

**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

15 kg weight loss in 90 days

BEFORE AFTER

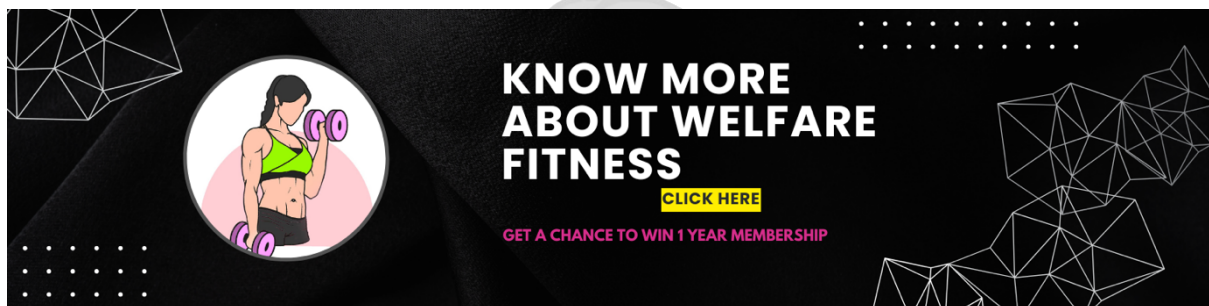
## Weight Loss Diet (Non - Veg)

Day	Breakfast (8:30 AM) ~300-350 KCal	Lunch (1:00 PM) ~400-450 KCal	Snacks (4:00 PM) ~150-200 KCal	Pre-Dinner (6:00 PM) ~100 KCal	Dinner (9:00 PM) ~300-350 KCal	Post-Dinner (10:30 PM) ~100 KCal
Monday	Vegetable Poha (small bowl) + Green Tea	Roti (2 small) + Chicken Curry (lean, grilled/boiled) + Salad + Curd	Fruit (Apple/Orange) + Buttermilk	Cucumber + 2 Almonds	Roti (2 small) + Light Fish Curry (grilled) + Salad + Curd	Warm Milk (100 ml)
Tuesday	Upma (small bowl) + Green Tea	Rice (1 cup) + Grilled Fish + Veg + Salad	Roasted Makhana (1 handful) + Herbal Tea	2 Walnuts + Cucumber	Roti (2 small) + Chicken Curry (light oil) + Salad + Curd	Milk (100 ml) + 1 Date
Wednesday	Oats + Milk (150 ml) + Chia Seeds (1 tsp) + Green Tea	Roti (2 small) + Chicken Tikka (homemade, grilled) + Salad	Fruit Bowl (Papaya/Watermelon)	Cucumber + 2 Almonds	Rice (small cup) + Fish Curry + Veg + Buttermilk	Milk (100 ml) + Turmeric Pinch
Thursday	Besan Chilla (2 small) + Mint Chutney + Green Tea	Roti (2 small) + Grilled Chicken + Salad + Curd	Buttermilk + Roasted Chana (1 handful)	1 Fruit + 2 Walnuts	Roti (2 small) + Light Chicken Curry + Salad	Milk (100 ml) + 1 Date
Friday	Vegetable Dalia (small bowl) + Green Tea	Rice (1 cup) + Boiled Fish + Veg + Salad	Fruit + Herbal Tea	2 Almonds + Cucumber	Roti (2 small) + Grilled Chicken + Salad + Curd	Milk (100 ml) + Turmeric Pinch
Saturday	Moong Dal Chilla (2) + Chutney + Green Tea	Roti (2 small) + Light Chicken Curry + Salad + Curd	Roasted Makhana + Buttermilk	Cucumber + 1 Fruit	Rice (small cup) + Boiled Fish + Veg + Buttermilk	Milk (100 ml) + 1 Date
Sunday	Oats + Milk (150 ml) + Flax Seeds (1 tsp) + Green Tea	Roti (2 small) + Grilled Fish/Chicken + Salad + Curd	Fruit + Herbal Tea	Cucumber + 2 Walnuts	Roti (2 small) + Chicken Curry (light oil) + Salad + Curd	Milk (100 ml) + Turmeric Pinch

## Notes:

- **Total Calories:** 1200–1400 KCal/day.
- Includes **lean protein from fish/chicken** to support **muscle retention + fat loss**.
- Use **grilled/boiled non-veg**, avoid deep-frying.
- Ideal for **middle-class families** – easy ingredients, no fancy foods.
- Add **daily exercise (walk, yoga, cardio)** for best results.

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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/-**