

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

4.4kg weight loss in 90 days

BEFORE

AFTER

🍗 NON-VEG WEIGHT LOSS DIET – HIGH URIC ACID (1200–1500 KCal)

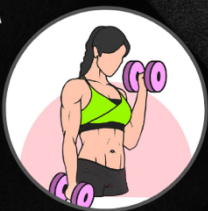
Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (Optional)
Monday	2 Boiled Eggs + Veg Upma + Green Tea	Coconut Water + 5 Almonds	1 Roti + Tinda Sabzi + Grilled Chicken (100 gm) + Salad	Roasted Chana + Herbal Tea	1 Roti + Lauki Curry + Grilled Chicken (100 gm) + Salad	Warm Water + Lemon
Tuesday	Poha + 1 Boiled Egg + Green Tea	Lemon Water + 1 Apple	1 Roti + Bottle Gourd Sabzi + Chicken Bhurji (100 gm) + Salad	Roasted Makhana + Buttermilk	1 Roti + Grilled Chicken (100 gm) + Pumpkin Sabzi + Salad	Warm Water + Cinnamon
Wednesday	Vegetable Dalia + 2 Boiled Eggs + Green Tea	Coconut Water + 5 Walnuts	1 Roti + Jain Rajma Curry + Grilled Chicken (100 gm) + Salad	Cucumber + Carrot Sticks + Herbal Tea	1 Roti + Lauki Curry + Grilled Chicken (100 gm) + Salad	Warm Lemon Water
Thursday	Thepla + Curd + 1 Boiled Egg + Green Tea	Lemon Water + 1 Orange	1 Roti + Pumpkin Curry + Chicken Bhurji (100 gm) + Salad	Roasted Makhana + Herbal Tea	1 Roti + Bottle Gourd Sabzi + Grilled Chicken (100 gm) + Salad	Warm Water + Turmeric
Friday	Suji Chilla + 1 Egg + Green Tea	Coconut Water +	1 Roti + Tinda Sabzi +	Carrot + Cucumber	1 Roti + Lauki Curry +	Warm Lemon Water

		5 Almonds	Grilled Chicken (100 gm) + Salad	Sticks + Buttermilk	Chicken Bhurji (100 gm) + Salad	
Saturday	Vegetable Upma + 2 Eggs + Green Tea	Lemon Water + 1 Apple	1 Roti + Jain Rajma Curry + Grilled Chicken (100 gm) + Salad	Roasted Makhana + Herbal Tea	1 Roti + Bottle Gourd Sabzi + Grilled Chicken (100 gm) + Salad	Warm Water + Jaggery (Small)
Sunday	Dalia + 1 Boiled Egg + Green Tea	Coconut Water + 5 Almonds	1 Roti + Tinda Sabzi + Grilled Chicken (100 gm) + Salad	Roasted Chana + Buttermilk	1 Roti + Lauki Curry + Grilled Chicken (100 gm) + Salad	Warm Lemon Water

● Notes:

- **Avoid:** Red meat, organ meat, fish, shellfish, and high-fat dairy.
- **Include fluids:** At least 2.5–3 liters/day (water, coconut water, herbal tea).
- **Exercise:** 30–45 minutes light cardio + strength training 4–5 days/week.

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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

