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Physiotherapist / Dietician


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

+916377139340

Before

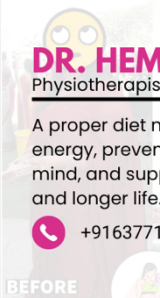


After




4.5kg weight loss in 90 days

Before



After



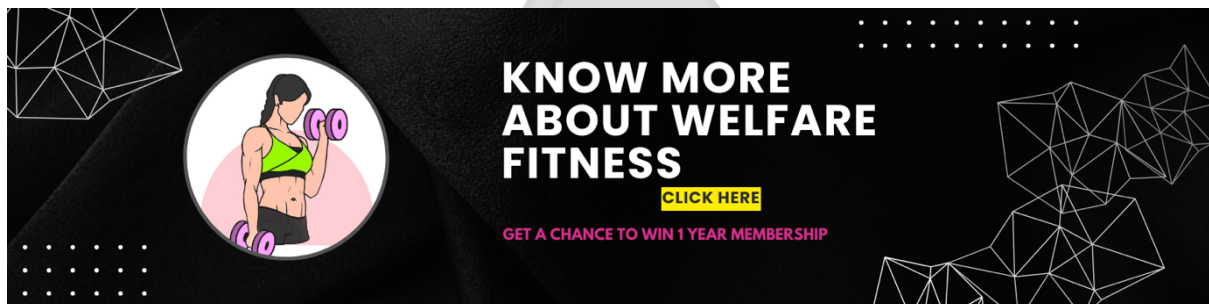
1500 KCal Thyroid Diet Chart – With Non-Veg

Day	Breakfast (8:30 AM) ~3 50 KCal	Lunch (1:00 PM) ~4 50 KCal	Snacks (4:00 PM) ~1 50 KCal	Pre-Dinner (6:00 PM) ~1 00 KCal	Dinner (9:00 PM) ~3 50 KCal	Post-Dinner (10:30 PM) ~1 00 KCal
Monday	2 Boiled Eggs + Vegetable Dalia (1 bowl) + Herbal Tea	Roti (2) + Chicken Curry (100g) + Salad + Curd	Roasted Chana (1 handful) + Lemon Water	Cucumber + 2 Almonds	Roti (2) + Ridge Gourd + Moong Dal + Salad	Warm Milk (100 ml) + Turmeric Pinch
Tuesday	Omelette (2 eggs) + Brown Bread (2 slices) + Green Tea	Brown Rice (1 cup) + Grilled Fish (100g) + Veg Curry + Salad	Buttermilk + Roasted Makhana (1 handful)	Fruit (Apple/Guava) + 2 Walnuts	Roti (2) + Pumpkin Curry + Curd + Salad	Milk (100 ml) + 1 Date
Wednesday	2 Boiled Eggs + Oats Porridge + Chia Seeds (1 tsp) + Herbal Tea	Roti (2) + Bhindi + Chicken Curry (100g) + Salad	Fruit Bowl (Papaya) + Lemon Water	Cucumber + 2 Almonds	Roti (2) + Tinda + Dal + Salad	Milk (100 ml) + Turmeric Pinch
Thursday	Veg Poha (1 bowl) + Boiled Egg (1) + Green Tea	Roti (2) + Fish Curry (100g) + Veg Curry + Salad	Roasted Chana (1 handful) + Herbal Tea	Fruit + 2 Almonds	Brown Rice (1 cup) + Palak Paneer (Low Oil) + Salad	Milk (100 ml) + 1 Date
Friday	Oats Idli (2) + Mint Chutney + Boiled Egg (1) + Green Tea	Roti (2) + Pumpkin + Dal + Grilled Chicken (100g) + Salad	Roasted Makhana (1 handful) + Buttermilk	Cucumber + 2 Walnuts	Roti (2) + Turai + Dal + Salad	Warm Milk (100 ml) + Turmeric Pinch
Saturday	Vegetable Upma (1 bowl) + Omelette (2 eggs) + Green Tea	Brown Rice (1 cup) + Grilled Fish (100g) + Salad + Curd	Fruit + Lemon Water	Cucumber + 2 Almonds	Roti (2) + Lauki + Dal + Salad	Milk (100 ml) + 1 Date
Sunday	Veg Dalia (1 bowl) + Boiled Eggs (2) + Green Tea	Roti (2) + Chicken Curry (100g) + Veg Curry + Salad	Roasted Chana + Herbal Tea	Fruit + 2 Walnuts	Roti (2) + Mixed Veg + Moong Dal + Salad	Milk (100 ml) + Turmeric Pinch

Thyroid-Friendly Notes (Non-Veg):

- **Chicken/Fish:** Lean protein, rich in **selenium, zinc, iodine** – helps support thyroid.
- Avoid **raw goitrogenic vegetables** (cabbage, cauliflower); cook before eating.
- **No soy, refined carbs, sugar, deep-fried food.**
- Use **iodized salt**, maintain **hydration**, and stick to **regular meal timings**.
- Aim for **30 min daily exercise** (yoga, walk, light cardio).
- Opt for **grilled/boiled non-veg, no excess oil or masala.**

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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/-