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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



After



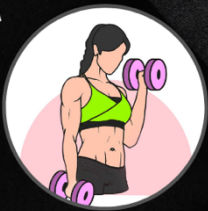
## 1500 KCal Eggetarian Diet Chart – Menstrual Health Support (Painful/Irregular Periods)

Day	Breakfast (8:00 AM) ~350 KCal	Mid-Morning (11:00 AM) ~150 KCal	Lunch (1:30 PM) ~450 KCal	Evening Snack (5:00 PM) ~150 KCal	Dinner (8:00 PM) ~400 KCal
<b>Monday</b>	Boiled Eggs (2) + Vegetable Poha + Herbal Tea + Soaked Almonds (5)	Pomegranate (1 bowl)	Roti (2) + Palak Paneer (low-fat, 1 bowl) + Salad + Lemon	Roasted Makhana (1 handful) + Green Tea	Brown Rice (1 cup) + Moong Dal + Steamed Veg + Flaxseed Powder (1 tsp)
<b>Tuesday</b>	Oats Porridge + Chia Seeds (1 tsp) + Dates (2) + Herbal Tea	Guava (1 medium)	Roti (2) + Egg Curry (2 eggs) + Salad + Amla Juice (30 ml)	Boiled Chickpeas (1/2 cup) + Lemon Water	Quinoa (1 cup) + Mix Veg Curry + Pumpkin Seeds (1 tsp)
<b>Wednesday</b>	Vegetable Upma + Soaked Walnuts (2 halves) + Boiled Egg (1) + Herbal Tea	Papaya (1 bowl)	Roti (2) + Rajma (1 bowl) + Salad + Lemon	Sprouts Chaat + Green Tea	Brown Rice (1 cup) + Moong Dal + Steamed Veg + Flaxseed Powder (1 tsp)
<b>Thursday</b>	Vegetable Dalia + Dates (2) + Boiled Egg (1) + Herbal Tea	Orange (1 medium)	Roti (2) + Chole (1 bowl) + Salad + Amla Juice (30 ml)	Roasted Makhana (1 handful) + Lemon Water	Quinoa (1 cup) + Mix Veg + Pumpkin Seeds (1 tsp)
<b>Friday</b>	Oats Idli (2) + Herbal Tea + Soaked Almonds (5) + Boiled Egg (1)	Guava (1) + Roasted Chana (1 handful)	Roti (2) + Egg Bhurji (2 eggs) + Salad + Lemon	Boiled Chickpeas (1/2 cup) + Green Tea	Brown Rice (1 cup) + Mix Veg + Rajma + Flaxseed Powder (1 tsp)
<b>Saturday</b>	Vegetable Dalia + Dates (2) + Soaked Walnuts (2 halves) + Herbal Tea	Papaya (1 bowl)	Roti (2) + Palak Dal + Salad + Amla Juice (30 ml)	Sprouts Chaat + Green Tea	Quinoa (1 cup) + Mix Veg + Moong Dal + Pumpkin Seeds (1 tsp)
<b>Sunday</b>	Vegetable Upma + Herbal Tea + Soaked Almonds (5) + Boiled Egg (1)	Orange (1 medium)	Roti (2) + Egg Curry (2 eggs) + Salad + Lemon	Roasted Makhana (1 handful) + Lemon Water	Brown Rice (1 cup) + Mix Veg + Rajma + Flaxseed Powder (1 tsp)

### ✓ Eggetarian Notes for Menstrual Health:

- ✓ **Eggs** = Rich in Vitamin B12, D, Iron – supports hormonal balance & energy.
- ✓ **Seeds** = Flaxseed & Pumpkin Seeds for omega-3 & magnesium (cramp relief).
- ✓ **Leafy Greens, Fruits** = Iron & Vitamin C to improve cycle regularity.
- ✓ **Herbal Teas** = Chamomile or Ginger tea reduces bloating & cramps.
- ✗ **Avoid:** Junk, fried food, sugar, and excess salt.

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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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**PERSONAL TRAINING IN JUST 5999/-**