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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



After



4.5kg weight loss in 90 days

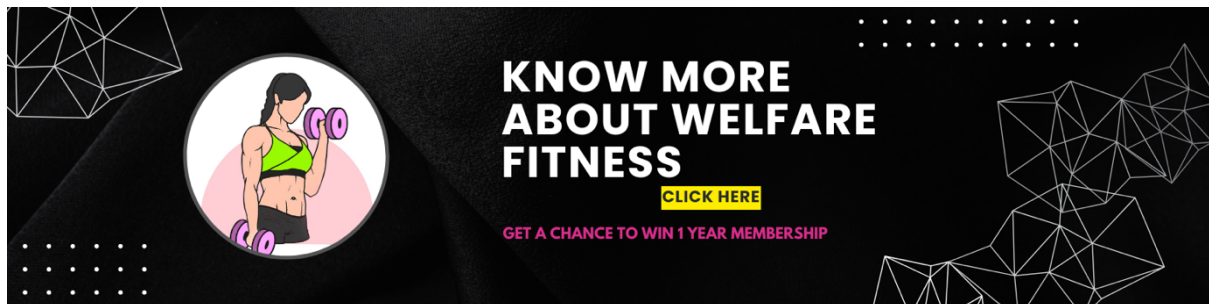
🥥 2400 KCal Diet Chart – Anaemia (Non-Veg)

Day	Breakfast (8:00 AM) ~50 0 KCal	Mid-Morning (10:30 AM) ~25 0 KCal	Lunch (1:00 PM) ~70 0 KCal	Evening Snack (5:00 PM) ~25 0 KCal	Dinner (8:30 PM) ~60 0 KCal	Post-Dinner (10:00 PM) ~10 0 KCal
Monday	2 Boiled Eggs + Vegetable Poha + Orange Juice + Dates (2)	Pomegranate (1 bowl) + Roasted Chana (1 handful)	Roti (2) + Chicken Curry (100g) + Rice (1 cup) + Salad + Lemon	Grilled Chicken Sandwich (Whole Wheat Bread) + Green Tea	Brown Rice (1 cup) + Moong Dal + Mixed Veg + Salad + Lemon	Warm Turmeric Milk (100 ml)
Tuesday	Oats Porridge + Chia Seeds + Omelette (2 eggs) + Herbal Tea	Guava + 1 Boiled Potato + Lemon	Roti (2) + Fish Curry (100g) + Rice (1 cup) + Salad + Amla Juice (30 ml)	Chicken Cutlet (Homemade, 1) + Lemon Water	Quinoa (1 cup) + Mixed Veg + Rajma + Salad + Lemon	Milk (100 ml) + 1 Date
Wednesday	Vegetable Upma + Dates (2) + Boiled Egg (1) + Orange Juice	Orange + Roasted Makhana (1 handful)	Roti (2) + Mutton Curry (100g) + Rice (1 cup) + Salad + Lemon	Grilled Chicken Skewers + Green Tea	Brown Rice (1 cup) + Chana Dal + Mixed Veg + Salad + Lemon	Warm Turmeric Milk (100 ml)
Thursday	Vegetable Dalia + 1 Omelette (2 eggs) + Herbal Tea + Orange Juice	Guava + Roasted Chana (1 handful)	Roti (2) + Chicken Curry (100g) + Rice (1 cup) + Salad + Amla Juice (30 ml)	Sprouts Chaat + Boiled Egg (1) + Lemon Water	Quinoa (1 cup) + Mixed Veg Curry + Rajma + Salad + Lemon	Milk (100 ml) + 1 Date
Friday	Oats Idli (2) + Dates (2) + Boiled Egg (1) + Herbal Tea	Pomegranate + 1 Boiled Potato + Lemon	Roti (2) + Fish Curry (100g) + Rice (1 cup) + Salad + Lemon	Chicken Sandwich (Whole Wheat, 2 pc) + Green Tea	Brown Rice (1 cup) + Moong Dal + Mixed Veg + Salad + Lemon	Warm Turmeric Milk (100 ml)
Saturday	Vegetable Upma + Orange Juice + 1 Omelette (2 eggs) + Soaked Almonds (5)	Papaya + Roasted Makhana	Roti (2) + Mutton Curry (100g) + Rice (1 cup) + Salad + Lemon	Sprouts Chaat + Boiled Egg (1) + Lemon Water	Quinoa (1 cup) + Mixed Veg + Rajma + Salad + Amla Juice (30 ml)	Milk (100 ml) + 1 Date
Sunday	Dalia + Dates (2) + Boiled Egg (1) + Herbal Tea + Orange Juice	Guava + Roasted Chana (1 handful)	Roti (2) + Chicken Curry (100g) + Rice (1 cup) + Salad + Lemon	Oats Pancake (2) + Green Chutney + Green Tea	Brown Rice (1 cup) + Moong Dal + Mixed Veg + Salad + Amla Juice (30 ml)	Warm Turmeric Milk (100 ml)

✓ Key Notes – Non-Veg Anemia Diet:

- ✓ **Iron-Rich Non-Veg:** Chicken, Mutton, Fish, Eggs – all provide **heme iron** (highly bioavailable).
- ✓ **Vitamin C for Iron Absorption:** Lemon, Orange Juice, Amla Juice, Guava.
- ✓ **Avoid Tea/Coffee with Meals** – delay by 1 hour to avoid iron absorption inhibition.
- ✓ **Hydration:** 2.5–3 liters/day.

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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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