


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.

+916377139340

Before



After



15kg weight loss in 90 days

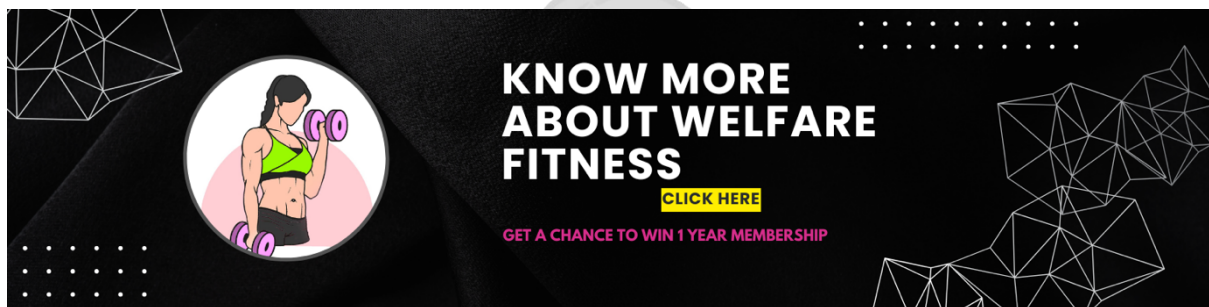
🥥 1500 KCal Diet Chart – BP + Sugar + Thyroid (With Non-Veg)

Day	Breakfast (8:30 AM) ~300 KCal	Lunch (1:00 PM) ~400 KCal	Snacks (4:00 PM) ~150 KCal	Pre-Dinner (6:00 PM) ~100 KCal	Dinner (9:00 PM) ~400 KCal	Post-Dinner (10:30 PM) ~100 KCal
Monday	Veg Dalia (1 bowl) + Boiled Egg (1) + Green Tea	Roti (2) + Lauki Curry + Grilled Chicken (100 g) + Salad	Roasted Makhana (1 handful) + Lemon Water	Apple (small) + 2 Walnuts	Brown Rice (1 cup) + Spinach Curry + Grilled Fish (80 g) + Salad	Warm Milk (100 ml) + Cinnamon Pinch
Tuesday	Oats Porridge + Chia Seeds (1 tsp) + Boiled Egg (1) + Green Tea	Roti (2) + Tinda Curry + Chicken Curry (100 g, low oil) + Salad	Buttermilk (1 glass) + Roasted Chana (1 handful)	Guava (small) + 2 Almonds	Roti (2) + Ridge Gourd + Boiled Egg (1) + Salad	Milk (100 ml) + 1 Date
Wednesday	Besan Chilla (2) + Mint Chutney + Boiled Egg (1) + Green Tea	Brown Rice (1 cup) + Moong Dal + Fish Curry (80 g) + Salad	Fruit Bowl (Papaya/Melon) + Lemon Water	Cucumber + 2 Walnuts	Roti (2) + Bhindi + Grilled Chicken (100 g) + Salad	Milk (100 ml) + Cinnamon Pinch
Thursday	Poha with Veggies + Flaxseeds (1 tsp) + Boiled Egg (1) + Herbal Tea	Roti (2) + Turai + Chicken Keema (100 g) + Salad	Roasted Makhana + Buttermilk	Apple + 2 Almonds	Brown Rice (1 cup) + Mix Veg Curry + Boiled Egg (1) + Salad	Warm Milk (100 ml) + 1 Date
Friday	Oats Idli (2) + Coconut Chutney + Boiled Egg (1) + Green Tea	Roti (2) + Palak + Moong Dal + Fish Curry (80 g) + Salad	Fruit Bowl + Lemon Water	Guava + 2 Walnuts	Roti (2) + Pumpkin + Grilled Chicken (100 g) + Salad	Milk (100 ml) + Cinnamon Pinch
Saturday	Vegetable Upma + Chia Seeds (1 tsp) + Boiled Egg (1) + Green Tea	Roti (2) + Bhindi + Chicken Curry (100 g) + Salad	Buttermilk + Roasted Chana (1 handful)	Apple + 2 Almonds	Brown Rice (1 cup) + Lauki + Boiled Egg (1) + Salad	Warm Milk (100 ml) + 1 Date
Sunday	Dalia (1 bowl) + 5 Soaked Almonds + Boiled Egg (1) + Herbal Tea	Roti (2) + Ridge Gourd + Grilled Chicken (100 g) + Salad	Fruit Bowl (Low GI fruits) + Lemon Water	Guava + 2 Walnuts	Brown Rice (1 cup) + Palak + Fish Curry (80 g) + Salad	Milk (100 ml) + Cinnamon Pinch

✓ Special Notes:

- **Non-Veg:** Prefer **grilled/boiled** chicken/fish (no frying, minimal oil/spice).
- **Eggs:** 1 whole egg/day; can add 1 extra white if needed.
- **BP:** Use **low sodium** salt, avoid processed foods, pickles, papad.
- **Sugar:** Choose **low GI** fruits only (apple, papaya, guava).
- **Thyroid:** Use **iodized salt**, avoid soy products, cook cruciferous vegetables well (avoid raw cabbage/broccoli).

[Click here to know more about your gym](#)



KNOW MORE ABOUT WELFARE FITNESS

[CLICK HERE](#)

GET A CHANCE TO WIN 1 YEAR MEMBERSHIP



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/-