

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

4.4kg weight loss in 90 days

BEFORE

AFTER

☀️ SUMMER WEIGHT LOSS (NON-VEG) DIET PLAN

Calories: 1200–1400 KCal/day

Focus: Lean protein (chicken/fish/egg), cooling foods, hydration, minimal oil/spices.

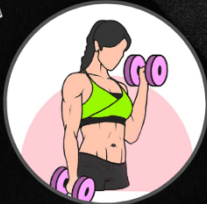
Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (Optional)
Monday	2 Boiled Eggs + 1 Multigrain Toast + Watermelon Juice	Coconut Water + 1 Cucumber	Grilled Chicken Breast (100g) + 1 Roti + Curd + Salad	Buttermilk + Roasted Chana	1 Roti + Bottle Gourd Sabzi + Chicken Soup (low oil)	Warm Lemon Water
Tuesday	Egg Bhurji (2 Eggs) + 1 Toast + Herbal Tea	Lemon Water + 1 Apple	Fish Curry (100g grilled) + 1 Roti + Moong Dal + Curd + Salad	Roasted Makhana + Coconut Water	1 Roti + Bhindi Sabzi + Fish Clear Soup	Warm Cinnamon Water
Wednesday	Oats Upma + 2 Boiled Eggs + Mint Chutney	Coconut Water + 1 Cucumber	Chicken Curry (lean, 100g) + 1 Roti + Curd + Salad	Roasted Chana + Herbal Tea	1 Roti + Lauki Sabzi + Moong Dal + Chicken Clear Soup	Warm Lemon Water
Thursday	Omelette (2 Eggs + Veggies) + 1 Toast + Herbal Tea	Lemon Water + 1 Orange	Grilled Fish (100g) + 1 Roti + Moong Dal +	Buttermilk + Roasted Chana	1 Roti + Tinda Sabzi + Fish Soup	Warm Turmeric Water

			Salad + Buttermilk		(light spice)	
Friday	Vegetable Poha + 2 Boiled Eggs + Mint Chutney	Coconut Water + 1 Apple	Chicken Bhuna (lean, 100g, low oil) + 1 Roti + Curd + Salad	Roasted Makhana + Lemon Water	1 Roti + Lauki Sabzi + Moong Dal + Chicken Soup	Warm Lemon Water
Saturday	Upma + Omelette (2 Eggs) + Herbal Tea	Lemon Water + 1 Cucumber	Fish Curry (100g grilled) + 1 Roti + Moong Dal + Buttermilk	Roasted Chana + Coconut Water	1 Roti + Bhindi Curry + Fish Clear Soup	Warm Cinnamon Water
Sunday	Mixed Fruit Bowl + Chia Seeds + 2 Boiled Eggs + Herbal Tea	Coconut Water + 1 Apple	Grilled Chicken Breast (100g) + 1 Roti + Moong Dal + Salad + Buttermilk	Carrot + Cucumber Sticks + Lemon Water	1 Roti + Lauki Curry + Moong Dal + Chicken Soup	Warm Lemon Water

● KEY NOTES:

- **Protein:** Chicken/Fish 100g per meal (grilled/boiled/low oil); 2 Eggs daily.
- **Cooling Foods:** Coconut water, watermelon, cucumber, curd, buttermilk, mint.
- **Avoid:** Fried items, heavy spices, excess oil; prefer grilling/boiling.
- **Hydration:** 3–3.5 liters/day including lemon/coconut water.
- **Exercise:** Moderate workouts (Zumba/walk/yoga) morning or evening.
- **Sleep:** 7–8 hours for metabolic balance and recovery.

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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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**MONTHLY
MEMBERSHIP IN
JUST 749***

**PERSONAL
TRAINING IN
JUST 5999/-**

