



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

12kg weight loss in 90 days

BEFORE

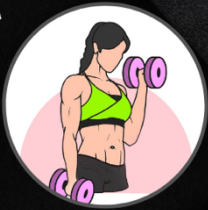
AFTER

VEG WEIGHT GAIN DIET – HIGH URIC ACID (3000 KCal)

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	Milk + 5 almonds + 2 dates + 3 Thepla + Curd	Banana shake + 1 bowl roasted peanuts	2 Ghee Rotis + Tinda Sabzi + Moong Dal + Paneer Bhurji + Curd + Salad	Poha + Buttermilk	2 Rotis + Lauki Curry + Moong Dal + Paneer Bhurji + Curd + Salad	Milk + Jaggery + 2 dates
Tuesday	Vegetable Dalia + Milk + 5 walnuts	Coconut water + Chana salad	2 Ghee Rotis + Jain Rajma Curry + Bottle Gourd Sabzi + Curd + Salad	1 bowl Upma + Peanuts + Buttermilk	2 Rotis + Pumpkin Curry + Paneer + Moong Dal + Curd + Salad	Milk + Soaked Almonds
Wednesday	Suji Cheela + Curd + Milk + Dates	Banana + Roasted Makhana	2 Rotis + Moong Dal + Lauki Sabzi + Paneer Curry + Curd + Salad	Moong Chilla + Buttermilk	2 Rotis + Mix Veg (no peas) + Moong Dal + Curd + Salad	Milk + Jaggery + 2 Dates
Thursday	3 Paratha (No Aloo) + Curd + Milk	Coconut water + 1 bowl Sprouts	2 Rotis + Tinda Sabzi + Moong	Vegetable Sandwich + Buttermilk	2 Rotis + Jain Rajma Curry +	Milk + Nuts + Dates

			Dal + Paneer Bhurji + Curd + Salad		Moong Dal + Curd + Salad	
Friday	Vegetable Poha + Curd + Milk	Banana Shake + Peanuts	2 Rotis + Bottle Gourd Sabzi + Paneer Bhurji + Moong Dal + Curd + Salad	Moong Dal Dhokla + Buttermilk	2 Rotis + Jain Rajma Curry + Moong Dal + Curd + Salad	Milk + Soaked Walnuts
Saturday	Vegetable Dalia + Milk + 5 Dates	Chana Salad + Lemon water	2 Rotis + Pumpkin Sabzi + Paneer Bhurji + Moong Dal + Curd + Salad	Vegetable Upma + Buttermilk	2 Rotis + Moong Dal + Tinda Sabzi + Curd + Salad	Milk + 2 Dates + Almonds
Sunday	Thepla + Curd + Milk + Nuts	Banana + Makhana + Coconut Water	2 Rotis + Bottle Gourd Sabzi + Paneer Curry + Moong Dal + Curd + Salad	Moong Dal Chilla + Buttermilk	2 Rotis + Jain Rajma Curry + Moong Dal + Curd + Salad	Milk + Jaggery + 2 Dates

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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



MONTHLY MEMBERSHIP IN JUST 749*

PERSONAL TRAINING IN JUST 5999/-

