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


+916377139340

Before



BEFORE

After



AFTER

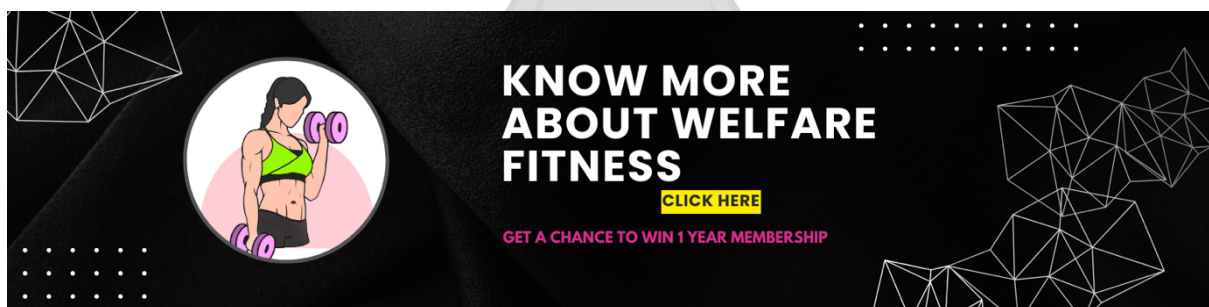
☾ Navratri Weight Gain Diet Chart (Veg – Fasting Friendly – 2500–2800 KCal)

Day	Breakfast (8:00 AM) ~600 KCal	Mid-Morning (11:00 AM) ~300 KCal	Lunch (1:00 PM) ~700 KCal	Evening Snack (5:00 PM) ~400 KCal	Dinner (8:00 PM) ~600 KCal
Day 1	Sabudana Khichdi (1 bowl) + Curd (1 cup) + Soaked Almonds (5)	Banana (1) + Coconut Water + Fox Nuts (1 cup, ghee roasted)	Kuttu Poori (2) + Aloo Sabzi + Curd (1 cup) + Ghee (1 tsp)	Sweet Potato Chaat + Milkshake (banana + milk + honey)	Samak Rice Pulao (1 bowl) + Paneer Curry (100g) + Salad + Ghee (1 tsp)
Day 2	Kuttu Cheela (2) + Curd + Mixed Nuts (5–6)	Fruit Salad + Coconut Water + Roasted Peanuts (small handful)	Samak Rice + Aloo-Paneer Curry + Curd (1 cup) + Ghee (1 tsp)	Makhana Kheer (milk + ghee) + Dates (2)	Kuttu Poori (2) + Kaddu Sabzi + Paneer (50g) + Salad
Day 3	Sabudana Khichdi + Curd + Walnuts (2 halves)	Banana (1) + Milk + Roasted Chana (small handful)	Kuttu Roti (2) + Aloo-Paneer Sabzi + Curd (1 cup) + Ghee (1 tsp)	Sweet Potato + Coconut Water + Makhana (ghee roasted)	Samak Rice + Paneer Bhurji + Salad + Ghee (1 tsp)
Day 4	Samak Porridge (milk + nuts) + Banana + Soaked Raisins	Fruit Salad + Coconut Water + Mixed Nuts	Kuttu Poori (2) + Kaddu Sabzi + Paneer Curry (100g) + Ghee (1 tsp)	Makhana Kheer + Dates (2)	Samak Pulao + Curd (1 cup) + Aloo-Paneer Curry + Salad
Day 5	Kuttu Cheela + Paneer Stuffing + Curd + Mixed Nuts	Banana Shake (milk + honey) + Fox Nuts (1 cup, ghee roasted)	Samak Rice + Aloo Sabzi + Paneer Curry (100g) + Ghee (1 tsp)	Sweet Potato + Coconut Water + Makhana	Kuttu Roti (2) + Bhindi Sabzi + Curd + Salad
Day 6	Sabudana Khichdi + Curd + Dates (2)	Fruit Salad + Coconut Water + Roasted Peanuts	Kuttu Poori (2) + Aloo-Paneer Curry + Curd + Ghee (1 tsp)	Milkshake + Makhana (ghee roasted)	Samak Rice + Paneer (100g) + Kaddu Sabzi + Salad
Day 7	Samak Porridge + Banana + Soaked Almonds	Coconut Water + Fox Nuts + Mixed Nuts	Kuttu Roti (2) + Paneer Bhurji + Curd + Ghee (1 tsp)	Sweet Potato Chaat + Milkshake	Samak Pulao + Aloo Curry + Curd + Salad
Day 8	Sabudana Khichdi + Curd + Walnuts + Dates	Banana Shake + Roasted Chana	Kuttu Poori + Kaddu Sabzi + Paneer Curry (100g) + Ghee (1 tsp)	Makhana Kheer + Coconut Water	Samak Rice + Bhindi Sabzi + Paneer + Salad
Day 9	Kuttu Cheela + Paneer + Curd + Mixed Nuts	Coconut Water + Banana + Roasted Peanuts	Samak Rice + Aloo-Paneer Curry + Curd + Ghee (1 tsp)	Sweet Potato Chaat + Milkshake	Kuttu Roti (2) + Kaddu Sabzi + Curd + Salad

✓ Navratri Weight Gain Tips:

- 🍌 Use **ghee** generously in cooking (1–2 tsp per meal) – adds calories + helps digestion.
- 🥛 Include **full-fat milk, curd, paneer** – good for proteins, fats, and overall nourishment.
- 🌰 **Nuts & Seeds** – almonds, walnuts, raisins, pumpkin seeds for calorie boost.
- 🍠 **Sweet Potato, Banana, Sabudana** – high-energy foods perfect for fasting.
- 🧘 Stay hydrated with **coconut water, lemon water** to avoid fatigue.

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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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