



Name: Ritu Parikh

Age: 49 **Weight:** 72 **Height:** 5.4

Ayurvedic Body Type: Pitta Kapha

Reason for consultation: Menopause, hormone balance, weight gain

Diagnosis:

Weight gain after menopause. From 67 kg to 72 kgs
Increase in Midriff area and hips
Heaviness & Bloating
Appetite- Regular meals
Water intake- Very less

Blood work: Haemoglobin 10.1

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 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 methi dana, sauf, soya Avoid curd at night Avoid Spicy, oily, sour and excessively salty food No processed or packaged drinks No black coffee

Note:

Meal Plan Suggestion:

Post wake up: Corriander seeds or Jeera soaked water (Ajwain water only in winter) 6 soaked almonds + 2 walnuts

Breakfast- Missi roti or besan cheela or green moong sprouted+ sabzi without aalo + tea with Jaggery powder

Mid Meal- 1 fruit or bowl of papaya

Lunch- 2 Barley (Jau) wheat mixed roti+ sabzi+ 1 katouri dal+ salad+ 1 glass buttermilk

Evening snack- Tea with Jaggery powder+ roasted makhana or bhuna channa or soaked figs or soaked pista

Dinner- 1 Jau wheat mixed roti+ sabzi with aalo 1 katouri

Ghee oil- 3 tsp in whole day

Night Snack- 1 small cup milk with haldi and nutmeg

Vitamin D and Omega 3 supplement advised

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

