



Cure Wellness Centre

Meerut

PERSONALIZED DIET



Dr Kratika Goel
Chief Nutritionist



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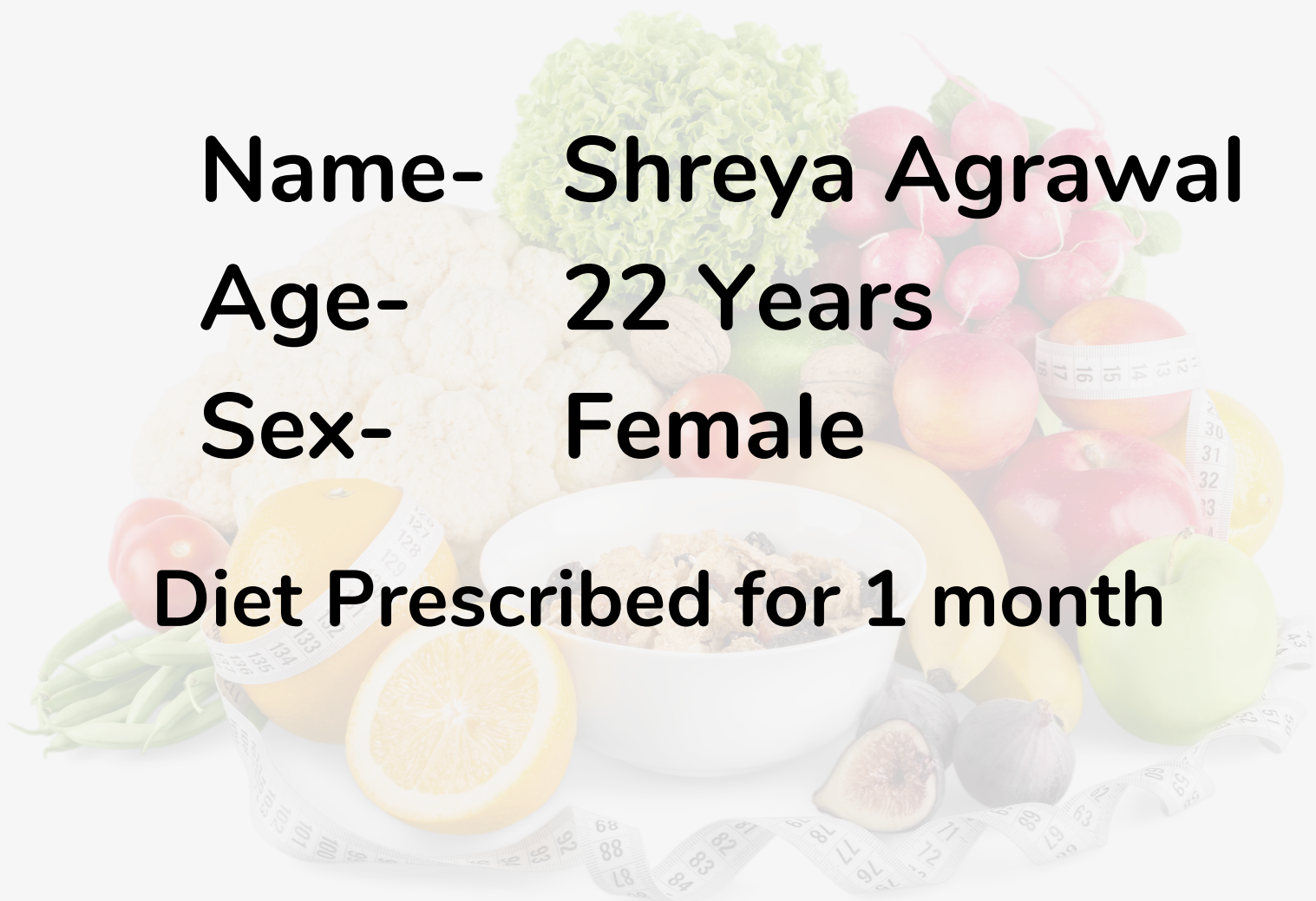
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Name- Shreya Agrawal

Age- 22 Years

Sex- Female

Diet Prescribed for 1 month



Early Morning



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Fruit Smoothie

“An early-morning walk is a blessing for the whole day.”

Breakfast



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Moong Sprouts



Vegetable vermicelli



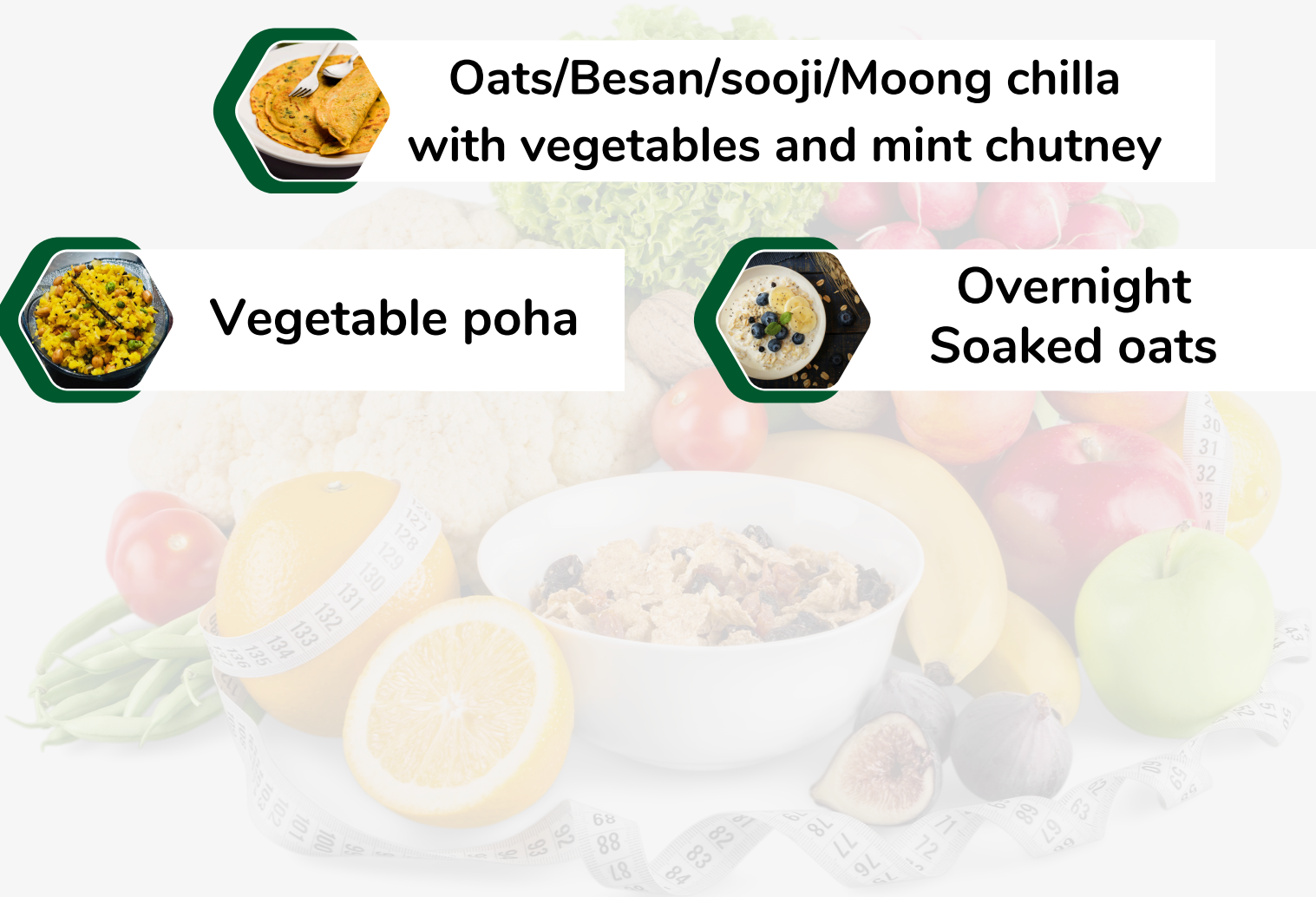
Oats/Besan/sooji/Moong chilla with vegetables and mint chutney



Vegetable poha



Overnight Soaked oats



25% Rule



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Divide your Lunch in four equal
Parts

25%

Buttermilk 1
Glass

25%

1 Bowl Cooked Dals + 1 tspn
ghee

Limited consumption of
Rajma,Chole, Urad dal

25%

1 bowl Cooked vegetables any
seasonal vegetables

Limited consumption of
Arbi, raw banana, pumpkin,
potatoes,corns

25%

1 Medium size chapati

Evening



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**Soaked nuts 5 almonds, 2 walnuts,
2 cashew, 2 figs, 5-6 raisins**



Roasted Makhana



Roasted murmure



Drinks



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Kashay



Coconut water



Bel sharbat



Lemonade



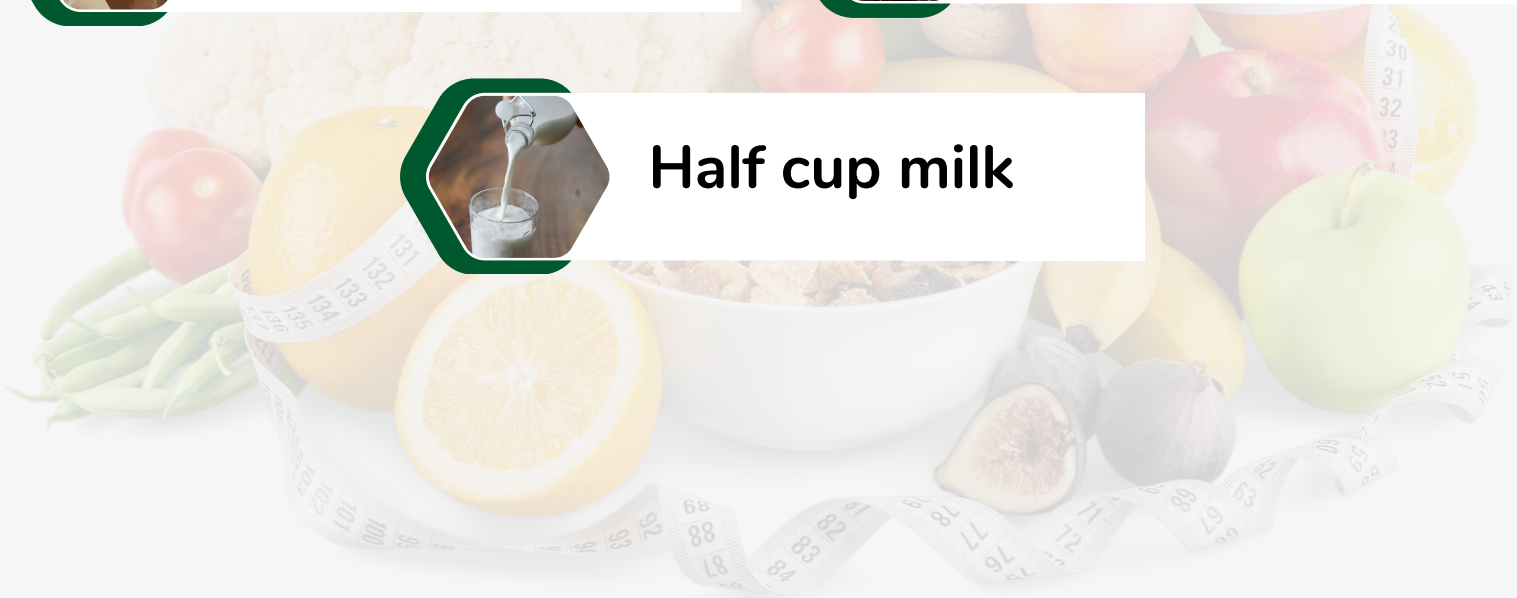
Whey water



Sattu drink



Half cup milk



Dinner



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◆ Millet Khichdi

OR



+



+



◆ One bowl of cooked lentils and one bowl of green vegetables with millet rice.

Exercise Schedule



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Sukhasana



Balasana



Child pose



Butterfly pose



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- Keep Yourself Active
- Walk on a daily basis as a part of exercise.
- Walk in open Sun and Expose yourself to morning Sunrays to get Vitamin D



Meditation is the key to good
HEALTH

Give time to yourself
-Self love is important

Health is wealth

Focus on your HEALTH to
stay happy inside

Stay Positive

Do not over-think about your
problem

**We wish you Speedy
recovery**

