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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.


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Before



BEFORE

After



AFTER

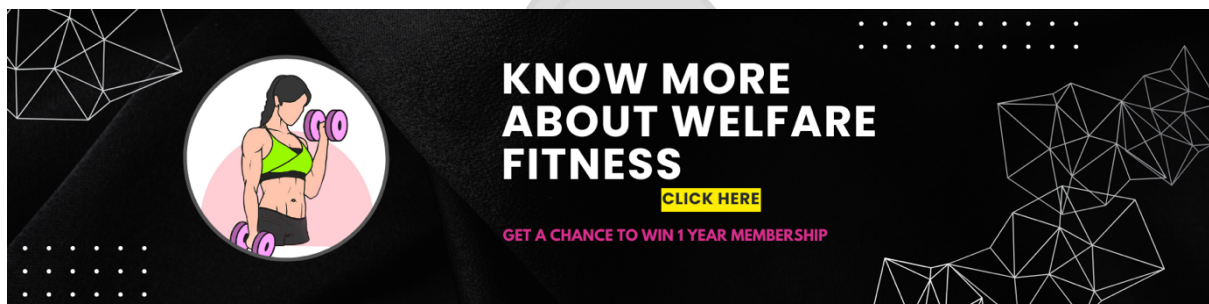
## 🥗 Non-Vegetarian 1800 KCal Diet Chart – Post-Pregnancy Weight Loss

Day	Breakfast (8:00 AM) ~400 KCal	Mid-Morning (11:00 AM) ~150 KCal	Lunch (1:00 PM) ~500 KCal	Evening Snack (5:00 PM) ~200 KCal	Dinner (8:00 PM) ~450 KCal
<b>Monday</b>	Vegetable Dalia + Boiled Egg (1) + Milk (low-fat) + Soaked Almonds (5)	Coconut Water + Roasted Chana (1 handful)	Roti (2) + Chicken Curry (100g) + Mix Veg + Salad + Ghee (1 tsp)	Grilled Chicken Sandwich (small) + Herbal Tea	Quinoa (1 cup) + Steamed Veg + Grilled Chicken (100g) + Flaxseed Powder (1 tsp)
<b>Tuesday</b>	Oats Porridge + 1 Boiled Egg + Dates (2)	Fruit Salad (Apple, Papaya) + Amla Juice (30 ml)	Brown Rice (1 cup) + Fish Curry (100g) + Mix Veg + Salad + Ghee (1 tsp)	Roasted Makhana (1 cup) + Herbal Tea	Roti (2) + Chicken Soup (1 bowl) + Steamed Veg + Pumpkin Seeds (1 tsp)
<b>Wednesday</b>	Upma + 2 Scrambled Eggs + Milk (low-fat)	Guava (1) + Roasted Chana	Roti (2) + Grilled Chicken (100g) + Bhindi Sabzi + Salad + Ghee (1 tsp)	Moong Sprout Chaat + Lemon Water	Brown Rice (1 cup) + Steamed Fish (100g) + Flaxseed Powder (1 tsp)
<b>Thursday</b>	Besan Chilla (2) + 1 Boiled Egg + Soaked Walnuts (2 halves)	Coconut Water + Fruit Salad	Roti (2) + Chicken Curry (100g) + Mix Veg + Salad + Ghee (1 tsp)	Vegetable Poha (1 bowl) + Herbal Tea	Quinoa (1 cup) + Steamed Veg + Grilled Chicken (100g) + Pumpkin Seeds (1 tsp)
<b>Friday</b>	Oats Idli (2) + 1 Boiled Egg + Herbal Tea	Papaya (1 bowl) + Amla Juice (30 ml)	Brown Rice (1 cup) + Fish Curry (100g) + Mix Veg + Salad + Ghee (1 tsp)	Roasted Makhana (1 cup) + Lemon Water	Roti (2) + Steamed Veg + Chicken Soup (1 bowl) + Flaxseed Powder (1 tsp)
<b>Saturday</b>	Vegetable Dalia + 1 Omelette (2 egg whites + 1 yolk) + Milk (low-fat)	Guava (1) + Roasted Chana	Roti (2) + Grilled Chicken (100g) + Mix Veg + Salad + Ghee (1 tsp)	Moong Sprout Chaat + Herbal Tea	Quinoa (1 cup) + Steamed Fish (100g) + Pumpkin Seeds (1 tsp)
<b>Sunday</b>	Besan Chilla (2) + 1 Boiled Egg + Soaked Almonds (5)	Papaya (1 bowl) + Amla Juice (30 ml)	Brown Rice (1 cup) + Chicken Curry (100g) + Mix Veg + Salad + Ghee (1 tsp)	Vegetable Poha (1 bowl) + Herbal Tea	Roti (2) + Bhindi Sabzi + Chicken Soup (1 bowl) + Flaxseed Powder (1 tsp)

## ✓ Post-Pregnancy Nutrition Notes:

- 🍗 **Chicken & Fish** = High protein + Iron + Omega-3 (good for baby's brain + mom's recovery)
- ✓ **Healthy Fats:** Ghee, Nuts, Seeds – aid hormone balance + reduce inflammation
- ✓ **Eggs** (optional): Can be added for variety and additional nutrition
- ✗ Avoid deep-fried, overly spicy, or heavy curries. Prefer grilled/boiled/steamed meats

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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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