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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 (High Uric Acid – Veg Fasting – 1500 KCal)

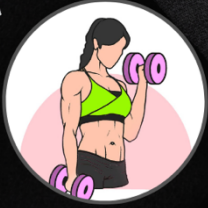
Day	Breakfast (8:00 AM) ~300 KCal	Mid-Morning (11:00 AM) ~200 KCal	Lunch (1:00 PM) ~450 KCal	Evening Snack (5:00 PM) ~250 KCal	Dinner (8:00 PM) ~300 KCal
Day 1	2 Kuttu Cheela + Mint Chutney	1 Apple + Lemon Water (no salt)	1 bowl Samak Rice + Lauki Sabzi + ½ cup Curd (low fat)	1 bowl Makhana (Roasted) + Herbal Tea	1 Kuttu Roti + Bhindi Sabzi + Salad
Day 2	1 bowl Sabudana Khichdi (light ghee) + ½ cup Curd	1 Banana + Coconut Water	1 bowl Samak Pulao + Pumpkin Sabzi + ½ cup Curd	1 boiled Sweet Potato + Lemon Water	1 Kuttu Cheela + Lauki Sabzi + Salad
Day 3	1 bowl Samak Porridge + 1 Date	1 Orange + Lemon Water	1 bowl Samak Rice + Mix Veg Curry + ½ cup Curd	1 bowl Makhana (dry roasted) + Herbal Tea	1 Kuttu Roti + Bhindi Sabzi + Salad
Day 4	2 Kuttu Roti + ½ cup Curd	1 Guava + Lemon Water	1 bowl Samak Rice + Kaddu Sabzi + ½ cup Curd	1 Sweet Potato (boiled) + Lemon Water	1 Kuttu Cheela + Bottle Gourd Curry + Salad
Day 5	1 bowl Sabudana Upma + ½ cup Curd	1 Banana + Lemon Water	1 bowl Samak Pulao + Lauki Sabzi + ½ cup Curd	1 bowl Makhana + Herbal Tea	1 Kuttu Roti + Pumpkin Curry + Salad
Day 6	1 bowl Samak Porridge + 1 Date	1 Apple + Coconut Water	1 bowl Samak Rice + Bhindi Sabzi + ½ cup Curd	1 boiled Sweet Potato + Lemon Water	1 Kuttu Cheela + Bottle Gourd Sabzi + Salad
Day 7	2 Kuttu Roti + ½ cup Curd	1 Orange + Lemon Water	1 bowl Samak Pulao + Pumpkin Sabzi + ½ cup Curd	1 bowl Makhana + Herbal Tea	1 Kuttu Roti + Bhindi Sabzi + Salad
Day 8	1 bowl Sabudana Khichdi + ½ cup Curd	1 Banana + Coconut Water	1 bowl Samak Rice + Lauki Sabzi + ½ cup Curd	1 boiled Sweet Potato + Lemon Water	1 Kuttu Cheela + Kaddu Sabzi + Salad
Day 9	1 bowl Samak Porridge + 1 Date	1 Guava + Lemon Water	1 bowl Samak Pulao + Mix Veg Curry + ½ cup Curd	1 bowl Makhana + Herbal Tea	1 Kuttu Roti + Bottle Gourd Sabzi + Salad

✓ Special Tips for Uric Acid:

- ✗ Avoid: paneer, rajgira, and high-protein flours in excess during fasting.

-  Focus: **low-purine veggies** (lauki, pumpkin, bhindi) and **hydration** (3+ liters water daily).
-  Use minimal salt; avoid fasting packaged snacks.
-  Light walk/yoga – improves circulation and uric acid metabolism.

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	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



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