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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



15kg weight loss in 90 days

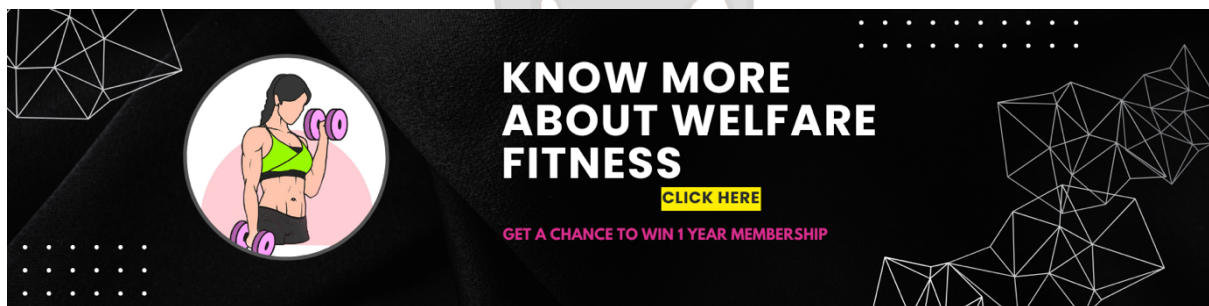
🌱 1500 KCal Diet Chart – BP + Sugar + Thyroid (Vegetarian)

Day	Breakfast (8:30 AM)~300 KCal	Lunch (1:00 PM)~400 KCal	Snacks (4:00 PM)~150 KCal	Pre-Dinner (6:00 PM)~100 KCal	Dinner (9:00 PM)~400 KCal	Post-Dinner (10:30 PM)~100 KCal
Monday	Veg Dalia (1 bowl) + 5 Soaked Almonds + Green Tea	Roti (2) + Lauki Curry + Moong Dal + Salad (Cucumber/Carrots)	Roasted Makhana (1 handful) + Lemon Water	Apple (small) + 2 Walnuts	Roti (2) + Palak Tofu + Salad	Warm Milk (100 ml) + Cinnamon Pinch
Tuesday	Oats Porridge (No Sugar) + Chia Seeds (1 tsp) + Herbal Tea	Brown Rice (1 cup) + Pumpkin Curry + Dal + Salad	Buttermilk (1 glass) + Roasted Chana (1 handful)	Guava (small) + 2 Almonds	Roti (2) + Tinda + Dal + Salad	Milk (100 ml) + 1 Date
Wednesday	Besan Chilla (2) + Mint Chutney + Green Tea	Roti (2) + Bhindi + Moong Dal + Salad	Fruit Bowl (Papaya/Melon) + Lemon Water	Cucumber + 2 Walnuts	Brown Rice (1 cup) + Ridge Gourd + Tofu Curry + Salad	Milk (100 ml) + Cinnamon Pinch
Thursday	Poha with Veggies + Flaxseeds (1 tsp) + Green Tea	Roti (2) + Turai + Dal + Salad	Roasted Makhana (1 handful) + Buttermilk	Apple + 2 Almonds	Roti (2) + Mix Veg Curry + Curd + Salad	Warm Milk (100 ml) + 1 Date
Friday	Oats Idli (2) + Coconut Chutney + Green Tea	Brown Rice (1 cup) + Palak Tofu Curry + Salad	Fruit Bowl + Lemon Water	Guava + 2 Walnuts	Roti (2) + Pumpkin + Moong Dal + Salad	Milk (100 ml) + Cinnamon Pinch
Saturday	Vegetable Upma + Chia Seeds (1 tsp) + Green Tea	Roti (2) + Bhindi + Moong Dal + Salad	Buttermilk + Roasted Chana (1 handful)	Apple + 2 Almonds	Roti (2) + Lauki + Dal + Salad	Warm Milk (100 ml) + 1 Date
Sunday	Dalia (1 bowl) + 5 Soaked Almonds + Herbal Tea	Roti (2) + Tinda + Dal + Salad	Fruit Bowl (Low GI fruits) + Lemon Water	Guava + 2 Walnuts	Brown Rice (1 cup) + Ridge Gourd + Tofu Curry + Salad	Milk (100 ml) + Cinnamon Pinch

✓ Special Dietary Notes for BP + Sugar + Thyroid:

- **BP:** Low sodium (use less salt), high potassium foods (banana, lauki, spinach), avoid fried/salted snacks.
- **Diabetes:** Low GI foods, fiber-rich meals, avoid sugar/sweets/refined carbs, small frequent meals.
- **Thyroid:** Use **iodized salt**, avoid raw cruciferous veggies (cook cabbage/cauliflower), no soy.
- **Hydration:** Drink 2.5–3 liters water, include **lemon water** or **herbal teas**.
- Cooking oil: **Mustard oil, olive oil, or ghee** (limited quantity).

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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



