



**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.

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**Before**



**After**



15kg weight loss in 90 days

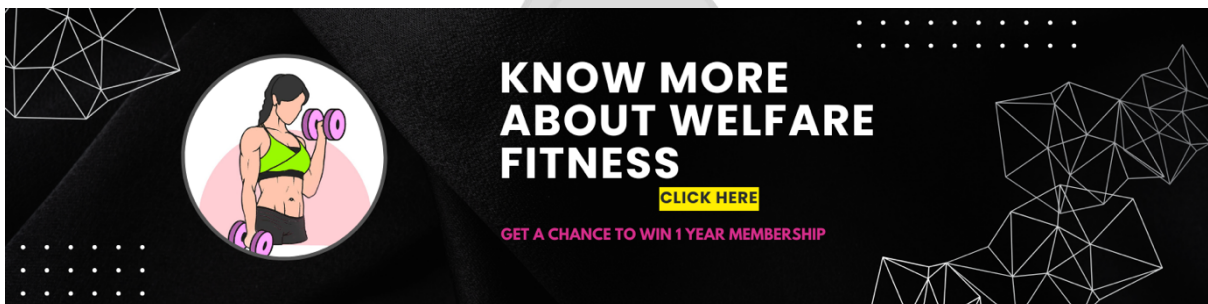
## 1500 KCal PCOS Diet Chart – Vegetarian (No Egg/Non-Veg)

| Day       | Breakfast<br>(8:30 AM)<br>~<br>350 KCal                      | Lunch<br>(1:00 PM)<br>~<br>450 KCal              | Snacks<br>(4:00 PM)<br>~<br>150 KCal     | Pre-Dinner<br>(6:00 PM)<br>~<br>100 KCal | Dinner<br>(9:00 PM)<br>~3<br>50 KCal                   | Post-Dinner<br>(10:30 PM)<br>~<br>100 KCal |
|-----------|--------------------------------------------------------------|--------------------------------------------------|------------------------------------------|------------------------------------------|--------------------------------------------------------|--------------------------------------------|
| Monday    | <b>Vegetable Poha (1 bowl)</b> + Green Tea                   | <b>Roti (2)</b> + Mixed Veg + Dal + Salad + Curd | Roasted Chana (1 handful) + Herbal Tea   | Cucumber + 2 Almonds                     | <b>Dalia Khichdi</b> (veg-loaded) + Buttermilk         | Turmeric Milk (100 ml)                     |
| Tuesday   | <b>Besan Chilla (2)</b> + Mint Chutney + Green Tea           | Roti (2) + Lauki + Dal + Salad + Curd            | Fruit (Apple/Pear) + Herbal Tea          | 1 Fruit + 2 Walnuts                      | <b>Quinoa Veg Pulao</b> + Curd + Salad                 | Milk (100 ml) + 1 Date                     |
| Wednesday | <b>Oats + Milk (150 ml)</b> + Chia Seeds (1 tsp) + Green Tea | Roti (2) + Bhindi + Dal + Salad + Curd           | Roasted Makhana (1 handful) + Herbal Tea | Cucumber + 2 Almonds                     | Roti (2) + Tofu Bhurji + Veg + Buttermilk              | Warm Milk (100 ml)                         |
| Thursday  | <b>Moong Dal Chilla (2)</b> + Chutney + Green Tea            | Roti (2) + Mix Veg + Dal + Salad + Curd          | Fruit Bowl (Papaya/Guava) + Herbal Tea   | 1 Fruit + 2 Walnuts                      | <b>Millet Khichdi (Bajra/Jowar)</b> + Veg + Buttermilk | Milk (100 ml) + 1 Date                     |
| Friday    | <b>Vegetable Dalia (1 bowl)</b> + Green Tea                  | Rice (1 cup) + Tinda + Dal + Salad + Curd        | Buttermilk + Roasted Chana (1 handful)   | Cucumber + 2 Walnuts                     | Roti (2) + Tofu/Paneer Curry + Veg + Salad             | Milk (100 ml) + Turmeric Pinch             |
| Saturday  | <b>Oats Idli (2)</b> + Coconut Chutney + Green Tea           | Roti (2) + Palak Paneer (low oil) + Salad + Curd | Roasted Makhana + Herbal Tea             | 1 Fruit + 2 Almonds                      | Roti (2) + Dal + Veg + Salad + Buttermilk              | Milk (100 ml) + 1 Date                     |
| Sunday    | <b>Oats + Milk (150 ml)</b> + Flax Seeds (1 tsp) + Green Tea | Roti (2) + Mixed Veg + Dal + Salad + Curd        | Fruit + Herbal Tea                       | Cucumber + 2 Walnuts                     | <b>Vegetable Upma</b> + Buttermilk                     | Milk (100 ml) + Turmeric Pinch             |

## Key PCOS Notes:

- Focus on **low GI carbs** (whole grains, millets, oats).
- **No sugar, no refined flour.**
- Use **cold-pressed oils** (1 tsp per meal).
- Include **flaxseeds/chia seeds** daily for **omega-3**.
- Moderate dairy (curd/buttermilk) helps gut health.
- **Portion control + regular exercise** (yoga, walking) is crucial.

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**AVERAGE WEIGHT LOSS RESULTS\***

|                 | <b>GENERAL TRAINING</b> | <b>PERSONAL TRAINING</b> |
|-----------------|-------------------------|--------------------------|
| <b>3 MONTH</b>  | <b>5-7 KG</b>           | <b>10-15 KG</b>          |
| <b>6 MONTH</b>  | <b>10-14 KG</b>         | <b>15-20 KG</b>          |
| <b>12 MONTH</b> | <b>15-20 KG</b>         |                          |
| <b>24 MONTH</b> | <b>20 - 25 KG</b>       |                          |

WEIGHT LOSS RESULTS VARY PERSON TO PERSON



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