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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



BEFORE

After



AFTER

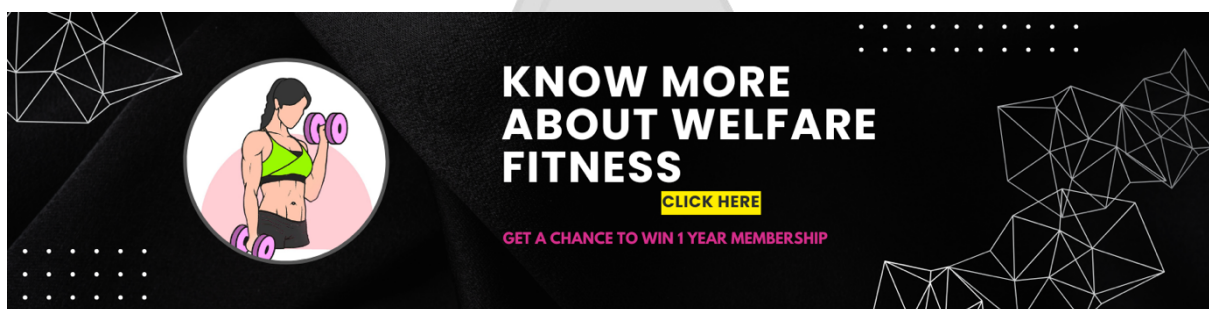
Navratri Diet Chart (Anaemia – Weight Gain – Veg Fasting – 2400 KCal)

Day	Breakfast (8:00 AM) ~500 KCal	Mid-Morning (11:00 AM) ~300 KCal	Lunch (1:00 PM) ~700 KCal	Evening Snack (5:00 PM) ~400 KCal	Dinner (8:00 PM) ~500 KCal
Day 1	2 Kuttu Cheela + ½ cup Curd + 2 Dates	1 Banana + Coconut Water + 4 Almonds	1 bowl Samak Rice + Lauki Sabzi + ½ cup Curd + 1 tsp Ghee	1 bowl Sweet Potato Chaat + Lemon Water	2 Kuttu Roti + Paneer Bhurji (100g) + Salad + ½ cup Curd
Day 2	1 bowl Sabudana Khichdi (Peanuts, Ghee) + ½ cup Curd	1 Orange + 2 Figs + Coconut Water	1 bowl Samak Pulao + Bhindi Sabzi + ½ cup Curd + 2 Dates	1 bowl Roasted Peanuts + 1 Guava + Lemon Water	2 Kuttu Roti + Kaddu Sabzi + ½ cup Curd + Salad
Day 3	1 bowl Samak Porridge + 1 Date + 4 Walnuts	1 Apple + Coconut Water	1 bowl Samak Rice + Mixed Veg Curry + ½ cup Curd + 1 tsp Ghee	1 bowl Makhana + 1 Orange + Herbal Tea	2 Kuttu Cheela + Paneer Curry + ½ cup Curd
Day 4	2 Kuttu Roti + Paneer Bhurji (100g) + ½ cup Curd	1 Banana + 2 Almonds + Coconut Water	1 bowl Samak Rice + Lauki Sabzi + ½ cup Curd + 2 Dates	1 bowl Sweet Potato Chaat + Lemon Water	2 Kuttu Roti + Bhindi Sabzi + ½ cup Curd + Salad
Day 5	1 bowl Sabudana Upma + ½ cup Curd + 2 Dates	1 Guava + Coconut Water + 4 Almonds	1 bowl Samak Pulao + Kaddu Sabzi + ½ cup Curd + 1 tsp Ghee	1 cup Makhana + Orange + Herbal Tea	2 Kuttu Cheela + Paneer Bhurji (100g) + ½ cup Curd
Day 6	1 bowl Samak Porridge + 1 Date + 4 Walnuts	1 Apple + Lemon Water	1 bowl Samak Rice + Mixed Veg Curry + ½ cup Curd + 2 Dates	Roasted Peanuts + 1 Guava + Lemon Water	2 Kuttu Roti + Bhindi Sabzi + ½ cup Curd + Salad
Day 7	1 bowl Sabudana Khichdi + ½ cup Curd	1 Banana + Coconut Water	1 bowl Samak Pulao + Paneer Curry + ½ cup Curd + 1 tsp Ghee	1 bowl Makhana + Herbal Tea	2 Kuttu Cheela + Kaddu Sabzi + ½ cup Curd + Salad
Day 8	2 Kuttu Roti + Paneer Bhurji (100g) + ½ cup Curd	1 Apple + Lemon Water	1 bowl Samak Rice + Lauki Sabzi + ½ cup Curd + 2 Dates	Sweet Potato + Peanuts + Lemon Water	2 Kuttu Roti + Bhindi Sabzi + ½ cup Curd + Salad
Day 9	1 bowl Samak Porridge + 2 Dates + 4 Almonds	1 Orange + Coconut Water	1 bowl Samak Pulao + Paneer Curry + ½ cup Curd + 1 tsp Ghee	1 bowl Makhana + Lemon Water	2 Kuttu Cheela + Kaddu Sabzi + ½ cup Curd + Salad

✓ Special Guidelines for Anemia during Fasting:

- 🌿 **Iron-rich foods:** Peanuts, Sweet Potato, Paneer, Dates, Sabudana, Walnuts, Samak.
- 🍊 **Vitamin C boost:** Add **lemon, guava, orange, amla** to improve **iron absorption**.
- 🧈 **Healthy fats:** Ghee, Coconut Water, Nuts support weight gain and enhance nutrient uptake.
- ❌ **Avoid tea/coffee post meals** – blocks iron absorption.

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12 MONTH	15-20 KG	
24 MONTH	20 - 25 KG	

WEIGHT LOSS RESULTS VARY PERSON TO PERSON



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