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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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🌙 Navratri Diet Chart (Irregular Cycle – Weight Maintenance – Veg Fasting – 1500 KCal)

Day	Breakfast (8:00 AM) ~300 KCal	Mid-Morning (11:00 AM) ~200 KCal	Lunch (1:00 PM) ~450 KCal	Evening Snack (5:00 PM) ~250 KCal	Dinner (8:00 PM) ~300 KCal
Day 1	2 Kuttu Cheela + Mint Chutney	1 Banana + Lemon Water	1 bowl Samak Rice + Lauki Sabzi + ½ cup Curd	1 bowl Makhana (Roasted) + Herbal Tea	1 Kuttu Roti + Bhindi Sabzi + Salad
Day 2	1 bowl Sabudana Khichdi (light ghee) + ½ cup Curd	1 Orange + Coconut Water	1 bowl Samak Pulao + Kaddu Sabzi + ½ cup Curd	1 Sweet Potato (boiled) + Lemon Water	1 Kuttu Cheela + Lauki Sabzi + Salad
Day 3	1 bowl Samak Porridge + 1 Date	1 Apple + Lemon Water	1 bowl Samak Rice + Mixed Veg Curry + ½ cup Curd	1 bowl Makhana + Herbal Tea	1 Kuttu Roti + Bhindi Sabzi + Salad
Day 4	2 Kuttu Roti + ½ cup Curd	1 Banana + Lemon Water	1 bowl Samak Pulao + Paneer Curry (50g) + ½ cup Curd	Roasted Peanuts (small handful) + Lemon Water	1 Kuttu Cheela + Kaddu Sabzi + Salad
Day 5	1 bowl Sabudana Upma + ½ cup Curd	1 Guava + Coconut Water	1 bowl Samak Rice + Lauki Sabzi + ½ cup Curd	1 bowl Makhana + Herbal Tea	1 Kuttu Roti + Bhindi Sabzi + Salad
Day 6	1 bowl Samak Porridge + 1 Date	1 Orange + Lemon Water	1 bowl Samak Pulao + Kaddu Sabzi + ½ cup Curd	1 Sweet Potato (boiled) + Lemon Water	1 Kuttu Cheela + Paneer Bhurji (50g) + Salad
Day 7	2 Kuttu Roti + ½ cup Curd	1 Apple + Coconut Water	1 bowl Samak Rice + Mixed Veg Curry + ½ cup Curd	Roasted Peanuts + Lemon Water	1 Kuttu Roti + Bhindi Sabzi + Salad
Day 8	1 bowl Sabudana Khichdi + ½ cup Curd	1 Banana + Lemon Water	1 bowl Samak Pulao + Lauki Sabzi + ½ cup Curd	1 bowl Makhana + Herbal Tea	1 Kuttu Cheela + Kaddu Sabzi + Salad
Day 9	1 bowl Samak Porridge + 1 Date	1 Guava + Lemon Water	1 bowl Samak Rice + Paneer Curry (50g) + ½ cup Curd	1 Sweet Potato (boiled) + Lemon Water	1 Kuttu Roti + Bhindi Sabzi + Salad

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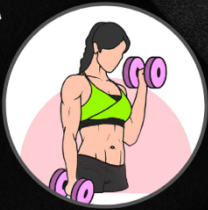
 **Healthy fats:** Peanuts, Ghee (in moderation), Makhana – regulate hormones & boost energy.

 **Vitamin C:** Guava, Lemon, Orange – improves iron absorption.

🧘 Hydration + light exercise (walk/yoga) helps regulate cycles.

✗ Avoid processed foods, deep-fried snacks, and excess salt/sugar.

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3 MONTH
6 MONTH
12 MONTH
24 MONTH

GENERAL TRAINING

5-7 KG
10-14 KG
15-20 KG
20 - 25 KG

PERSONAL TRAINING

10-15 KG
15-20 KG

WEIGHT LOSS RESULTS VARY PERSON TO PERSON



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MEMBERSHIP IN
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TRAINING IN
JUST 5999/-**