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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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SUMMER WEIGHT LOSS (EGGETARIAN) DIET PLAN

Calories: 1200–1400 KCal/day

Focus: High-quality protein from eggs, cooling foods, seasonal fruits, hydration.

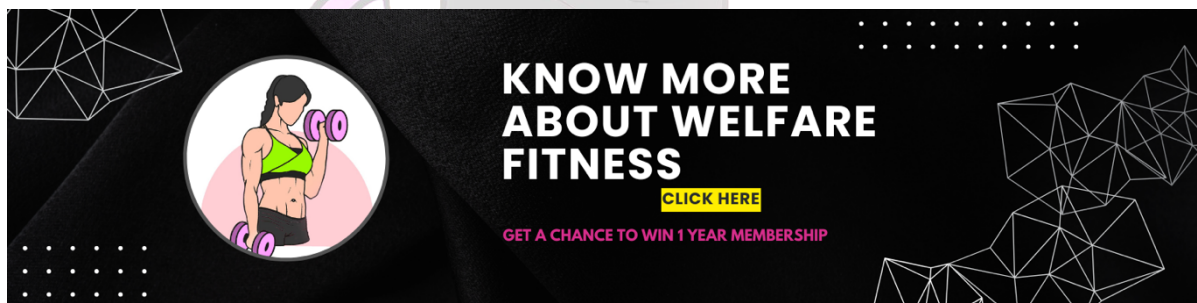
Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (Optional)
Monday	2 Boiled Eggs + 1 Multigrain Toast + Watermelon Juice	Coconut Water + 1 Cucumber	1 Roti + Lauki Curry + Moong Dal + Curd + Salad	Buttermilk + Roasted Chana	1 Roti + Tinda Sabzi + Vegetable Soup	Warm Water + Lemon
Tuesday	Egg Bhurji (2 Eggs) + 1 Multigrain Toast + Herbal Tea	Lemon Water + 1 Orange	1 Roti + Pumpkin Curry + Sprout Salad + Buttermilk	Roasted Makhana + Herbal Tea (No Caffeine)	1 Roti + Bottle Gourd Sabzi + Curd + Moong Dal	Warm Water + Cinnamon
Wednesday	Veg Oats Upma + 2 Boiled Eggs + Mint Chutney	Coconut Water + 1 Apple	1 Roti + Tinda Sabzi + Moong Dal + Salad + Buttermilk	Cucumber + Carrot Sticks + Lemon Water	1 Roti + Lauki Curry + Vegetable Clear Soup	Warm Lemon Water
Thursday	Omelette (2 Eggs + Veggies) + 1 Toast + Herbal Tea	Lemon Water + 1 Cucumber	1 Roti + Bhindi Curry + Moong Dal + Salad + Buttermilk	Roasted Chana + Coconut Water	1 Roti + Pumpkin Sabzi + Curd + Vegetable Soup	Warm Water + Turmeric

Friday	Thepla (less oil) + Curd + 1 Boiled Egg + Watermelon Juice	Coconut Water + 1 Orange	1 Roti + Lauki Curry + Moong Dal + Salad + Buttermilk	Roasted Makhana + Herbal Tea	1 Roti + Tinda Sabzi + Curd + Moong Dal	Warm Lemon Water
Saturday	Vegetable Poha + 2 Boiled Eggs + Mint Chutney	Lemon Water + 1 Cucumber	1 Roti + Bottle Gourd Sabzi + Curd + Moong Dal	Roasted Chana + Buttermilk	1 Roti + Bhindi Curry + Vegetable Soup	Warm Water + Cinnamon
Sunday	Mixed Fruit Bowl + Chia Seeds + Omelette (2 Eggs) + Herbal Tea	Coconut Water + 1 Apple	1 Roti + Pumpkin Curry + Sprout Salad + Curd	Cucumber + Carrot Sticks + Lemon Water	1 Roti + Lauki Curry + Moong Dal + Vegetable Clear Soup	Warm Water + Lemon

● KEY NOTES:

- **Eggs:** Excellent protein source — 2 per day in rotation.
- **Cooling Foods:** Coconut water, watermelon, cucumber, curd, mint, buttermilk.
- **Avoid:** Fried foods, excess spices, caffeine; keep oil minimal.
- **Hydration:** 3–3.5 liters/day (include lemon water, coconut water, plain water).
- **Exercise:** Morning/evening light workout (e.g., walk, yoga, Zumba).
- **Sleep:** 7–8 hours for recovery and metabolism support.

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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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