



Name: Abhinav Vashistha

Age: 23

Weight: 90

Height: 5.11

Ayurvedic Body Type: Pitta

Reason for consultation: Gut health and meal planning

Diagnosis:

Heaviness & Bloating

Acne in past 6 months

Stomach does not get cleared well

Sleep 6-7 hours

Apetite- feels heavy after food

Water intake- 3-4 litres

Workout- Strength training

Blood work:

Ayurvedic Food Guide:

Avoid wrong combination of food

1. Dairy with fish
2. Dairy with Salt
3. Dairy and grains
4. Dairy and Fruits
5. Grains and fruits
6. Mixing two three fruits together
7. Mixing anything with water melon
8. Combination of 2 -3 proteins together. For example chicken and egg, beans and eggs, dairy with meat.



Do's	Don'ts
Drink coriander seeds and fennel seeds water. Aloe vera Juice & coconut water Ghee or cold pressed oil to be used for cooking Drink 3-4 liters of water Eat only seasonal fruits and vegetables Keep 3 hours of gap between meals Take cooling food	Avoid raw food at night Avoid curd at night Avoid Spicy, oily, sour and excessively salty food No processed or packaged drinks No black coffee

Note: Avoid dairy for sometime till acne reduces. Buttermilk is fine

Meal Plan Suggestion:

Post wake up: Soaked nuts and 1 banana or coconut water with rock salt

Breakfast- Eggwhites with Salad, avocado and whole wheat toast with slight butter or rolled oats with egg white veggies

1-1:30 Snack -1 glass of buttermilk

Lunch – Rice with dal or any legumes+ 1 big bowl of veggies

Evening snack- Greek yogurt with soaked nuts and seeds+ fruits

Dinner- Rice or roti with sabzi dal or whole wheat pasta with veggies or tofu rice with veggies or Grilled Chicken breast

Night Snack- Hummus with whole wheat toast or Rice cracker with feta cheese or peanut butter, no sugar granola with almond or oats milk

- For any further details please feel free to contact us:

