


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






● Eggetarian 1800 KCal Diet Chart – Post-Pregnancy Weight Loss

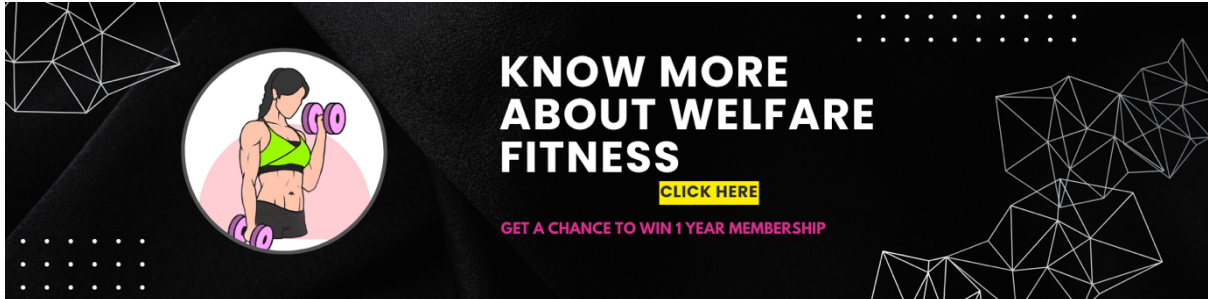
Day	Breakfast (8:00 AM) ~400 KCal	Mid-Morning (11:00 AM) ~150 KCal	Lunch (1:00 PM) ~500 KCal	Evening Snack (5:00 PM) ~200 KCal	Dinner (8:00 PM) ~450 KCal
Monday	Vegetable Dalia + 1 Boiled Egg + Soaked Almonds (5) + Milk (low-fat)	Coconut Water + Roasted Chana (1 handful)	Roti (2) + Mix Veg Curry + Moong Dal + Salad + Ghee (1 tsp)	Egg Sandwich (1) + Herbal Tea	Quinoa (1 cup) + Egg Bhurji (2 eggs) + Flaxseed Powder (1 tsp)
Tuesday	Oats Porridge + 1 Boiled Egg + Dates (2)	Fruit Salad (Apple, Papaya) + Amla Juice (30 ml)	Brown Rice (1 cup) + Mix Veg + Rajma + Salad + Ghee (1 tsp)	Roasted Makhana (1 cup) + Herbal Tea	Roti (2) + Palak-Egg Curry + Steamed Veg + Pumpkin Seeds (1 tsp)
Wednesday	Vegetable Upma + 2 Scrambled Eggs + Milk (low-fat)	Guava (1) + Roasted Chana	Roti (2) + Bhindi Sabzi + Moong Dal + Salad + Ghee (1 tsp)	Moong Sprout Chaat + Lemon Water	Brown Rice (1 cup) + Egg Curry (2 eggs) + Flaxseed Powder (1 tsp)
Thursday	Besan Chilla (2) + 1 Boiled Egg + Soaked Walnuts (2 halves)	Coconut Water + Fruit Salad	Roti (2) + Tinda Sabzi + Moong Dal + Salad + Ghee (1 tsp)	Vegetable Poha (1 bowl) + Herbal Tea	Quinoa (1 cup) + Egg Bhurji (2 eggs) + Pumpkin Seeds (1 tsp)
Friday	Oats Idli (2) + 1 Boiled Egg + Herbal Tea	Papaya (1 bowl) + Amla Juice (30 ml)	Roti (2) + Lauki Sabzi + Moong Dal + Salad + Ghee (1 tsp)	Roasted Makhana (1 cup) + Lemon Water	Brown Rice (1 cup) + Egg Curry (2 eggs) + Flaxseed Powder (1 tsp)
Saturday	Vegetable Dalia + 1 Omelette (2 egg whites + 1 yolk) + Milk (low-fat)	Guava (1) + Roasted Chana	Roti (2) + Mix Veg Curry + Moong Dal + Salad + Ghee (1 tsp)	Moong Sprout Chaat + Herbal Tea	Quinoa (1 cup) + Egg Bhurji (2 eggs) + Pumpkin Seeds (1 tsp)
Sunday	Besan Chilla (2) + 1 Boiled Egg + Soaked Almonds (5)	Papaya (1 bowl) + Amla Juice (30 ml)	Brown Rice (1 cup) + Mix Veg + Rajma + Salad + Ghee (1 tsp)	Vegetable Poha (1 bowl) + Herbal Tea	Roti (2) + Bhindi Sabzi + Egg Curry (2 eggs) + Flaxseed Powder (1 tsp)

✓ Post-Pregnancy Nutrition Notes:

- Eggs = High-quality protein + Choline (essential for baby's brain development via breastmilk)

-  **Healthy Fats:** Ghee (1 tsp/meal), Nuts, Seeds – promote recovery, hormone balance
-  **Fiber & Iron:** Essential for energy, digestion, and avoiding post-delivery anemia
-  **Avoid processed foods, excess salt/sugar, and caffeine (limit to 1 cup/day)**

[Click here to know more about your gym](#)



KNOW MORE ABOUT WELFARE FITNESS

[CLICK HERE](#)

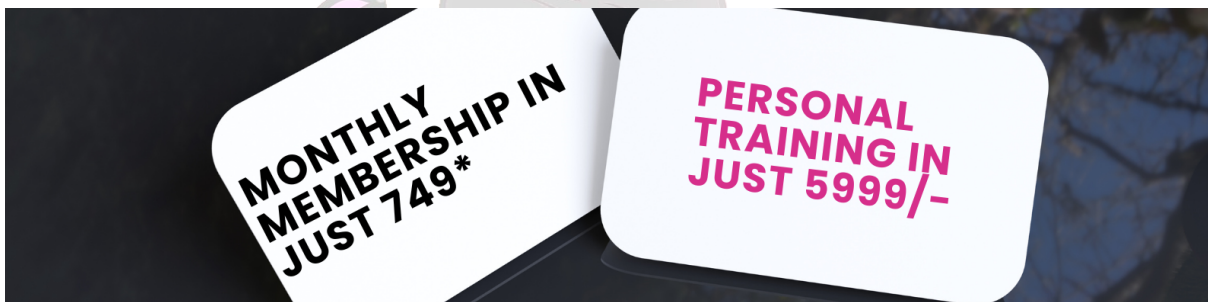
GET A CHANCE TO WIN 1 YEAR MEMBERSHIP



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/-