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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.

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Before

After

15kg weight loss in 90 days

BEFORE

AFTER

Navratri Weight Loss Diet Chart (Veg – Fasting Friendly – 1200–1400 KCal)

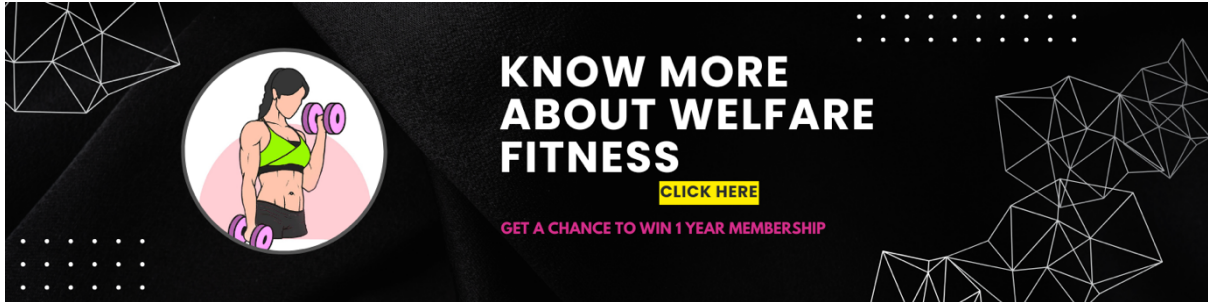
Day	Breakfast (8:00 AM) ~250 KCal	Mid-Morning (11:00 AM) ~150 KCal	Lunch (1:00 PM) ~400 KCal	Evening Snack (5:00 PM) ~200 KCal	Dinner (8:00 PM) ~350 KCal
Day 1	1 small Kuttu Cheela + Curd (½ cup) + 2 Soaked Almonds	1 Apple + Coconut Water	1 bowl Samak Rice + Mixed Veg + Curd (1 cup)	1 cup Roasted Makhana (dry) + Lemon Water	1 small Sweet Potato Chaat + Curd (½ cup)
Day 2	1 bowl Sabudana Upma (less oil) + Curd (½ cup)	1 Orange + 2 Walnuts	2 small Kuttu Roti + Aloo Sabzi + Salad	Coconut Water + 4 Roasted Peanuts	1 bowl Samak Pulao + Kaddu Sabzi
Day 3	1 small Samak Porridge (milk + few nuts)	1 Pear + Coconut Water	1 bowl Samak Rice + 50g Paneer Curry + Curd (½ cup)	1 cup Makhana + Lemon Water	2 small Kuttu Cheela + Veg Sabzi
Day 4	1 small Kuttu Cheela + Curd (½ cup) + 2 Soaked Raisins	1 Guava + Coconut Water	1 bowl Samak Rice + Mixed Veg + Curd	Sweet Potato (boiled, small) + Lemon Water	1 small bowl Paneer Bhurji + 1 Kuttu Roti
Day 5	1 bowl Sabudana Khichdi (small) + 2 Walnuts	1 Apple + 2 Soaked Almonds	1 bowl Samak Pulao + Kaddu Sabzi + Salad	1 cup Roasted Makhana	2 small Kuttu Roti + Bhindi Sabzi + Curd (½ cup)
Day 6	1 small bowl Samak Porridge + 1 Date	1 Orange + Coconut Water	2 small Kuttu Roti + Veg Curry + Curd	Sweet Potato Chaat (small portion)	1 bowl Samak Rice + 50g Paneer + Salad
Day 7	1 small Sabudana Upma + Curd (½ cup)	1 Guava + Lemon Water	1 bowl Samak Rice + Mixed Veg Curry + Curd	1 cup Makhana + Coconut Water	1 Kuttu Roti + Kaddu Sabzi + Salad
Day 8	1 small Kuttu Cheela + Curd + 2 Almonds	Apple + Coconut Water	1 bowl Samak Rice + Veg Curry + Curd (½ cup)	Sweet Potato (small) + Lemon Water	2 small Kuttu Roti + Bhindi Sabzi + Salad
Day 9	1 small Samak Porridge + 2 Soaked Almonds	1 Orange + Coconut Water	1 bowl Samak Rice + Aloo Sabzi + Curd (½ cup)	1 cup Roasted Makhana	1 Kuttu Cheela + Kaddu Sabzi + Curd

✓ Navratri Weight Loss Tips:

- 🥤 Use **minimal oil/ghee** (max 1 tsp/day). Avoid fried kuttu pooris, sabudana vada.

- 🥛 Prefer **low-fat dairy** – curd, paneer in moderation.
- 🌿 **Hydration** is key – drink **lemon water, coconut water, buttermilk** (vrat-friendly).
- 🍌 Avoid high-sugar fruits like bananas. Stick to apples, oranges, guava, pear.
- 🧘 Light activity like **walks or yoga** can aid metabolism.

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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/-