


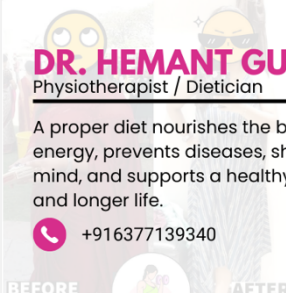
DR. HEMANT GUPTA
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A proper diet nourishes the body, boosts energy, prevents diseases, sharpens the mind, and supports a healthy, balanced, and longer life.

+916377139340



Before



After

24kg weight loss in 90 days

🥗 Jain Weight Gain Diet Chart – 3000 KCal (Root-Free)

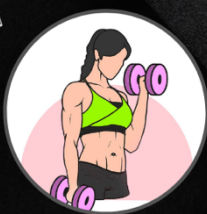
Day / Time	Breakfast (8:00 AM)	Mid-Morning Snack (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (9:30 PM)
Monday	– 1 glass full-fat milk with soaked almonds (5), walnuts (3), dates (2) – 3 Methi Thepla with ghee + 1 bowl curd	– 1 glass banana shake with nuts – 2 dates	– 2 Multigrain Rotis with ghee – Jain Chana Masala – Moong Dal – Paneer Bhurji – Salad + curd	– 1 bowl Poha with peanuts + 1 glass buttermilk	– 2 Rotis with ghee – Lauki-Tinda sabzi – 1 bowl Paneer curry – 1 bowl Curd – Buttermilk	– 1 cup warm milk + 1 date + jaggery powder
Tuesday	– 1 bowl Dalia with milk + nuts – Herbal tea – 1 banana	– Fruit Chaat (Banana, Papaya, Apple) + 1 handful roasted chana	– 2 Rotis – Jain Rajma Curry – Moong Dal – Paneer sabzi – Curd – Salad	– 1 bowl Sabudana Khichdi + 1 glass lassi	– 2 Moong Dal Chilla + 1 bowl curd + Mint chutney – 1 glass buttermilk	– 1 cup milk + 1 date + 5 soaked almonds
Wednesday	– 1 bowl Upma with veggies + peanuts – 1 glass milk with jaggery powder	– 1 glass mango shake with nuts – 2 dates	– 2 Rotis – Tinda sabzi – Moong Dal – Jain Paneer Bhurji – Salad – Buttermilk	– Roasted Chana (1 bowl) + 1 banana + 5 walnuts	– 1 bowl Vegetable Khichdi – 1 bowl Paneer curry – Curd – Mint chutney	– 1 glass milk + soaked raisins (10)
Thursday	– 3 Thepla with ghee + 1 bowl curd – 1 glass milk	– 1 glass dates milkshake – Handful cashews (5)	– 2 Rotis with ghee – Jain Chana Dal – Tinda Sabzi – Paneer Bhurji – Salad	– 1 bowl puffed rice + peanuts + 1 fruit + herbal tea	– 2 Rotis – Rajma Curry – Moong Dal – Salad – 1 bowl Curd	– 1 fruit + 1 tbsp ghee + jaggery powder

			– Buttermilk			
Friday	– 1 bowl Vegetable Idli + coconut chutney – 1 cup milk with dates	– 1 fruit + 5 almonds + 2 dates	– 2 Rotis with ghee – Jain Chana Curry – Paneer sabzi – Curd – Salad	– 1 bowl Makhana Kheer (milk + jaggery + dry fruits)	– 1 bowl Khichdi – 1 bowl Jain Paneer Bhurji – Buttermilk	– 1 glass milk + jaggery + 1 date
Saturday	– 1 bowl Upma with peanuts – 1 glass milk with soaked almonds and raisins	– Roasted Chana + 1 fruit + Herbal tea	– 2 Rotis – Jain Chana Masala – Moong Dal – Paneer Bhurji – Salad – Curd	– 1 bowl Poha + peanuts + 1 glass buttermilk	– 2 Moong Dal Chilla – Curd – Mint chutney – 1 small bowl kheer	– 1 glass milk + 5 soaked almonds
Sunday	– 2 Moong Dal Chilla + Mint chutney + curd – 1 glass milk with soaked nuts	– 1 glass banana shake with jaggery + 1 date	– 2 Rotis – Rajma Curry – Moong Dal – Paneer Bhurji – Salad – Curd	– 1 bowl roasted Makhana + 1 banana + herbal tea	– 1 bowl Vegetable Khichdi – 1 bowl curd – 1 glass lassi	– 1 glass milk + jaggery + 5 almonds

✓ Weight Gain Notes (Jain, 3000 KCal):

- **High-calorie focus:** Include calorie-dense snacks (milkshakes, kheer, dry fruits).
- **Healthy fats:** Use ghee, nuts, seeds for clean weight gain.
- **Frequent meals:** Eat every 2.5–3 hours to maintain calorie surplus.
- **Protein sources:** Paneer, milk, curd, dal, chana, moong, rajma.
- Add **strength training** 3–4 times a week for lean muscle gain.

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	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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