


**DR. HEMANT GUPTA**  
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A proper diet nourishes the body, boosts energy, prevents diseases, sharpens the mind, and supports a healthy, balanced, and longer life.

+916377139340

Before

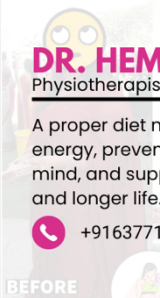


After




4.5kg weight loss in 90 days

Before



After



## 1500 KCal Diet Chart – BP + Sugar + Thyroid (With Egg)

Day	Breakfast (8:30 AM) ~300 KCal	Lunch (1:00 PM) ~400 KCal	Snacks (4:00 PM) ~150 KCal	Pre-Dinner (6:00 PM) ~100 KCal	Dinner (9:00 PM) ~400 KCal	Post-Dinner (10:30 PM) ~100 KCal
<b>Monday</b>	Veg Dalia (1 bowl) + Boiled Egg (1) + Green Tea	Roti (2) + Lauki Curry + Moong Dal + Salad	Roasted Makhana (1 handful) + Lemon Water	Apple (small) + 2 Walnuts	Roti (2) + Spinach-Egg Bhurji + Salad	Warm Milk (100 ml) + Cinnamon Pinch
<b>Tuesday</b>	Oats Porridge + Chia Seeds (1 tsp) + Egg White Omelet (2)	Brown Rice (1 cup) + Pumpkin Curry + Dal + Salad	Buttermilk (1 glass) + Roasted Chana (1 handful)	Guava (small) + 2 Almonds	Roti (2) + Tinda + Boiled Egg (1) + Salad	Milk (100 ml) + 1 Date
<b>Wednesday</b>	Besan Chilla (2) + Mint Chutney + Boiled Egg (1) + Green Tea	Roti (2) + Bhindi + Moong Dal + Salad	Fruit Bowl (Papaya/Melon) + Lemon Water	Cucumber + 2 Walnuts	Brown Rice (1 cup) + Ridge Gourd + Egg Curry + Salad	Milk (100 ml) + Cinnamon Pinch
<b>Thursday</b>	Poha with Veggies + Flaxseeds (1 tsp) + Boiled Egg (1) + Green Tea	Roti (2) + Turai + Dal + Salad	Roasted Makhana + Buttermilk	Apple + 2 Almonds	Roti (2) + Mix Veg Curry + Egg Bhurji + Salad	Warm Milk (100 ml) + 1 Date
<b>Friday</b>	Oats Idli (2) + Coconut Chutney + Boiled Egg (1) + Green Tea	Brown Rice (1 cup) + Palak + Moong Dal + Salad	Fruit Bowl + Lemon Water	Guava + 2 Walnuts	Roti (2) + Pumpkin + Boiled Egg (1) + Salad	Milk (100 ml) + Cinnamon Pinch
<b>Saturday</b>	Vegetable Upma + Chia Seeds (1 tsp) + Boiled Egg (1) + Green Tea	Roti (2) + Bhindi + Moong Dal + Salad	Buttermilk + Roasted Chana (1 handful)	Apple + 2 Almonds	Roti (2) + Lauki Curry + Egg Bhurji + Salad	Warm Milk (100 ml) + 1 Date
<b>Sunday</b>	Dalia (1 bowl) + 5 Soaked Almonds + Boiled Egg (1) + Herbal Tea	Roti (2) + Tinda + Dal + Salad	Fruit Bowl (Low GI fruits) + Lemon Water	Guava + 2 Walnuts	Brown Rice (1 cup) + Ridge Gourd + Boiled Egg (1) + Salad	Milk (100 ml) + Cinnamon Pinch

## ✓ Special Notes:

- **Eggs:** Excellent source of protein & B12. Limit yolk to 1/day if cholesterol is high.
- **BP:** Low sodium, avoid packaged/processed food.
- **Sugar:** Strict control on carbs, use **low GI** fruits only (apple, papaya, guava).
- **Thyroid:** Use **iodized salt**, cook cruciferous veggies well (avoid raw), avoid soy.
- **Healthy oil:** Max 2 tsp/day – **mustard oil, olive oil, or ghee.**

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**AVERAGE WEIGHT LOSS RESULTS\***

	GENERAL TRAINING	PERSONAL TRAINING
3 MONTH	5-7 KG	10-15 KG
6 MONTH	10-14 KG	15-20 KG
12 MONTH	15-20 KG	
24 MONTH	20 - 25 KG	

WEIGHT LOSS RESULTS VARY PERSON TO PERSON



**MONTHLY MEMBERSHIP IN JUST 749\***

**PERSONAL TRAINING IN JUST 5999/-**

