


**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

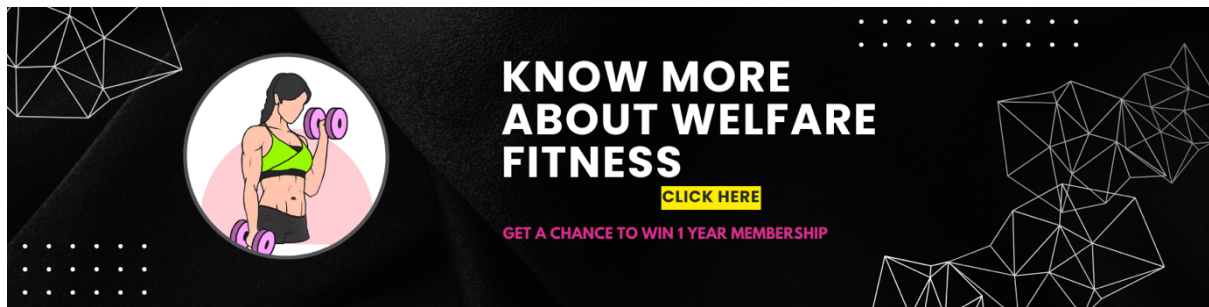
## 🥗 1500 KCal Diet Chart – Rheumatoid Arthritis (Non-Veg)

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
<b>Monday</b>	Vegetable Dalia + Herbal Tea + 1 Boiled Egg	Roti (2) + Moong Dal + Spinach + Grilled Chicken (50g) + Salad	Roasted Makhana + Lemon Water	Apple + 2 Walnuts	Brown Rice (1 cup) + Tinda Curry + Chicken Curry (100g) + Salad	Warm Turmeric Milk (100 ml)
<b>Tuesday</b>	Oats Porridge + Chia Seeds + 1 Boiled Egg + Green Tea	Roti (2) + Ridge Gourd + Moong Dal + Grilled Fish (50g) + Salad	Buttermilk + Roasted Chana	Guava + 2 Walnuts	Quinoa (1 cup) + Bhindi + Fish Curry (100g) + Salad	Milk (100 ml) + 1 Date
<b>Wednesday</b>	Besan Chilla (2) + Mint Chutney + 1 Boiled Egg + Herbal Tea	Roti (2) + Lauki Curry + Chana Dal + Grilled Chicken (50g) + Salad	Fruit Bowl (Papaya/Melon) + Lemon Water	Cucumber + 2 Walnuts	Brown Rice (1 cup) + Palak + Chicken Curry (100g) + Salad	Warm Turmeric Milk (100 ml)
<b>Thursday</b>	Vegetable Poha + Flaxseeds + 1 Boiled Egg + Herbal Tea	Roti (2) + Turai + Moong Dal + Grilled Fish (50g) + Salad	Roasted Makhana + Buttermilk	Apple + 2 Walnuts	Millets Roti (2) + Mixed Veg Curry + Fish Curry (100g) + Salad	Milk (100 ml) + 1 Date
<b>Friday</b>	Oats Idli (2) + 1 Boiled Egg + Green Tea	Roti (2) + Bhindi + Moong Dal + Grilled Chicken (50g) + Salad	Fruit Bowl + Lemon Water	Guava + 2 Walnuts	Brown Rice (1 cup) + Lauki Curry + Chicken Curry (100g) + Salad	Warm Turmeric Milk (100 ml)
<b>Saturday</b>	Vegetable Upma + Chia Seeds + 1 Boiled Egg + Green Tea	Roti (2) + Mixed Veg Curry + Chana Dal + Grilled Fish (50g) + Salad	Buttermilk + Roasted Chana	Apple + 2 Walnuts	Quinoa (1 cup) + Palak + Fish Curry (100g) + Salad	Milk (100 ml) + 1 Date
<b>Sunday</b>	Dalia + 1 Boiled Egg + 5 Soaked Almonds + Herbal Tea	Roti (2) + Lauki + Moong Dal + Grilled Chicken (50g) + Salad	Fruit Bowl (Low GI fruits) + Lemon Water	Guava + 2 Walnuts	Brown Rice (1 cup) + Bhindi + Chicken Curry (100g) + Salad	Warm Turmeric Milk (100 ml)

## ✓ Key Notes for RA + Non-Veg Diet:

- ✓ **Lean Protein:** Chicken & fish in limited amounts; grilled/boiled preferred.
- ✓ **Anti-Inflammatory:** Turmeric, chia seeds, walnuts, flaxseeds, green leafy veg.
- ✗ **Avoid:** Red meat, fried food, sugar, refined flour, excessive salt.
- ✓ **Omega-3 Boost:** Fish (esp. fatty fish), walnuts, chia seeds.
- ✓ **Hydration:** 2–3 liters water + herbal teas.

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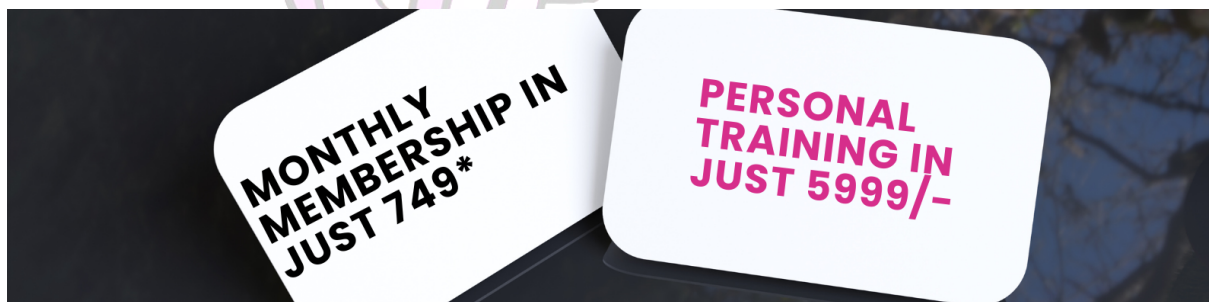
GET A CHANCE TO WIN 1 YEAR MEMBERSHIP



**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/-**