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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.

+916377139340

Before

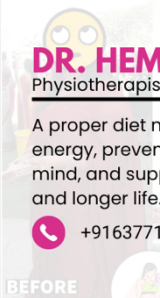


After




24kg weight loss in 90 days

Before



After



🍗 NON-VEG WEIGHT GAIN DIET – HIGH URIC ACID (3000 KCal)


Day / Time	Breakfast (8:00 AM)	Mid-Morning Snack (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (9:30 PM)
Monday	2 Boiled Eggs + Toast + Milk + 2 Dates	Chicken Salad (Boiled) + Banana Shake	2 Rotis + Bottle Gourd Sabzi + Chicken Curry + Moong Dal + Curd + Salad	Poha + 1 Boiled Egg + Buttermilk	2 Rotis + Grilled Chicken + Tinda Sabzi + Moong Dal + Curd + Salad	Milk + Soaked Almonds + Dates
Tuesday	Egg Sandwich + Milk + 5 Almonds	Coconut Water + 1 Egg + Chicken Cubes	2 Rotis + Lauki Sabzi + Grilled Chicken + Moong Dal + Curd + Salad	Vegetable Upma + Boiled Egg + Buttermilk	2 Rotis + Chicken Curry + Bottle Gourd + Curd + Salad	Milk + Jaggery + Nuts
Wednesday	Vegetable Dalia + 2 Eggs + Milk	Chicken Salad + Banana Shake	2 Rotis + Tinda Sabzi + Chicken Bhurji + Moong Dal + Curd + Salad	Moong Chilla + 1 Egg + Buttermilk	2 Rotis + Grilled Chicken + Lauki Sabzi + Curd + Salad	Milk + Soaked Walnuts + Dates
Thursday	Egg Omelet (3 Whites) + Toast + Milk	1 Boiled Egg + Makhana +	2 Rotis + Pumpkin Sabzi + Chicken Curry +	Vegetable Dhokla + Boiled Egg + Buttermilk	2 Rotis + Grilled Chicken + Bottle Gourd	Milk + Jaggery + 2 Dates

		Coconut Water	Moong Dal + Curd + Salad		Sabzi + Moong Dal + Curd + Salad	
Friday	Poha + 2 Boiled Eggs + Milk	Chicken Cubes + Banana + Coconut Water	2 Rotis + Lauki Sabzi + Chicken Bhurji + Moong Dal + Curd + Salad	Vegetable Upma + 1 Egg + Buttermilk	2 Rotis + Chicken Curry + Moong Dal + Curd + Salad	Milk + Nuts + Dates
Saturday	Thepla + Curd + Milk + 2 Eggs	Chicken Salad + Banana Shake	2 Rotis + Bottle Gourd Sabzi + Grilled Chicken + Moong Dal + Curd + Salad	Poha + Boiled Egg + Buttermilk	2 Rotis + Chicken Bhurji + Tinda Sabzi + Moong Dal + Curd + Salad	Milk + Soaked Almonds + Dates
Sunday	Suji Chilla + Milk + 2 Boiled Eggs	Chicken Salad + 1 Egg + Coconut Water	2 Rotis + Lauki Sabzi + Chicken Curry + Moong Dal + Curd + Salad	Vegetable Upma + Buttermilk + Boiled Egg	2 Rotis + Grilled Chicken + Moong Dal + Curd + Salad	Milk + Jaggery + 2 Dates

Key Notes for All Plans (Uric Acid + Weight Gain):

- **Avoid:** Red meat, seafood, organ meats, spinach, cauliflower, peas, rajma, urad dal, masoor dal.
- ****Safe proteins**

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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/-