

**DR. HEMANT GUPTA**  
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

10kg weight loss in 90 days

BEFORE

AFTER

# SUMMER WEIGHT GAIN (EGGETARIAN) DIET PLAN

**Calories:** 2500–3000 KCal/day

**Goal:** Muscle gain with cooling, protein-rich foods including eggs.

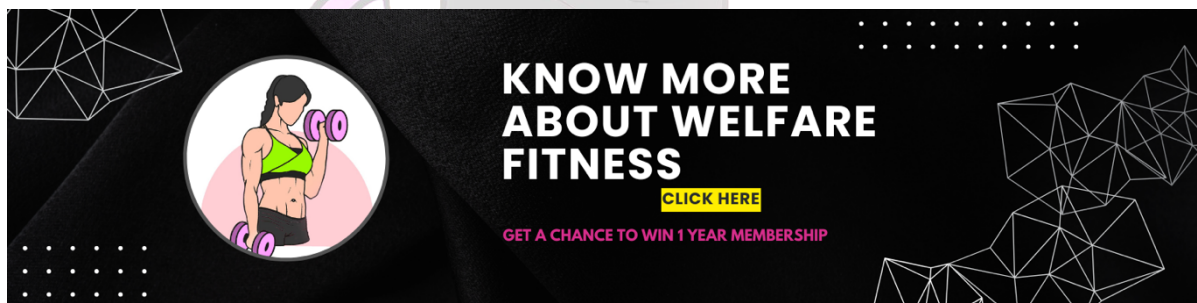
Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (10:00 PM)
<b>Monday</b>	3 Boiled Eggs + 2 Stuffed Paratha + Curd + Banana Shake	Coconut Water + 1 Mango	2 Roti + Egg Curry + Dal Tadka + Rice + Curd + Salad	2 Boiled Eggs + Cheese Sandwich + Lemon Water	2 Roti + Mixed Veg + Moong Dal + Ghee + Buttermilk	1 Glass Milk + Dates
<b>Tuesday</b>	Vegetable Poha + 2 Scrambled Eggs + Almond Milkshake	Buttermilk + 1 Banana	2 Roti + Egg Bhurji + Rice + Dal + Salad	Peanut Butter Toast + Coconut Water	2 Roti + Palak Paneer + Moong Dal + Ghee + Curd	Milk + Soaked Figs
<b>Wednesday</b>	3 Egg Omelette + Bread Toast + Peanut Chutney + Chikoo Shake	Coconut Water + 1 Apple	2 Roti + Boiled Egg Curry + Rice + Curd + Salad	Paneer Roll + Lemon Water	2 Roti + Lauki Kofta + Dal + Ghee + Buttermilk	Milk + Handful Nuts
<b>Thursday</b>	Oats Porridge + Nuts + Honey + 2 Boiled Eggs + Banana + Herbal Tea	Buttermilk + 1 Mango	2 Roti + Kadai Paneer + Dal Tadka + Rice + Curd	Cheese Sandwich + Coconut Water	2 Roti + Bhindi Sabzi + Moong Dal + Ghee + Salad	Milk + Dates

<b>Friday</b>	2 Veg Paratha + Butter + Curd + Mango Shake + 2 Boiled Eggs	Lemon Water + 1 Apple	2 Roti + Egg Curry + Rice + Dal + Curd + Salad	Boiled Potato Chaat + Coconut Water	2 Roti + Tinda Sabzi + Moong Dal + Buttermilk	Milk + Soaked Almonds
<b>Saturday</b>	Suji Halwa + Boiled Chana + 3 Egg Omelette + Chikoo Milkshake	Buttermilk + 1 Banana	2 Roti + Baingan Bharta + Dal Tadka + Rice + Curd	Paneer Toast + Lemon Water	2 Roti + Mixed Veg + Dal + Buttermilk	Milk + Dates + Walnuts
<b>Sunday</b>	Idli + Sambhar + Coconut Chutney + Mango Smoothie + 2 Boiled Eggs	Coconut Water + 1 Apple	2 Roti + Veg Pulao + Raita + 3 Egg Bhurji + Dal + Curd	Cheese Roll + Buttermilk	2 Roti + Palak Paneer + Moong Dal + Salad + Ghee	Milk + Mixed Nuts

## ● KEY NOTES:

- **Protein Focus:** Eggs (3–5/day), paneer, dal, milk, curd, nuts.
- **Healthy Fats:** Ghee, butter, nuts, peanut butter, cheese.
- **Hydration:** Coconut water, lemon water, buttermilk — at least 3L/day.
- **High-Calorie Additions:** Milkshakes, dry fruits, ghee, suji halwa, chaat.
- **Cooling Foods:** Curd, buttermilk, fruits, cucumber, coconut water.
- **Exercise:** Strength training 4–5 times/week to support muscle gain.

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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/-

