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Physiotherapist / Dietician

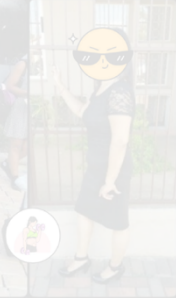
A proper diet nourishes the body, boosts energy, prevents diseases, sharpens the mind, and supports a healthy, balanced, and longer life.

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Before



After



4.5 kg weight loss in 90 days

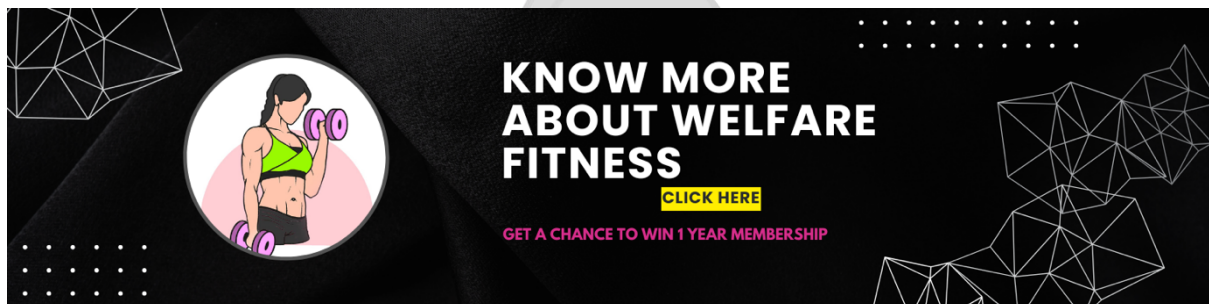
🌙 Navratri Diet Chart (Migraine – Weight Maintenance – Veg Fasting – 1500 KCal)

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 + Coconut Water	1 bowl Samak Rice + Lauki Sabzi + ½ cup Curd (lactose-free if needed)	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 + Lemon 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 + Coconut 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 Guava + 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 Banana + Lemon 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 Apple + Coconut 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 Guava + Lemon 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 + Coconut 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 Orange + Lemon Water	1 bowl Samak Rice + Paneer Curry (50g) + ½ cup Curd	1 Sweet Potato (boiled) + Lemon Water	1 Kuttu Roti + Bhindi Sabzi + Salad

✓ Special Tips for Migraine:

- **Avoid triggers:** Skip aged cheese, excess caffeine, artificial sweeteners, and preservatives.
- 🥜 Include **healthy fats:** peanuts, coconut, ghee – support brain health.
- 🍋 Stay **hydrated** – coconut water & lemon water help avoid dehydration-triggered migraines.
- 🧘 Light morning yoga & pranayama – reduce migraine episodes.

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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/-