


**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.

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**Before** **After**

10kg weight loss in 80 days

### Weekly Weight Gain Diet Chart (2500–3300 KCal with Calories)

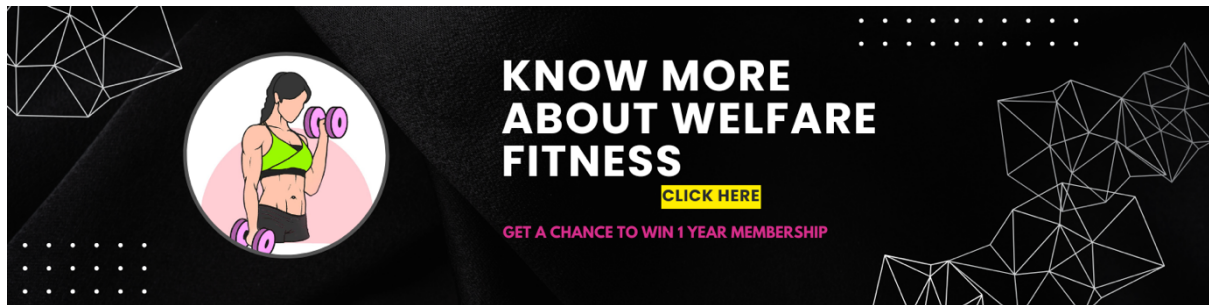
Day	Breakfast (8:30 AM) ~ 800-900 KCal	Lunch (1:00 PM) ~ 800-900 KCal	Snacks (4:00 PM) ~ 400-500 KCal	Pre-Dinner (6:00 PM) ~ 250-300 KCal	Dinner (9:00 PM) ~ 700-900 KCal	Post-Dinner (10:30 PM) ~ 200 KCal
Monday	Boiled Eggs (3) + Banana PB Shake + Paneer Paratha (1)	Roti (2) + Rice (1.5 cup) + Egg Curry + Veg + Curd	Fruit + Makhana + Boiled Egg + Milk (1 glass)	Peanut Butter Toast (2) + Banana (1)	Roti (2) + Paneer Curry + Rice (1 cup) + Salad	Milk + 1 tsp ghee
Tuesday	Egg Bhurji + Poha with peanuts + Milkshake	Roti (3) + Chole + Egg Salad + Buttermilk	Dates (4) + Milk + Boiled Egg	Banana + Oats Ladoo	Roti (2) + Mix Veg + Rice (1 cup) + Curd	Milk + soaked almonds (5)
Wednesday	Omelette (2) + Stuffed Aloo Paratha (1) + Banana Shake	Rice (2 cups) + Dal + Veg + Boiled Eggs (2) + Salad	Fruit Bowl + Milkshake + Egg Sandwich (1)	Peanut Butter Toast (2) + Dates	Roti (2) + Soyabean Curry + Rice (1 cup) + Curd	Turmeric Milk + Walnuts (2)
Thursday	Boiled Eggs (2) + Paneer Sandwich (2) + Banana Shake	Roti (2) + Rajma + Veg + Curd + Egg Salad	Makhana + Fruit + Milk + Boiled Egg	Oats Ladoo + Banana	Roti (2) + Mix Veg + Rice (1 cup) + Salad	Milk + 1 tsp ghee
Friday	Egg Paratha (2) + Curd + Banana Shake	Roti (3) + Chole + Veg + Curd + Egg Salad	Dates + Peanut Chikki + Milk + Boiled Egg	Peanut Butter Toast (2) + Fruit	Roti (2) + Paneer Curry + Rice (1 cup) + Curd	Milk + soaked almonds (5)
Saturday	Boiled Eggs (3) + Aloo Paratha (2) + Curd + Banana Shake	Rice (2 cups) + Dal + Veg + Buttermilk + Boiled Egg	Fruit + Milkshake + Dry Fruits (small qty) + Boiled Egg	Banana + Oats Ladoo	Roti (2) + Mix Veg + Rice (1 cup) + Curd	Milk + Honey
Sunday	Paneer Bhurji + Toast (2) + Omelette (1) + Banana Shake	Roti (2) + Chole/Rajma + Veg + Curd + Boiled Egg	Makhana + Fruit + Milk + Egg Sandwich (1)	Peanut Butter Toast (2) + Banana	Roti (2) + Soyabean Curry + Rice (1 cup) + Salad	Turmeric Milk + Walnuts (2)

# 🔥 Total Daily Calories: 2500–3300 KCal

- **Breakfast:** 800-900 KCal
- **Lunch:** 800-900 KCal
- **Snacks + Pre-Dinner:** 600-800 KCal
- **Dinner + Post-Dinner:** 900-1100 KCal

## ✅ High Calorie Ingredients:

- Banana, Peanut Butter, Ghee, Paneer, Rice, Milk, Dry Fruits
- Add **Boiled Eggs (2)** = +150 KCal (optional)



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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



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**PERSONAL TRAINING IN JUST 5999/-**

