

# Personalized Diet Modification Proposal

Date: [Insert Date]

To: [Client's Name]

From: [Your Name]

Subject: Personalized Diet Modification Proposal

Dear [Client's Name],

Thank you for our recent consultation. Based on our discussion and your health goals, I have tailored a personalized diet modification proposal specifically for you.

## Current Dietary Overview

We reviewed your current eating habits, including:

- Daily caloric intake
- Food preferences and aversions
- Allergies and intolerances

## Proposed Modifications

To assist you in achieving your goals, I recommend the following dietary modifications:

1. Incorporate more whole foods such as fruits, vegetables, and whole grains.
2. Reduce processed food intake by at least 50%.
3. Increase hydration by consuming at least [X] liters of water daily.

## Sample Meal Plan

Here's a sample meal plan for your first week:

- **Breakfast:** Oatmeal with fruits and nuts
- **Lunch:** Grilled chicken salad with mixed greens
- **Dinner:** Baked salmon with quinoa and steamed broccoli
- **Snacks:** Greek yogurt with honey, raw veggies with hummus

## Next Steps

Please review this proposal, and feel free to reach out with any questions or modifications you would like to discuss. I'm excited to support you on your journey toward better health!

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]