

Name: Nithran
Age: 22
BMI: 26.67
Weight: 70.0
Diet Preference: Non-Vegetarian
Nutritionist Name: Bhavatharani.G@healthifyme.com

06:45 AM

Creatine Monohydrate(1.0 level scoop)

09:15 AM

Whey Protein in Water(1.0 glass)

09:30 AM

Plain Dosa(2.0 small) Boiled Egg White(1.0 egg white) Vegetable Curry(1.0 katori)
or
Cucumber Carrot Salad(1.0 katori) Wheat Idiappam(2.0 piece) Egg White and Tomato Curry(0.5 serve(one egg white))
or
Homemade Idli(3.0 idli(regular)) Peanut Chutney(3.0 teaspoon) Vegetable Salad(1.0 katori)
or
Whole Wheat Bread Mixed Vegetables Sandwich(1.0 sandwich) Chia Seeds with Curd(1.0 katori)
or
Mixed Vegetable Sabzi(1.0 katori) Rava Idli(3.0 idli) Egg White Boiled(1.0 egg white)
or
Carrot Salad(1.0 katori) Overnight Oats Soaked in Milk(1.0 bowl)
or
Plain Roti(2.0 roti/chapati) Cow's Milk Curd(1.0 katori) Ladies Finger Sabji(1.0 katori)

11:30 AM

Apple(1.0 medium (3" dia)) Flax Seeds(1.0 tbsp, whole)
or
Pumpkin Seeds(1.0 tablespoon) Pomegranate(0.5 pomegranate (4" dia))
or
Guava Fruit(2.0 fruit, with refuse) Flax Seed(1.0 tbsp, whole)
or
Pumpkin Seeds(1.0 tablespoon) Grapes(1.0 cup)

01:30 PM

Cooked White Rice(1.0 katori) Beetroot Poriyal(1.0 katori) Pachai Payaru Gravy(1.0 katori)
or
Plain Roti(2.0 roti/chapati) Boiled Carrot(1.0 katori) Scrambled Egg White without Oil(1.0 egg white scrambled) Mushroom Curry(1.0 katori)
or

Cooked White Rice(1.0 katori) Cucumber Tomato Salad(1.0 katori) Sundal Kuzhambu(1.0 katori)
or
Cooked White Rice(1.0 katori) Chicken Curry(1.0 katori) Cucumber Carrot Salad(1.0 katori)
or
Cooked White Rice(1.0 katori) Thuvaram Paruppu Sambar(1.0 katori) Boiled Ivy Gourd(1.0 katori)
Scrambled Egg White without Oil(1.0 egg white scrambled)
or
Cooked White Rice(1.0 katori) Yogurt, plain, low fat, 12 grams protein per 8 ounce(1.0 katori) Palak
Curry(1.0 katori) Boiled Bottle Gourd(1.0 katori)
or
Yogurt, plain, low fat, 12 grams protein per 8 ounce(1.0 katori) Soyabean Vegetable Pulao(1.0 katori)
Keerai Paruppu Masiyal(1.0 katori)

05:30 PM

Green Gram Whole Boiled(1.0 katori)
or
Boiled Rajma(1.0 katori)
or
Boiled Horsegram(1.0 katori)

07:30 PM

Cumin Seeds Water(1.0 glass) Soaked and peeled almonds(3.0 almond)
or
Coriander Seed Water(1.0 glass) Soaked and peeled almonds(3.0 almond)
or
Cinnamon Water(1.0 glass) Soaked and peeled almonds(3.0 almond)
or
Cumin and Coriander Seed Water(1.0 glass) Soaked and peeled almonds(3.0 almond)

09:00 PM

Homemade Dosa(2.0 small) Onion Mint Chutney(2.0 tablespoon)
or
Multigrain Chapati(2.0 roti/chapati) Beetroot Raita(1.0 katori)
or
Coriander Chutney (2.0 tablespoon) Rava Idli(2.0 idli) Vegetable Sambar(1.0 katori)
or
Multi Grain Chapatti(2.0 roti/chapati) Green Gram Spinach Dal(1.0 katori)
or
Multigrain Chapati(2.0 roti/chapati) Mixed Vegetable Curry(1.0 katori)
or
Yogurt, plain, low fat, 12 grams protein per 8 ounce(1.0 katori) Samba Rava Upma(1.0 katori)
Tomato Onion Curry(1.0 katori)
or
Vegetable Poha(1.0 katori) Rajma Paneer Curry(1.0 katori)

09:30 PM

Low Fat Milk with Turmeric and Black Pepper(1.0 glass)

NOTES

Recommended Calories – 1368 -1540 cal

Protein- 68-98 g

Fat- 27-49 g

Carbs -171-228 g

Fibre-20-52 g

Pre Workout Snacks – 6:45 am

Post Workout Snacks – 9:15 am

DIET GUIDELINES

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



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.