER BITTER GOURD JUICE	1 Tea Cup	40
<u>OR</u> ASH GOURD JUICE	150 MI	11
<u>OR</u> TOMATO BEETROOT BOTTLE GOURD JUICE	150 MI	38
SOAKED ALMONDS WITHOUT SKIN	8 Piece	47
CINNAMON POWDER (sprinkle 2 pinches in juice.)	0.25 Grams	1
		88

Supplement at 10:30 AM	Portion	Calories
ZINZINO/ BALANCE OIL + (300ML) (ZINZINO) 🛒	2 Tsp	80
UNIVED / CALDVEG 🛒	1 soft gels	0
CADILA /CALCIROL (CHOLECALCIFEROL) SACHET (once a month) 🛒	1 Sachet	0
		80

Mid Morning at 11:00 AM	Portion	Calories
SATTU DRINK (add 30g sattu in water)	1 Glass	35
SOAKED RAISINS	5 Piece	15
		50

After Mid Morning at 12:30 PM	Portion	Calories
FAT FREE MILK COFFEE (150ml : use millet milk)	1 Tea Cup	38
		38

Lunch at 01:00 PM	Portion	Calories
SALAD (Tomato / cucumber / lettuce and olive salad : Add Balsamic Vinaigrette dressing)	50 Grams	11
JOWAR MULTIGRAIN ROTI (2 small sized : use 50% jowar and 50% ragi/ besan or quinoa flour.)	50 Grams	107
LENTIL DAL WITH VEGETABLES (100g dal cooked + 100g vegetables like carrot / tomato and capsicum)	200 Grams	125
LACTOSE FREE YOGURT (3 tbsp or make raita or buttermilk & add 2 pinch jeera powder.)	50 Grams	43
FENNEL SEEDS (chew 1/2 tsp 5 minutes post meal)	2.5 Grams	9
		295

After Lunch at 03:00 PM (Can keep 15 mins gap between tea & snack)	Portion	Calories
CCF TEA	1 Tea Cup	5
<u>OR</u> BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
PISTA (unsalted)	5 Kernel	22
		27

Mid Afternoon at 04:00 PM	Portion	Calories
FRUIT BOWL (small banana/ pineapple / watermelon / muskmelon / iced apple / mango : do twice a week)	100 Grams	44
CINNAMON POWDER (2 pinch : add to fruits)	0.25 Grams	1
JARROW FORMULAS COLLAGEN 🛒	1 Tablet	20
		65

Evening Snack at 05:00 PM	Portion	Calories
TENDER COCONUT WATER	150 MI	36
FAST & UP / MAGNESIO (Fast & Up) (add to coconut water) 🛒	1 Tablet	11
ROASTED PEAS (2 tbsp)	30 Grams	102
		149

Before Dinner at 06:30 PM	Portion	Calories
WATER	200 MI	0
APPLE CIDER VINEGAR (1 tbsp : add to water & sip ACV with a steel straw)	15 MI	0
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Dinner at 07:15 PM	Portion	Calories
EDAMAME SPAGHETTI IN TOMATO SAUCE (150g cooked edamame spaghetti in 2 tbsp homemade sauce)	150 Grams	165
SAUTEED VEGETABLES (Bell peppers / Zucchini and Broccoli : can add to spaghetti)	100 Grams	82
GARLIC (crush 1 clove, expose it to air for 5 minutes and then add to any dish)	1 Clove	4
		251

Supplement at 07:30 PM	Portion	Calories
VITAMIN E CAPSULE, EVION 400	1 Capsule	0
UNIVED / CALDVEG 🛒	1 soft gels	0
		0

After Dinner at 07:45 PM	Portion	Calories
WALNUT	2 Piece (Half Of One)	29
DRIED PLUM	1 Prune, Pitted	23
		52

During Workout at 08:00 PM	Portion	Calories
WATER	250 MI	0
		0

Post Dinner at 09:00 PM	Portion	Calories
CHAMOMILE TEA (add 2 pinches turmeric, pepper and nutmeg powder each)	150 MI	7
SAFFRON (add 1 strand to tea)	1 Grams	3
		10

Bedtime at 10:00 PM	Portion	Calories
HEALTH AID / ACIDOPHILUSPLUS 4 BILLION (Health Aid) (Take 1 capsule at bedtime) 🛒	1 Capsule(s)	1
		1

Tuesday

On Waking Up at 05:30 AM	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
		5

During Workout at 07:00 AM	Portion	Calories
GREEN TEA	500 MI	0
MUSCLEPHARM / GLUTAMINE (MusclePharm) (add 5 gm to lemon water) 🛒	1 Scoop	0
		0

Supplement at 09:45 AM	Portion	Calories
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Before Breakfast at 10:00 AM (Add 2 pinches turmeric and pepper powder.)	Portion	Calories
VIRGIN COCONUT OIL (1 tsp)	5 Grams	45
OR GHEE	5 Grams	45
		45

Breakfast at 10:15 AM	Portion	Calories
CUCUMBER CARROT GINGER BITTER GOURD JUICE	1 Tea Cup	40
OR ASH GOURD JUICE	150 MI	11
OR TOMATO BEETROOT BOTTLE GOURD JUICE	150 MI	38
SOAKED ALMONDS WITHOUT SKIN	8 Piece	47
CINNAMON POWDER (sprinkle 2 pinches in juice.)	0.25 Grams	1
		88

Supplement at 10:30 AM	Portion	Calories
ZINZINO/ BALANCE OIL + (300ML) (ZINZINO) 🛒	2 Tsp	80
UNIVED / CALDVEG 🛒	1 soft gels	0
		80

Mid Morning at 11:00 AM	Portion	Calories
SATTU DRINK (add 30g sattu in 200ml water)	1 Glass	35
SOAKED RAISINS	5 Piece	15
		50

After Mid Morning at 12:30 PM	Portion	Calories
FAT FREE MILK COFFEE (150ml : use millet milk)	1 Tea Cup	38
		38

Lunch at 01:00 PM	Portion	Calories
SALAD (Tomato / cucumber / lettuce and olive salad : Add Balsamic Vinaigrette dressing)	50 Grams	11
MILLET CURD RICE (50g cooked millets + 50g curd + 50g vegetables)	150 Gram	138
BOILED MOONG (add to salad)	100 Gram	102
LACTOSE FREE YOGURT (3 tbsp or make raita & add 2 pinch jeera powder.)	50 Grams	43
FENNEL SEEDS (chew 1/2 tsp 5 minutes post meal)	2.5 Grams	9
		303

After Lunch at 03:00 PM (Can keep 15 mins gap between tea & snack)	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
PISTA (unsalted)	5 Kernel	22
		27

Mid Afternoon at 04:00 PM	Portion	Calories
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FRUIT BOWL (small banana/ pineapple / watermelon / muskmelon / iced apple / mango : do twice a week)	100 Grams	44
CINNAMON POWDER (2 pinch : add to fruits)	0.25 Grams	1
JARROW FORMULAS COLLAGEN 🛒	1 Tablet	20
		65

Evening Snack at 05:00 PM	Portion	Calories
TENDER COCONUT WATER	150 MI	36
FAST & UP / MAGNESIO (Fast & Up) (add to coconut water) 🛒	1 Tablet	11
RICE CRACKERS	2 Cubic Inch	33
BEET HUMMUS (2 tbsp)	30 Grams	22
		102

Before Dinner at 06:30 PM	Portion	Calories
WATER	200 MI	0
APPLE CIDER VINEGAR (1 tbsp : add to water)	15 MI	0
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Dinner at 07:15 PM	Portion	Calories
CUCUMBER CARROT TOMATO AND PURPLE CABBAGE SALAD	100 Grams	27
MIXED PULSES BHEL (120g mixed pulses + 30g garlic mint chutney)	150 Grams	123
GARLIC (crush 1 clove, expose it to air for 5 minutes and then add to any dish)	1 Clove	4
		154

Supplement at 07:30 PM	Portion	Calories
VITAMIN E CAPSULE, EVION 400	1 Capsule	0
UNIVED / CALDVEG 🛒	1 soft gels	0
		0

After Dinner at 07:45 PM	Portion	Calories
WALNUT	2 Piece (Half Of One)	29
DRIED PLUM	1 Prune, Pitted	23
		52

During Workout at 08:00 PM	Portion	Calories
WATER	250 MI	0
		0

Post Dinner at 09:00 PM	Portion	Calories
CHAMOMILE TEA (add 2 pinches turmeric, pepper and nutmeg powder each)	150 MI	7
SAFFRON (add 1 strand to tea)	1 Grams	3
		10

Bedtime at 10:00 PM	Portion	Calories
HEALTH AID / ACIDOPHILUSPLUS 4 BILLION (Health Aid) (Take 1 capsule at bedtime) 🛒	1 Capsule(s)	1
		1

Wednesday

	Portion	Calories
On Waking Up at 05:30 AM		
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
		5
During Workout at 07:00 AM		
GREEN TEA (use 1 teabag)	500 MI	0
MUSCLEPHARM / GLUTAMINE (MusclePharm) (add 5 gm to green tea) 🛒	1 Scoop	0
		0
Supplement at 09:45 AM		
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10
Before Breakfast at 10:00 AM (Add 2 pinches turmeric and pepper powder.)		
VIRGIN COCONUT OIL	5 Grams	45
OR GHEE	5 Grams	45
		45
Breakfast at 10:15 AM		
CUCUMBER CARROT GINGER BITTER GOURD JUICE	1 Tea Cup	40
OR ASH GOURD JUICE	150 MI	11
OR TOMATO BEETROOT BOTTLE GOURD JUICE	150 MI	38
SOAKED ALMONDS WITHOUT SKIN	8 Piece	47
CINNAMON POWDER (sprinkle 2 pinches in juice.)	0.25 Grams	1
		88
Supplement at 10:30 AM		
ZINZINO/ BALANCE OIL + (300ML) (ZINZINO) 🛒	2 Tsp	80
UNIVED / CALDVEG 🛒	1 soft gels	0
		80
Mid Morning at 11:00 AM		
SATTU DRINK	1 Glass	35
SOAKED RAISINS	5 Piece	15
		50
After Mid Morning at 12:30 PM		
FAT FREE MILK COFFEE (150ml : use millet milk)	1 Tea Cup	38
		38
Lunch at 01:00 PM		
SALAD (Tomato / cucumber / lettuce and olive salad : Add Balsamic Vinaigrette dressing)	50 Grams	11
JOWAR MULTIGRAIN ROTI (2 small sized : use 50% jowar and 50% ragi/ besan or quinoa flour.)	50 Grams	107
SOYABEAN CURRY WITHOUT OIL	100 Grams	56
BEETROOT TOMATO SABJI	100 Grams	54
OR GAWAR SABJI	100 Grams	53
LACTOSE FREE YOGURT (3 tbsp or make raita or buttermilk & add 2 pinch jeera powder.)	50 Grams	43
FENNEL SEEDS (chew 1/2 tsp 5 minutes post meal)	2.5 Grams	9
		280
After Lunch at 03:00 PM (Can keep 15 mins gap between tea & snack)		
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
PISTA (unsalted)	5 Kernel	22
		27

Mid Afternoon at 04:00 PM	Portion	Calories
FRUIT BOWL (small banana/ pineapple / watermelon / muskmelon / iced apple / mango : do twice a week)	100 Grams	44
CINNAMON POWDER (2 pinch : add to fruits)	0.25 Grams	1
JARROW FORMULAS COLLAGEN 🇵🇸	1 Tablet	20
		65

Evening Snack at 05:00 PM	Portion	Calories
TENDER COCONUT WATER	150 MI	36
FAST & UP / MAGNESIO (Fast & Up) (add to coconut water) 🇵🇸	1 Tablet	11
EGG WHITE OMELETTE WITH VEGETABLES (use 2 egg white + 50g vegetables)	2 Piece	118
		165

Before Dinner at 06:30 PM	Portion	Calories
WATER	200 MI	0
APPLE CIDER VINEGAR (1 tbsp : add to water and sip with metal straw)	15 MI	0
MUSCLEPHARM / CLA CORE (MusclePharm) 🇵🇸	1 Softgel(s)	10
		10

Dinner at 07:15 PM	Portion	Calories
SPINACH CARROT SOUP (150ml : use 100g vegetables and 50ml water)	1 Katori	37
KALA CHANA SPROUTS TIKKI WITHOUT OIL (40g x 3 medium sized)	3 Tikki	172
TOMATO CHUTNEY (30g)	2 Tablespoon	17
GARLIC (crush 1 clove, expose it to air for 5 minutes and then add to any dish)	1 Clove	4
		230

Supplement at 07:30 PM	Portion	Calories
VITAMIN E CAPSULE, EVION 400	1 Capsule	0
UNIVED / CALDVEG 🇵🇸	1 soft gels	0
		0

After Dinner at 07:45 PM	Portion	Calories
WALNUT	2 Piece (Half Of One)	29
DRIED PLUM	1 Prune, Pitted	23
		52

During Workout at 08:00 PM	Portion	Calories
WATER	250 MI	0
		0

Post Dinner at 09:00 PM	Portion	Calories
CHAMOMILE TEA (add 2 pinches turmeric, pepper and nutmeg powder each)	150 MI	7
SAFFRON (add 1 strand to tea)	1 Grams	3
		10

Bedtime at 10:00 PM	Portion	Calories
HEALTH AID / ACIDOPHILUSPLUS 4 BILLION (Health Aid) (Take 1 capsule at bedtime) 🇵🇸	1 Capsule(s)	1
		1

Thursday

On Waking Up at 05:30 AM	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
		5
During Workout at 07:00 AM	Portion	Calories
GREEN TEA (use 1 teabag)	500 MI	0
MUSCLEPHARM / GLUTAMINE (MusclePharm) (add 5 gm to green tea) 🛒	1 Scoop	0
		0
Supplement at 09:45 AM	Portion	Calories
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10
Before Breakfast at 10:00 AM (Add 2 pinches turmeric and pepper powder.)	Portion	Calories
VIRGIN COCONUT OIL (1 tsp)	5 Grams	45
OR GHEE	5 Grams	45
		45
Breakfast at 10:15 AM	Portion	Calories
CUCUMBER CARROT GINGER BITTER GOURD JUICE	1 Tea Cup	40
OR ASH GOURD JUICE	150 MI	11
OR TOMATO BEETROOT BOTTLE GOURD JUICE	150 MI	38
SOAKED ALMONDS WITHOUT SKIN	8 Piece	47
CINNAMON POWDER (sprinkle 2 pinches in juice.)	0.25 Grams	1
		88
Supplement at 10:30 AM	Portion	Calories
ZINZINO/ BALANCE OIL + (300ML) (ZINZINO) 🛒	2 Tsp	80
UNIVED / CALDVEG 🛒	1 soft gels	0
		80
Mid Morning at 11:00 AM	Portion	Calories
SATTU DRINK (use 30g sattu in 200ml water)	1 Glass	35
SOAKED RAISINS	5 Piece	15
		50
After Mid Morning at 12:30 PM	Portion	Calories
FAT FREE MILK COFFEE (150ml : use millet milk)	1 Tea Cup	38
		38
Lunch at 01:00 PM	Portion	Calories
SALAD (Tomato / cucumber / lettuce and olive salad : Add Balsamic Vinaigrette dressing)	50 Grams	11
QUINOA PULAO WITH LESS OIL (50g cooked quinoa + 100g vegetables like carrot / french beans/ tomato)	150 Grams	141
RAJMA CURRY	100 Grams	79
LACTOSE FREE YOGURT (3 tbsp or make raita & add 2 pinch jeera powder.)	50 Grams	43
FENNEL SEEDS (chew 1/2 tsp 5 minutes post meal)	2.5 Grams	9
		283
After Lunch at 03:00 PM (Can keep 15 mins gap between tea & snack)	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
PISTA (unsalted)	5 Kernel	22
		27
Mid Afternoon at 04:00 PM	Portion	Calories

FRUIT BOWL (small banana/ pineapple / watermelon / muskmelon /iced apple / mango : do twice a week)	100 Grams	44
CINNAMON POWDER (2 pinch : add to fruits)	0.25 Grams	1
JARROW FORMULAS COLLAGEN 🛒	1 Tablet	20
		65

Evening Snack at 05:00 PM	Portion	Calories
TENDER COCONUT WATER	150 MI	36
FAST & UP / MAGNESIO (Fast & Up) (add to coconut water) 🛒	1 Tablet	11
BAKED RAGI CRACKERS	10 Piece	45
BEET HUMMUS (2 tbsp)	30 Grams	22
		114

Before Dinner at 06:30 PM	Portion	Calories
WATER	200 MI	0
APPLE CIDER VINEGAR (1 tbsp : add to water & sip with metal straw)	15 MI	0
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Dinner at 07:15 PM	Portion	Calories
MOONG CHILKA DAL CHEELA (40g x 2 medium sized)	2 Piece	167
MIXED VEGETABLE CURRY	100 Grams	41
GARLIC (crush 1 clove, expose it to air for 5 minutes and then add to any dish)	1 Clove	4
		212

Supplement at 07:30 PM	Portion	Calories
VITAMIN E CAPSULE, EVION 400	1 Capsule	0
UNIVED / CALDVEG 🛒	1 soft gels	0
		0

After Dinner at 07:45 PM	Portion	Calories
WALNUT	2 Piece (Half Of One)	29
DRIED PLUM	1 Prune, Pitted	23
		52

During Workout at 08:00 PM	Portion	Calories
WATER	250 MI	0
		0

Post Dinner at 09:00 PM	Portion	Calories
CHAMOMILE TEA (add 2 pinches turmeric, pepper and nutmeg powder each)	150 MI	7
SAFFRON (add 1 strand to tea)	1 Grams	3
		10

Bedtime at 10:00 PM	Portion	Calories
HEALTH AID / ACIDOPHILUSPLUS 4 BILLION (Health Aid) (Take 1 capsule at bedtime) 🛒	1 Capsule(s)	1
		1

Friday

On Waking Up at 05:30 AM	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
		5

During Workout at 07:00 AM	Portion	Calories
GREEN TEA (use 1 teabag)	500 MI	0
MUSCLEPHARM / GLUTAMINE (MusclePharm) (add 5 gm to green tea) 🛒	1 Scoop	0
		0

Supplement at 09:45 AM	Portion	Calories
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Before Breakfast at 10:00 AM (Add 2 pinches turmeric and pepper powder.)	Portion	Calories
VIRGIN COCONUT OIL (1 tsp)	5 Grams	45
OR GHEE	5 Grams	45
		45

Breakfast at 10:15 AM	Portion	Calories
CUCUMBER CARROT GINGER BITTER GOURD JUICE	1 Tea Cup	40
OR ASH GOURD JUICE	150 MI	11
OR TOMATO BEETROOT BOTTLE GOURD JUICE	150 MI	38
SOAKED ALMONDS WITHOUT SKIN	8 Piece	47
CINNAMON POWDER (sprinkle 2 pinches in juice.)	0.25 Grams	1
		88

Supplement at 10:30 AM	Portion	Calories
ZINZINO/ BALANCE OIL + (300ML) (ZINZINO) 🛒	2 Tsp	80
UNIVED / CALDVEG 🛒	1 soft gels	0
		80

Mid Morning at 11:00 AM	Portion	Calories
SATTU DRINK (use 30g sattu in 200ml water)	1 Glass	35
SOAKED RAISINS	5 Piece	15
		50

After Mid Morning at 12:30 PM	Portion	Calories
FAT FREE MILK COFFEE (150ml : use millet milk)	1 Tea Cup	38
		38

Lunch at 01:00 PM	Portion	Calories
SALAD (Tomato / cucumber / lettuce and olive salad : Add Balsamic Vinaigrette dressing)	50 Grams	11
JOWAR MULTIGRAIN ROTI (2 small sized : use 50% jowar and 50% ragi/ besan or quinoa flour.)	50 Grams	107
METHI DAL	100 Grams	93
CABBAGE CARROT SABZI	100 Grams	77
LACTOSE FREE YOGURT (3 tbsp or make raita & add 2 pinch jeera powder.)	50 Grams	43
FENNEL SEEDS (chew 1/2 tsp 5 minutes post meal)	2.5 Grams	9
		340

After Lunch at 03:00 PM (Can keep 15 mins gap between tea & snack)	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
PISTA (unsalted)	5 Kernel	22
		27

Mid Afternoon at 04:00 PM	Portion	Calories
FRUIT BOWL (small banana/ pineapple / watermelon / muskmelon / iced apple / mango : do twice a week)	100 Grams	44
CINNAMON POWDER (2 pinch : add to fruits)	0.25 Grams	1
JARROW FORMULAS COLLAGEN 🛒	1 Tablet	20
		65

Evening Snack at 05:00 PM	Portion	Calories
TENDER COCONUT WATER	150 MI	36
FAST & UP / MAGNESIO (Fast & Up) (add to coconut water) 🛒	1 Tablet	11
SCRAMBLED EGG WHITE INDIAN STYLE	1 Serve(One Egg)	55
		102

Before Dinner at 06:30 PM	Portion	Calories
WATER	200 MI	0
APPLE CIDER VINEGAR (1 tbsp : add to water & sip using metal straw)	15 MI	0
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Dinner at 07:15 PM	Portion	Calories
LENTIL SOUP (200ml)	1 Bowl	152
SAUTEED VEGETABLES (Bell peppers / Zucchini and Broccoli : can add to spaghetti)	100 Grams	82
GARLIC (crush 1 clove, expose it to air for 5 minutes and then add to any dish)	1 Clove	4
		238

Supplement at 07:30 PM	Portion	Calories
VITAMIN E CAPSULE, EVION 400	1 Capsule	0
UNIVED / CALDVEG 🛒	1 soft gels	0
		0

After Dinner at 07:45 PM	Portion	Calories
WALNUT	2 Piece (Half Of One)	29
DRIED PLUM	1 Prune, Pitted	23
		52

During Workout at 08:00 PM	Portion	Calories
WATER	250 MI	0
		0

Post Dinner at 09:00 PM	Portion	Calories
CHAMOMILE TEA (add 2 pinches turmeric, pepper and nutmeg powder each)	150 MI	7
SAFFRON (add 1 strand to tea)	1 Grams	3
		10

Bedtime at 10:00 PM	Portion	Calories
HEALTH AID / ACIDOPHILUSPLUS 4 BILLION (Health Aid) (Take 1 capsule at bedtime) 🛒	1 Capsule(s)	1
		1

Saturday

On Waking Up at 05:30 AM	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
		5

During Workout at 07:00 AM	Portion	Calories
GREEN TEA (use 1 teabag)	500 MI	0
MUSCLEPHARM / GLUTAMINE (MusclePharm) (add 5 gm to green tea) 🛒	1 Scoop	0
		0

Supplement at 09:45 AM	Portion	Calories
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Before Breakfast at 10:00 AM (Add 2 pinches turmeric and pepper powder.)	Portion	Calories
VIRGIN COCONUT OIL (1 tsp)	5 Grams	45
OR GHEE	5 Grams	45
		45

Breakfast at 10:15 AM	Portion	Calories
CUCUMBER CARROT GINGER BITTER GOURD JUICE	1 Tea Cup	40
OR ASH GOURD JUICE	150 MI	11
OR TOMATO BEETROOT BOTTLE GOURD JUICE	150 MI	38
SOAKED ALMONDS WITHOUT SKIN	8 Piece	47
CINNAMON POWDER (sprinkle 2 pinches in juice.)	0.25 Grams	1
		88

Supplement at 10:30 AM	Portion	Calories
HIMALAYA/ AMALAKI (Himalaya) 🛒	1 Capsules	0
ZINZINO/ BALANCE OIL + (300ML) (ZINZINO) 🛒	2 Tsp	80
UNIVED / CALDVEG 🛒	1 soft gels	0
MANKIND PHARMA/ NUROKIND OD 🛒	1 Tablet	0
EMCURE / OROFER XT TABLETS (Emcure) 🛒	1 Tablet	0
		80

Mid Morning at 11:00 AM	Portion	Calories
SATTU DRINK (use 30g sattu in 200ml water)	1 Glass	35
SOAKED RAISINS	5 Piece	15
		50

After Mid Morning at 12:30 PM	Portion	Calories
FAT FREE MILK COFFEE (150ml : use millet milk)	1 Tea Cup	38
		38

Lunch at 01:00 PM	Portion	Calories
SALAD (Tomato / cucumber / lettuce and olive salad : Add Balsamic Vinaigrette dressing)	50 Grams	11
COOKED BROWN RICE	50 Grams	52
CAPSICUM SABJI	100 Gram	42
MATKI CURRY	100 Gram	89
LACTOSE FREE YOGURT (3 tbsp or make raita & add 2 pinch jeera powder.)	50 Grams	43
FENNEL SEEDS (chew 1/2 tsp 5 minutes post meal)	2.5 Grams	9
		246

After Lunch at 03:00 PM (Can keep 15 mins gap between tea & snack)	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0

PISTA (unsalted)	5 Kernel	22
		27

Mid Afternoon at 04:00 PM	Portion	Calories
FRUIT BOWL (small banana/ pineapple / watermelon / muskmelon / papaya/ iced apple / mango : do twice a week)	100 Grams	44
CINNAMON POWDER (2 pinch : add to fruits)	0.25 Grams	1
JARROW FORMULAS COLLAGEN 🛒	1 Tablet	20
		65

Evening Snack at 05:00 PM	Portion	Calories
TENDER COCONUT WATER	150 MI	36
FAST & UP / MAGNESIO (Fast & Up) (add to coconut water) 🛒	1 Tablet	11
DIET KHAKRA (can do roasted millet or besan khakhra : medium sized)	1 Piece	44
		91

Before Dinner at 06:30 PM	Portion	Calories
WATER	200 MI	0
APPLE CIDER VINEGAR (1 tbsp : add to water & sip it with metal straw.)	15 MI	0
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Dinner at 07:15 PM	Portion	Calories
REWARD MEAL	1 undefined	0
		0

Supplement at 07:30 PM	Portion	Calories
VITAMIN E CAPSULE, EVION 400	1 Capsule	0
UNIVED / CALDVEG 🛒	1 soft gels	0
		0

After Dinner at 07:45 PM	Portion	Calories
WALNUT	2 Piece (Half Of One)	29
DRIED PLUM	1 Prune, Pitted	23
		52

During Workout at 08:00 PM	Portion	Calories
WATER	250 MI	0
		0

Post Dinner at 09:00 PM	Portion	Calories
CHAMOMILE TEA (add 2 pinches turmeric, pepper and nutmeg powder each)	150 MI	7
SAFFRON (add 1 strand to tea)	1 Grams	3
		10

Bedtime at 10:00 PM	Portion	Calories
HEALTH AID / ACIDOPHILUSPLUS 4 BILLION (Health Aid) (Take 1 capsule at bedtime) 🛒	1 Capsule(s)	1
		1

Sunday

On Waking Up at 05:30 AM	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
		5

During Workout at 07:00 AM	Portion	Calories
GREEN TEA (use 1 teabag)	500 MI	0
MUSCLEPHARM / GLUTAMINE (MusclePharm) (add 5 gm to green tea) 🛒	1 Scoop	0
		0

Supplement at 09:45 AM	Portion	Calories
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Before Breakfast at 10:00 AM	Portion	Calories
VIRGIN COCONUT OIL (1 tsp)	5 Grams	45
OR GHEE	5 Grams	45
		45

Breakfast at 10:15 AM	Portion	Calories
CUCUMBER CARROT GINGER BITTER GOURD JUICE	1 Tea Cup	40
OR ASH GOURD JUICE	150 MI	11
OR TOMATO BEETROOT BOTTLE GOURD JUICE	150 MI	38
SOAKED ALMONDS WITHOUT SKIN	8 Piece	47
CINNAMON POWDER (sprinkle 2 pinches in juice.)	0.25 Grams	1
		88

Supplement at 10:30 AM	Portion	Calories
HIMALAYA/ AMALAKI (Himalaya) 🛒	1 Capsules	0
ZINZINO/ BALANCE OIL + (300ML) (ZINZINO) 🛒	2 Tsp	80
UNIVED / CALDVEG 🛒	1 soft gels	0
MANKIND PHARMA/ NUROKIND OD 🛒	1 Tablet	0
EMCURE / OROFER XT TABLETS (Emcure) 🛒	1 Tablet	0
		80

Mid Morning at 11:00 AM	Portion	Calories
SATTU DRINK (use 30g sattu in 200ml water)	1 Glass	35
SOAKED RAISINS	5 Piece	15
		50

After Mid Morning at 12:30 PM	Portion	Calories
FAT FREE MILK COFFEE (150ml : use millet milk)	1 Tea Cup	38
		38

Lunch at 01:00 PM	Portion	Calories
SALAD (Tomato / cucumber / lettuce and olive salad : Add Balsamic Vinaigrette dressing)	50 Grams	11
VEGETABLE PULAO (100g cooked vegetables + 50g rice)	150 Grams	145
KADHI	100 Grams	77
LACTOSE FREE YOGURT (3 tbsp or make raita or buttermilk & add 2 pinch jeera powder.)	50 Grams	43
FENNEL SEEDS (chew 1/2 tsp 5 minutes post meal)	2.5 Grams	9
		285

After Lunch at 03:00 PM (Can keep 15 mins gap between tea & snack)	Portion	Calories
CCF TEA	1 Tea Cup	5
OR BESTSOURCE NUTRITION / DANDELION ROOT TEA 🛒	1 Tsp	0
PISTA (unsalted)	5 Kernel	22

		27
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Mid Afternoon at 04:00 PM	Portion	Calories
FRUIT BOWL (small banana/ pineapple / watermelon / muskmelon /iced apple / mango : do twice a week)	100 Grams	44
CINNAMON POWDER (2 pinch : add to fruits)	0.25 Grams	1
JARROW FORMULAS COLLAGEN 🛒	1 Tablet	20
		65

Evening Snack at 05:00 PM	Portion	Calories
TENDER COCONUT WATER	150 MI	36
FAST & UP / MAGNESIO (Fast & Up) (add to coconut water) 🛒	1 Tablet	11
MIXED BERRY CHIA PUDDING (3 tbsp chia seeds + 3 tbsp lactose free yogurt + 10g berries)	100 Grams	110
		157

Before Dinner at 06:30 PM	Portion	Calories
WATER	200 MI	0
APPLE CIDER VINEGAR (1 tbsp : add to water)	15 MI	0
MUSCLEPHARM / CLA CORE (MusclePharm) 🛒	1 Softgel(s)	10
		10

Dinner at 07:15 PM	Portion	Calories
TANDOORI COLESLAW	100 Grams	47
GRILLED TOFU	150 Grams	104
GARLIC (crush 1 clove, expose it to air for 5 minutes and then add to any dish)	1 Clove	4
		155

Supplement at 07:30 PM	Portion	Calories
VITAMIN E CAPSULE, EVION 400	1 Capsule	0
UNIVED / CALDVEG 🛒	1 soft gels	0
		0

After Dinner at 07:45 PM	Portion	Calories
WALNUT	2 Piece (Half Of One)	29
DRIED PLUM	1 Prune, Pitted	23
		52

During Workout at 08:00 PM	Portion	Calories
WATER	250 MI	0
		0

Post Dinner at 09:00 PM	Portion	Calories
CHAMOMILE TEA (add 2 pinches turmeric, pepper and nutmeg powder each)	150 MI	7
SAFFRON (add 1 strand to tea)	1 Grams	3
		10

Bedtime at 10:00 PM	Portion	Calories
HEALTH AID / ACIDOPHILUSPLUS 4 BILLION (Health Aid) (Take 1 capsule at bedtime) 🛒	1 Capsule(s)	1
		1

Recommendation by QUA

SUPPLEMENTS RECOMMENDED:

1. **Emcure / Orofer Xt Tablets (Emcure)** (Only on Sat and Sun with Amlaki)
Dosage: 1 Tablet
2. **Musclepharm / Cla Core (Musclepharm)** (Take 1 softgel 15 minutes before breakfast and 15 minutes before dinner)
Dosage: 1 Softgel(s)
3. **Musclepharm / Glutamine (Musclepharm)** (5 gm (1 scoop) during morning workout)
Dosage: 1 Scoop
4. **Health Aid / Acidophilusplus 4 Billion (Health Aid)** (Take 1 tablet at bedtime)
Dosage: 1 Capsule(s)
5. **Jarrow Formulas Collagen** (at 4.00pm)
Dosage: 1 Tablet
6. **Himalaya/ Amalaki (Himalaya)** (On weekends post breakfast)
Dosage: 1 Capsules
7. **Unived / Caldveg** (1 softgel post breakfast and 1 post dinner)
Dosage: 2 soft gels
8. **Zinzino/ Balance Oil + (300ml) (Zinzino)** (10 ml - post breakfast)
Dosage: 2 Tsp
9. **Water** (NUROKIND - 1 tablet post breakfast on Sat and Sun- CHECK LINK IN RECOMMENDATION BOX)
Dosage: 200 MI
10. **Cadila /Calcitriol (Cholecalciferol) Sachet** (1 sachet once a week for 4 weeks then once a month)
Dosage: 1 Sachet
11. **Vitamin E Capsule, Evion 400 (Evion 400)** (take 1 softgel post dinner)
Dosage: 1 soft gel
12. **Zenith Nutrition / Cranberry 800mg (Zenith Nutrition) (SOS)**
Dosage: 1 Capsule(s)
13. **Fast & Up / Magnesio (Fast & Up)** (dissolve in 200ml water at 5.00pm)
Dosage: 1 Tablet

RECOMMENDED SUPER FOODS:

Superfood	Category	Recommendation(if)
Cinnamon	Weight Loss and Controls Blood Sugar Levels	<ul style="list-style-type: none"> Cinnamon contains cinnamaldehyde that burns fat and reduces cholesterol
Nutmeg	Induces sleep and Anti-inflammatory	<ul style="list-style-type: none"> Nutmeg has an anti-inflammatory, anti-septic and detoxifying property. Helps in easing menstrual cramps.
Green Tea	Antioxidant	<ul style="list-style-type: none"> It is rich in antioxidants (catechins) and is a natural fat burner due to the presence of Epigallocatechin gallate (EGCG). EGCG can also help in reducing the size of fibroid.
Chamomile Tea	Induces Sleep & Reduces Stress	<ul style="list-style-type: none"> Chamomile Tea is rich in tryptophan that helps in inducing sleep.
Turmeric & Pepper	Anti-inflammatory	<ul style="list-style-type: none"> Turmeric contains active compound called curcumin that reduces inflammation in body and piperine in pepper helps in increasing absorption of curcumin
Apple Cider Vinegar	Reduced Weight and Blood Sugar Levels	<ul style="list-style-type: none"> Apple Cider Vinegar contains acetic acid that helps in controlling blood sugar and also helps to reduce weight by boosting metabolism.
Cruciferous Vegetables	May Reduce Fibroid Size	<ul style="list-style-type: none"> Cruciferous Vegetables like are high in indole-3-carbonyl and sulforaphane which powerfully enhances estrogen metabolism and detoxification which may help in reducing fibroid size
Walnuts	Healthy Fats and Induces Sleep	<ul style="list-style-type: none"> Walnuts are rich in omega 3 fatty acids that are healthy fats and also rich in tryptophan that helps in inducing sound sleep

Superfood	Category	Recommendation(if)
Jeera and Ajwain	Promotes Digestion	<ul style="list-style-type: none"> These Indian Spices help in improving digestion and help in weight loss by promoting metabolism.
Lemon water	Reduces kidney stones	<ul style="list-style-type: none"> Lemon water makes the urine less acidic and therefore reduces the potential to form stones.
Saffron	Antioxidant Needs	<ul style="list-style-type: none"> Saffron contains an impressive variety of plant compounds that act as antioxidants — molecules that protect your cells against free radicals and oxidative stress. Notable saffron antioxidants include crocin, crocetin, safranal, and kaempferol
Clove	Antioxidants	<ul style="list-style-type: none"> Cloves also contain a compound called eugenol, which has been shown to act as a natural antioxidant.
Pecan Nuts	Weight loss	<ul style="list-style-type: none"> Pecans are high in protein and good-for-you unsaturated fat, they may help you lose weight by suppressing your appetite and keeping you feeling fuller for longer periods of time
Virgin Coconut Oil	Weight loss	<ul style="list-style-type: none"> For weight loss, extra virgin coconut oil is considered the best as it does not contain saturated fats, which leads to a rise in cholesterol level and is responsible for weight gain. Studies suggest that the way medium-chain fatty acids (MCFAs) are digested by our stomach, it helps boost metabolism and increase energy.
CCF Tea	Detox	<ul style="list-style-type: none"> When combined, and decocted to release their nutrient rich, volatile oils—CCF tea makes for a powerful elixir. Supporting the bodies natural detoxification process, which then helps rejuvenate the digestive fires.

RECOMMENDATION:

Avoid Gluten and Lactose:

Food to be avoided containing Gluten:

1. Wheat and its products like Semolina/ Rawa, Broken Wheat, Maida including Gluten Bread and Other bakery products containing gluten.
2. Rye, Barley, Couscous
3. Make chapatis of Oats Flour, Jowar Flour
4. Homemade bread & cookies are to be made with gluten free flour like Oats, Jowar etc.
5. Upma to be made with Oats or Quinoa Upma

Food to be avoided containing Lactose:

1. Milk & Products like Paneer, Buttermilk, Curd
2. Can choose lactose free options like Almond Milk, Oats Milk, Lactose free Curd - Epigamia

Some guidelines to follow:

1. Avoid anything made of refined flour and refined sugar like bakery products (white bread, cookies, pastries). Avoid fried and processed food.
2. Use 2-3 tsp oil per day thereby do not exceed a total of 500ml in a month per person.
3. Perform Kegel exercise twice a day as it will help you to strengthen your pelvic floor muscles
4. Have balanced homemade meals.
5. Include salads and soups in your diet. Include healthy fats in your diet as mentioned in your plan like nuts & seeds in moderation amount.
6. Have small frequent meals.
7. Have a good quality sleep as it helps to heal your body at night.
8. Keep your stress levels low by following any hobby of your interest like reading, listening to music, meditation etc.
9. Pay gratitude before eating and avoid using gadgets with meals.

Guidelines regarding Kidney Stones:

1. Drink plenty of fluids.
2. Avoid excessive intake of sodium, salt, tea and coffee
3. Avoid excessive intake of oxalate rich foods like Beetroot, Spinach, Figs, Brans, Buckwheat Flour, Soy Milk and products, Cocoa Powder

Tandoori Coleslaw Recipe :

<https://theliveinkitchen.com/creamy-no-mayo-coleslaw/>

OR

Hummus Salad Recipe:

<https://frommybowl.com/hummus-salad-dressing/>

Diet Chart Prepared By: Suhasini Viswanathan (Quality Check & Dietitian), Aesha Kalpesh Mehta (Dietitian)

Approved By: Preeti Dinesh Lulla, Quality Check & Dietitian

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 2. The nutrition plan is made in accordance of the blood test reports results. Qua Nutrition cannot be held liable for any inaccuracy and issues of authenticity of the blood test reports or any document from any third party.
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