

DR. HEMANT GUPTA
Physiotherapist / Dietician

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

+916377139340

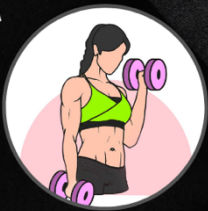
1500 KCal Non-Veg Diet Chart – Menstrual Issues (Painful/Irregular Periods)

Day	Breakfast (8:00 AM) ~350 KCal	Mid-Morning (11:00 AM) ~150 KCal	Lunch (1:30 PM) ~450 KCal	Evening Snack (5:00 PM) ~150 KCal	Dinner (8:00 PM) ~400 KCal
Monday	Boiled Eggs (2) + Vegetable Poha + Herbal Tea + Soaked Almonds (5)	Pomegranate (1 bowl)	Roti (2) + Grilled Chicken (100g) + Salad + Lemon	Roasted Makhana (1 handful) + Green Tea	Brown Rice (1 cup) + Moong Dal + Steamed Veg + Flaxseed Powder (1 tsp)
Tuesday	Oats Porridge + Chia Seeds (1 tsp) + Dates (2) + Herbal Tea	Guava (1 medium)	Roti (2) + Egg Curry (2 eggs) + Salad + Amla Juice (30 ml)	Boiled Chickpeas (1/2 cup) + Lemon Water	Quinoa (1 cup) + Mix Veg Curry + Pumpkin Seeds (1 tsp)
Wednesday	Vegetable Upma + Boiled Egg (1) + Herbal Tea + Soaked Walnuts (2 halves)	Papaya (1 bowl)	Roti (2) + Fish Curry (100g) + Salad + Lemon	Sprouts Chaat + Green Tea	Brown Rice (1 cup) + Moong Dal + Steamed Veg + Flaxseed Powder (1 tsp)
Thursday	Vegetable Dalia + Boiled Egg (1) + Herbal Tea + Dates (2)	Orange (1 medium)	Roti (2) + Chicken Curry (100g) + Salad + Amla Juice (30 ml)	Roasted Makhana (1 handful) + Lemon Water	Quinoa (1 cup) + Mix Veg + Moong Dal + Pumpkin Seeds (1 tsp)
Friday	Oats Idli (2) + Herbal Tea + Boiled Egg (1) + Soaked Almonds (5)	Guava (1) + Roasted Chana (1 handful)	Roti (2) + Grilled Fish (100g) + Salad + Lemon	Boiled Chickpeas (1/2 cup) + Green Tea	Brown Rice (1 cup) + Mix Veg + Rajma + Flaxseed Powder (1 tsp)
Saturday	Vegetable Upma + Herbal Tea + Boiled Egg (1) + Soaked Walnuts (2 halves)	Papaya (1 bowl)	Roti (2) + Egg Bhurji (2 eggs) + Salad + Amla Juice (30 ml)	Sprouts Chaat + Green Tea	Quinoa (1 cup) + Mix Veg + Moong Dal + Pumpkin Seeds (1 tsp)
Sunday	Vegetable Dalia + Boiled Egg (1) + Herbal Tea + Dates (2)	Orange (1 medium)	Roti (2) + Chicken Curry (100g) + Salad + Lemon	Roasted Makhana (1 handful) + Lemon Water	Brown Rice (1 cup) + Mix Veg + Moong Dal + Flaxseed Powder (1 tsp)

✓ Non-Veg Notes for Menstrual Health:

- ✓ **Chicken/Fish/Egg:** Rich in iron, vitamin B12, zinc – boosts hormonal health, reduces fatigue.
- ✓ **Seeds (Flax/Pumpkin):** Support hormone balance & reduce cramps.
- ✓ **Leafy greens + Citrus Fruits:** Improve iron absorption.
- ✓ **Herbal Teas (Chamomile/Ginger):** Help reduce bloating, pain.
- ✗ **Avoid:** Fried/junk food, excessive sugar/salt, red meat.

[Click here to know more about your gym](#)



KNOW MORE ABOUT WELFARE FITNESS

[CLICK HERE](#)

GET A CHANCE TO WIN 1 YEAR MEMBERSHIP

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/-