



**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

10kg weight loss in 90 days

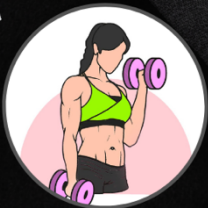
BEFORE AFTER

## 🔍 EGGETARIAN WEIGHT GAIN DIET – HIGH URIC ACID (3000 KCal)

| Day / Time       | Breakfast<br>(8:00 AM)                                        | Mid-Morning<br>Snack<br>(11:00 AM)       | Lunch<br>(1:30 PM)                                                                       | Evening<br>Snack<br>(5:00 PM)                  | Dinner<br>(8:00 PM)                                                                   | Post-Dinner<br>(9:30 PM)     |
|------------------|---------------------------------------------------------------|------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------|
| <b>Monday</b>    | 3 Egg Whites<br>Omelet +<br>Toast +<br>Milk + 2<br>Dates      | 1 Boiled<br>Egg +<br>Banana<br>Shake     | 2 Rotis +<br>Tinda<br>Sabzi +<br>Egg<br>Bhurji +<br>Moong<br>Dal +<br>Curd +<br>Salad    | Poha + 1<br>Boiled Egg<br>+<br>Buttermilk      | 2 Rotis +<br>Egg<br>Curry (2<br>eggs<br>max) +<br>Moong<br>Dal +<br>Curd +<br>Salad   | Milk +<br>Soaked<br>Almonds  |
| <b>Tuesday</b>   | Suji Chilla<br>+ Curd +<br>Milk                               | Coconut<br>Water + 1<br>Egg +<br>Makhana | 2 Rotis +<br>Lauki<br>Sabzi +<br>Paneer<br>Bhurji +<br>Moong<br>Dal +<br>Curd +<br>Salad | Moong<br>Chilla + 1<br>Egg +<br>Buttermilk     | 2 Rotis +<br>Egg<br>Curry +<br>Bottle<br>Gourd<br>Sabzi +<br>Curd +<br>Salad          | Milk + 2<br>Dates +<br>Nuts  |
| <b>Wednesday</b> | Egg<br>Sandwich<br>(3 Egg<br>Whites) +<br>Milk + 5<br>Almonds | Banana<br>Shake + 1<br>Egg               | 2 Rotis +<br>Jain<br>Rajma<br>Curry +<br>Tinda<br>Sabzi +<br>Curd +<br>Salad             | Vegetable<br>Dhokla + 1<br>Egg +<br>Buttermilk | 2 Rotis +<br>Egg<br>Bhurji +<br>Lauki<br>Sabzi +<br>Moong<br>Dal +<br>Curd +<br>Salad | Milk +<br>Jaggery +<br>Dates |
| <b>Thursday</b>  | Vegetable<br>Dalia + 1<br>Boiled Egg<br>+ Milk                | Coconut<br>Water +<br>Sprouts +<br>1 Egg | 2 Rotis +<br>Bottle<br>Gourd<br>Sabzi +<br>Egg<br>Curry +                                | Poha +<br>Peanuts + 1<br>Egg +<br>Buttermilk   | 2 Rotis +<br>Paneer<br>Bhurji +<br>Moong<br>Dal +                                     | Milk + 2<br>Dates +<br>Nuts  |

|                 |                                               |                                            |                                                                                                   |                                              |                                                                                       |                                        |
|-----------------|-----------------------------------------------|--------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------|
|                 |                                               |                                            | Moong Dal +<br>Curd +<br>Salad                                                                    |                                              | Curd +<br>Salad                                                                       |                                        |
| <b>Friday</b>   | Thepla +<br>Curd +<br>Milk + 5<br>Almonds     | Banana +<br>1 Boiled<br>Egg                | 2 Rotis +<br>Tinda<br>Sabzi +<br>Moong<br>Dal +<br>Egg<br>Curry +<br>Curd +<br>Salad              | Moong<br>Chilla +<br>Buttermilk              | 2 Rotis +<br>Egg<br>Bhurji +<br>Lauki<br>Curry +<br>Moong<br>Dal +<br>Curd +<br>Salad | Milk +<br>Jaggery +<br>Dates           |
| <b>Saturday</b> | Vegetable<br>Poha +<br>Milk + 1<br>Boiled Egg | Coconut<br>Water +<br>Sprouts +<br>Makhana | 2 Rotis +<br>Bottle<br>Gourd<br>Sabzi +<br>Paneer<br>Curry +<br>Moong<br>Dal +<br>Curd +<br>Salad | Vegetable<br>Upma + 1<br>Egg +<br>Buttermilk | 2 Rotis +<br>Egg<br>Curry +<br>Moong<br>Dal +<br>Curd +<br>Salad                      | Milk + 2<br>Dates +<br>Walnuts         |
| <b>Sunday</b>   | Egg<br>Sandwich<br>+ Milk +<br>Nuts           | Banana<br>Shake + 1<br>Egg                 | 2 Rotis +<br>Lauki<br>Sabzi +<br>Egg<br>Bhurji +<br>Moong<br>Dal +<br>Curd +<br>Salad             | Vegetable<br>Dhokla +<br>Buttermilk          | 2 Rotis +<br>Egg<br>Curry +<br>Tinda<br>Sabzi +<br>Moong<br>Dal +<br>Curd +<br>Salad  | Milk +<br>Soaked<br>Almonds<br>+ Dates |

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FITNESS**

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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/-

