

Name: Devraj Bhuyan  
Age: 30  
BMI: 26.83  
Weight: 77.7  
Diet Preference: Non-Vegetarian  
Nutritionist Name: muskan.shah@healthifyme.com

07:00 AM

Soaked Almonds(2.0 almond)    Jeera Lemon Water(1.0 glass)  
or  
Turmeric Water(1.0 glass)    Soaked Almonds(2.0 almond)

09:30 AM

Boiled Egg(1.0 large)    Vermicelli Upma(1.0 cup)  
or  
Boiled Egg(1.0 large)    Vegetable Poha(1.5 katori)  
or  
Paneer Bhurji(1.0 katori)    Methi Paratha without Oil(1.0 paratha)  
or  
Curd(1.0 katori)    Gobhi Parantha without Oil(1.5 paratha)  
or  
Boiled Egg(1.0 large)    Dalia Khichdi(1.0 cup)  
or  
Brown Bread(2.0 slice)    Egg White Omelette with Vegetables(2.0 egg white per omelette)  
or  
Besan Cheela (2.0 cheela)    Boiled Egg(1.0 large)

11:00 AM

Mixed Fruit Bowl(1.0 bowl)

01:30 PM

Green Gram dal (1.0 katori)    Plain Curd(1.0 katori)    Beans Sabji(1.0 katori)    Cooked Brown Rice(1.0 katori)  
or  
Cooked Tur Dal(1.0 katori)    Plain Curd(1.0 katori)    Cooked Brown Rice(1.0 katori)    Cauliflower with Peas Sabji(1.0 katori)  
or  
Roti(2.0 roti/chapati)    Tossed Green Salad(1.0 katori)    Soyabean Curry(1.0 katori)  
or  
Roti(2.0 roti/chapati)    Plain Curd(1.0 katori)    Rajma Curry(1.0 katori)    Cucumber Carrot Beetroot Salad(1.0 katori)  
or  
Chicken Curry(1.0 katori)    Tossed Green Salad(1.0 katori)    Plain Curd(1.0 katori)    Cooked Brown Rice(1.0 katori)  
or  
Roti(2.0 roti/chapati)    Curd(0.5 katori)    Chole Sabji(1.0 katori)    Cucumber Onion Salad(1.0 katori)

or

Tossed Green Salad(1.5 katori)    Curd(1.0 katori)    Paneer Pulao(1.0 katori)

or

Roti(2.0 roti/chapati)    Raita(1.0 katori)    Paneer Capsicum Sabji(1.0 katori)

04:30 PM

Dates(2.0 small date, pitted)    Puffed Rice and Mixed Sprouts(2.0 katori)

or

Corn Chickpeas Salad(1.5 cup)

or

Mixed Fruit Smoothie(1.5 glass)

or

Corn Chana Chaat(2.0 cup)

07:00 PM

Water(1.0 glass)    Whey Protein(1.0 scoop)

08:00 PM

Mixed Vegetable Sabji(1.0 katori)    Multigrain Roti(2.0 roti/chapati)    Beetroot Raita(1.5 katori)

or

Paneer Peas Curry(1.0 katori)    Tossed Green Salad(1.0 katori)    Dal Khichdi(0.5 cup)

or

Brown Rice Vegetable Pulao(1.0 katori)    Soyabean Curry(1.0 katori)    Cucumber Onion Carrot Salad(1.5 cup)

or

Vegetable Korma(1.0 katori)    Plain Curd(1.0 katori)    Multigrain Roti(2.0 roti/chapati)

or

Cucumber(1.0 large (8-1/4" long))    Vegetable Raita(1.5 katori)    Vegetable Stuffed Multigrain Roti(2.0 roti/chapati)

or

Plain Curd(1.0 katori)    Cucumber Carrot Salad(2.0 cup)    Paneer Cauliflower Stuffed Roti(1.5 roti/chapati)

or

Tossed Green Salad(1.0 cup)    Plain Curd(1.0 katori)    Onion and Paneer Stuffed Roti(1.0 roti)

## NOTES

### GUIDELINES TO BE FOLLOWED:

- Start with a positive mind and ensure 6-8 hours of sleep daily.
- Small and frequent meals.
- Do not skip the meals.
- Eat slowly, chew every bite properly.
- Use olive oil in combinations with saffola / groundnut / soybean preferably for cooking (2-3tsp/d) or less than 1 tsp of sugar in a day.
- Finish your salad or soup first and then eat your lunch and dinner.
- Sugar intake – try to limit as much as possible. 2-3 tsps/day
- Avoid Starchy vegetables like- potato, suran, arbi, arrowroot, cornflour.

- Avoid Ghee, butter, mawa, cheese, vanaspati, dalda, cream
- Avoid Bakery item- biscuits, khari, cakes, pastries, fried items
- Avoid Preserved foods- papad, pickle, ketchup, sauces.
- Avoid fruit juices, soft drinks. Avoid eating out a lot.
- Use maximum of 3 tsp of oil/ghee/butter in a day and no
- Drink 1 glass of water every waking hour.
- Log your meals daily so I can keep a track on your calories.
- Update your weight every Sunday, weigh when you wake up, on the same scale, at same place and preferably same clothes

## 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.