



TRUPTI PANCHAKARMA

Diet Chart



TRUPTI PANCHAKARMA

CONTENTS

<i>General Wellness Diet</i>	03
<i>Weight Loss Diet</i>	04
<i>Weight Gain Diet</i>	05
<i>Diebetes Management Diet</i>	06
<i>PCOS/PCOD Diet</i>	07
<i>Thyroid Support Diet</i>	07
<i>Panchakarma Detox Diet</i>	08
<i>Arthiris & Joint Care Diet</i>	08
<i>Liver Health Diet</i>	09
<i>Gut & Digestive Health Diet</i>	09
<i>Stress Management & Better Sleep</i>	10
<i>Skin & Beauty Diet</i>	10
<i>Daily Hydration Guide</i>	10
<i>Ayurvedic DO'S & DON'TS</i>	10
<i>Medical Disclaimer</i>	11



TRUPTI PANCHAKARMA

NOTE: Ayurvedic Diet & Wellness Guide For Only 18+ Adults

NOTE: Please Read The Medical Disclaimer Carefully Before Following Any Diet Listed below!!!

1. General Ayurvedic Wellness Diet

Benefits

Improves immunity
Enhances digestion
Boosts energy levels
Promotes overall wellness
Supports healthy aging

Vegetarian Diet

Early Morning

Warm water with lemon
Soaked almonds (5-6)
1 tsp soaked raisins

Breakfast

Vegetable
poha/upma
Seasonal fruits
Herbal tea

Lunch

Brown rice or chapati
Dal
Seasonal vegetables
Fresh salad
Buttermilk

Evening

Green tea
Roasted chana or sprouts

Dinner

Vegetable soup
Khichdi
Light vegetables

Non-Vegetarian Diet

Early Morning

Warm water with lemon
Soaked almonds

Breakfast

Boiled eggs (2)
Whole wheat toast
Seasonal fruits

Lunch

Brown rice/Chapati
Grilled fish/chicken
Vegetables Salad

Evening

Green tea
Nuts and seeds

Dinner

Vegetable Soup
Grilled fish/chicken
Steamed vegetables

2.Weight Loss Diet

Benefits

Reduces excess body fat
Improves metabolism
Increases energy
Supports health weight management

Vegetarian Diet

Early Morning

Warmwater with lemon and honey

Breakfast

Oats porridge
Fruit bowl

Lunch

Chapati(2)
Dal
Mixed vegetables Salad

Evening

Green tea
Roasted makhana

Dinner

Soup
Stir-fried vegetable

Non-Vegetarian Diet

Early Morning

Lemon Water

Breakfast

Egg Whites(3-4)
Fruit

Lunch

Grilled chicken/fish
Salad
Vegetables

Evening

Green tea

Dinner

Clear soup
Grilled fish/chicken

3.Weight Gain Diet

Benefits

Healthy muscle development
Enhanced stamina
Improve strength

Vegetarian Diet

Early Morning

Milk with dates

Breakfast

Paneer sandwich
Banana

Lunch

Rice
Dal
Paneer curry
Salad

Evening

Dry fruits
Smoothie

Dinner

Khichdi
Paneer dishes

Non-Vegetarian Diet

Early Morning

Milk with dates

Breakfast

Omelette
Banana

Lunch

Rice
Chicken curry
Salad

Evening

Dry fruits

Dinner

Fish/chicken curry
Rice

4.Diabetes Management Diet

Benefits

Supports healthy blood sugar levels
Improves metabolism
Reduces complications

Vegetarian Diet

Early Morning

Fenugreek water

Breakfast

Vegetable oats
Herbal tea

Lunch

Chapati
Dal
Bitter gourd vegetables
Salad

Evening

Green tea

Dinner

Soup
Vegetables
Chapati

Non-Vegetarian Diet

Early Morning

Fenugreek water

Breakfast

Boiled eggs
Herbal tea

Lunch

Grilled fish
Vegetables
Salad

Evening

Green tea

Dinner

Clear soup
Fish/chicken
Vegetables

5.PCOS / PCOD Diet

Benefits

Supports hormonal balance
Promotes weight management
Improves reproductive health

Vegetarian Diet

Early Morning

Cinnamon water

Breakfast

Oats
Fruit

Lunch

Chapati
Dal
Vegetables

Evening

Green tea
Seeds mix

Dinner

Soup
Vegetables

Non-Vegetarian Diet

Early Morning

Cinnamon
water

Breakfast

Eggs
Fruit

Lunch

Grilled fish/chicken
Vegetables

Evening

Herbal tea

Dinner

Soup
Lean protein

6.Thyroid Support Diet

Benefits

Supports thyroid function
Maintains metabolism
Promotes hormonal
balance

Recommended Foods:

Fresh fruits
Leafy vegetables
Nuts
Seeds
Lean proteins
Whole grains

Avoid:

Excess processed foods
Excess sugar
Excess fried foods

7.Panchakarma Detox Diet

Benefits

Eliminates toxins
Supports healing
Enhances treatment outcomes
Recommended Foods

Vegetarian Diet

Early Morning

Warm herbal water

Breakfast

Rice porridge
Stewed fruits

Lunch

Moong dal khichdi
Cooked vegetables

Evening

Herbal tea

Dinner

Light soup
Soft khichdi

Avoid

Fried foods
Processed foods
Alcohol
Smoking

8.Arthritis & Joint Care Diet

Benefits

Reduces inflammation
Supports joint mobility
Promotes bone health

Recommended Foods:

Ginger tea
Turmeric Milk
Sesame seeds
Leafy vegetables
Omega-3 rich foods
Warm cooked meals

Avoid

Excess sugar
Soft drinks
Deep-fried foods

9.Liver Health Diet

Benefits

Supports detoxification
Improves digestion
Promotes liver function

Recommended Foods

Beetroot
Carrot
Amla
Leafy vegetables
Herbal teas
Fruits

Avoid

Alcohol
Processed foods
Excess oil
Tabaco Items

10.Gut& Digestive Health Diet

Benefits

Improves digestion
Reduces bloating
Enhances nutrient absorption

Recommended Foods

Buttermilk
Yogurt
Khichdi
Ginger
Fennel
Cooked
vegetables

Avoid

Excess spicy food
Carbonated drinks
Junk food

11.Stress Management & Better Sleep Diet

Benefits

Promotes relaxation.....
Supports mental wellness
Improves sleep quality.....

Recommended Foods

Warm milk
Almonds
Bananas
Herbal teas
Ashwagandha (under guidance)

Avoid

Excess caffeine
Late-night heavy meals

12.Skin & Beauty Diet

Benefits

Healthy glowing skin
Improved hair health
Natural rejuvenation

Recommended Foods

Coconut water
Pomegranate
Cucumber
Carrot
Nuts & Seeds

Avoid

Excess sugar
Processed foods
Softdrinks

13.Daily Hydration Guide

2.5–3.5 Litres Water Daily
Herbal Teas
Coconut Water
Fresh Fruit Juices(WithoutAddedSugar)

14.Ayurvedic Dietary DO'S & DON'TS

DO'S

Eat fresh and seasonal foods
Eat at regular timings.....
Maintain proper hydration.....
Chew food properly
Follow a balanced lifestyle

DON'TS

Skip meals
Over eat
Consume excessive processed foods
Eat late at night
Frequently consume deep-fried foods

15. Medical Disclaimer

The information provided in this Diet & Wellness Guide is intended solely for general educational and wellness purposes and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Dietary needs and health requirements vary from person to person based on factors such as age, lifestyle, medical history, body constitution (Prakriti), medications, and existing health conditions. The recommendations provided here in are general in nature and may not be suitable for every individual.

Individuals suffering from chronic illnesses, metabolic disorders, cardio vascular conditions, diabetes, thyroid disorders, kidney or liver diseases, pregnancy, or any other medical condition are strongly advised to seek professional medical guidance before making significant dietary or lifestyle changes. While every effort has been made to provide accurate and reliable information, ***Trupti Panchakarma Ayurveda Therapy Centre shall not be held liable for any loss, injury, or adverse effects arising from the use or interpretation of the information contained in this guide.***

For personalized dietary guidance, therapeutic nutrition planning, Panchakarma recovery diets, and condition-specific wellness recommendations, you may consult **Dr. Saumya Kanta Panda (BAMS), Founder of Trupti Panchakarma Ayurveda Therapy Centre**, for safer, more effective, and individualized results. To schedule a consultation, **please call +91 7008919921, +919437091540 (Consultation charges are applicable).**



Thank You

-Wish you a speed
recovery -