

Meal Plan

01 Corn Flakes, Kellogg's	40gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
02 Chaas/Buttermilk	790gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
03 Dal, any, cooked	160gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
04 Grapes, ripe	240gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
05 Beetroot, greens, raw	240gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
06 Lotus seeds/Makhane, dried	10gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
07 Sunflower oil	15gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
08 Cheese, Cheddar	10gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
09 Sunflower seeds	10gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
10 Mushrooms, cooked	240gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
11 Peanuts, dry roasted	5gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
12 Cream, regular	30gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
13 Cauliflower greens, cooked	240gm
Used to balance: Detailed list of item nutrients and their quantities included for program clients.	
Total energy: 1494 kc	
Total weight: 2030 gm	

Deficiencies

VITAMINS: Vitamin D (D2 + D3): 0.72 of 15.0 µg, Choline, total: 412.09 of 550.0 mg

MINERALS: No deficiencies

OTHERS: No deficiencies

Additional Information

CARBOHYDRATES: 198 gm

PROTEINS: 69 gm

FATS: 47 gm

FIBRE: 40 gm

WATER: 1693 gm

SUGARS: 112 gm

Notes

Corn flakes can be eaten with milk or yogurt, just as is, or added to salads for crunch. Buttermilk can be used as a cooking medium, blended into a shake or as a replacement was drinking water. Fruits can be eaten as is as a snack, added to salads or blended with yogurt into smoothies. Seeds can be eaten as a small snack, as well as added to salads as a textural ingredient. Seeds can be eaten as a small snack, as well as added to salads as a textural ingredient. Cream can be used to thicken a gravy, added to milk, smoothies or butter, or eaten with cornflakes too. Please consider the use of supplements for the indicated deficiencies.

Recommended Dietary Allowances [31-50, M]

Vitamins:

Vitamin A, RAE: 900.0 mcg, Vitamin C, total ascorbic acid: 90.0 mg, Vitamin D (D2 + D3): 15.0 IU, Vitamin E (alpha-tocopherol): 15.0 mg, Vitamin K (phylloquinone): 120.0 mcg, Thiamin: 1.2 mg, Riboflavin: 1.3 mg, Niacin: 16.0 mg, Vitamin B-6: 1.3 mg, Folate, total: 400.0 mcg, Vitamin B-12: 2.4 mcg, Pantothenic acid: 5.0 mg, Biotin: 30.0 mcg, Choline, total: 550.0 mg

Minerals:

Calcium, Ca: 1000.0 mg, Chromium: 35.0 mcg, Copper, Cu: 0.9 mcg, Fluoride, F: 4.0 mg, Iodine: 150.0 mcg, Iron, Fe: 8.0 mg, Magnesium, Mg: 450.0 mg, Manganese, Mn: 2.3 mg, Molybdenum: 45.0 mcg, Phosphorus, P: 700.0 mg, Selenium, Se: 55.0 mcg, Zinc, Zn: 11.0 mg, Potassium, K: 4.7 mg, Sodium, Na: 1.5 gm, Chloride: 2.3 gm

Source: USDA

Instructions

* Alternate your cooking oils; choose unrefined, unprocessed fats like ghee, olive oil, mustard oil etc. Max: 20 gm * Even if a cooking medium is mentioned in your plan, please feel free to maintain your schedule as above. * Foods cooked using plan ingredients can be eaten at any time during the eating window, in any combination you wish. * Feel free to have your daily dose of tea/coffee, up to 2 cups a day, with a maximum of a single teaspoon of added sugar. * Cooked foods can contain added onions, garlic, ginger, tomatoes, fresh coriander and all other spices as desired, in reasonable quantities. * Flour mentioned is dry weight, and to be mixed with water to make a dough. * Do not substitute cereals, nuts or seeds. * When substituting, substitute with similar foods, including family, shape and colour. * Let us know of ingredients that aren't available or feasible, and we'll do our best not to include them again. * One average egg is about 45gm, average banana about 80gm and the average roti uses about 30 gm of dry flour.

Charts for clients of our 90 day wellness program include intermittent fasting information, recipe ideas for mentioned ingredients, weekly consults, education discussions, message logs, detailed plan breakdown including over 100 micro nutrients and their quantities, in addition to nutritional information for every plan item. Those charts are also customised for preferences, calories and more. We do not make any claims of fitness for purpose or any health and wellness related outcomes due to following this chart. It must be used by evaluating individual body type and other health parameters.