



**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.

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Before



After



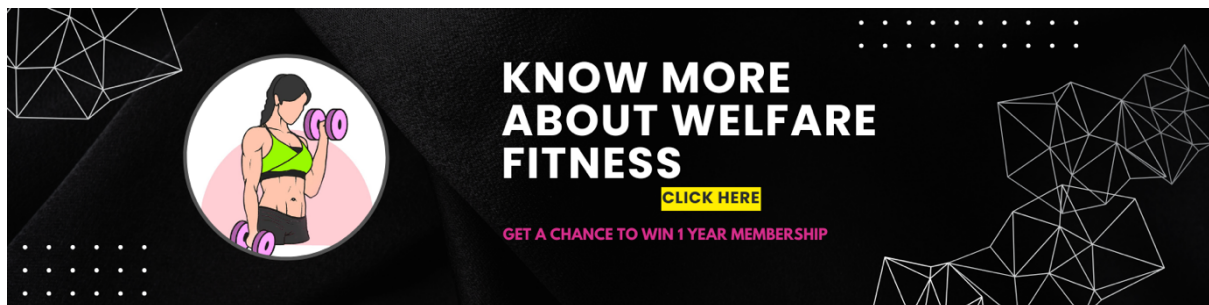
## 🥗 2400 KCal Diet Chart – Anemia (Vegetarian)

| Day              | Breakfast<br>(8:00 AM)<br>~50<br>0 KCal                       | Mid-Morning<br>(10:30 AM)<br>~25<br>0 KCal             | Lunch (1:00 PM)<br>~70<br>0 KCal                              | Evening<br>Snack (5:00 PM)<br>~25<br>0 KCal        | Dinner (8:30 PM)<br>~60<br>0 KCal                                     | Post-Dinner<br>(10:00 PM)<br>~10<br>0 KCal |
|------------------|---------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------|
| <b>Monday</b>    | Vegetable Poha + 5 Soaked Almonds + Dates (2) + Orange Juice  | Pomegranate (1 small bowl) + Roasted Chana (1 handful) | Roti (3) + Palak Paneer + Moong Dal + Salad + Lemon           | Vegetable Sandwich (Whole Wheat, 2 pc) + Green Tea | Brown Rice (1 cup) + Mix Veg Curry + Rajma + Salad + Lemon            | Warm Turmeric Milk (100 ml)                |
| <b>Tuesday</b>   | Oats Porridge + Chia Seeds (1 tsp) + Banana + Herbal Tea      | Guava + 1 Boiled Potato + Lemon                        | Roti (3) + Chana Masala + Bhindi + Salad + Amla Juice (30 ml) | Sprouts Chaat + Lemon Water                        | Millets Roti (2) + Palak + Moong Dal + Mixed Veg + Salad              | Milk (100 ml) + 1 Date                     |
| <b>Wednesday</b> | Vegetable Upma + Dates (2) + Amla Juice (30 ml) + Herbal Tea  | Orange + Roasted Makhana (1 handful)                   | Roti (3) + Lauki Curry + Chana Dal + Salad + Lemon            | Oats Pancake (2) + Green Chutney                   | Quinoa (1 cup) + Mixed Veg Curry + Rajma + Salad                      | Warm Turmeric Milk (100 ml)                |
| <b>Thursday</b>  | Vegetable Dalia + Chia Seeds + Orange Juice                   | Guava + Roasted Chana (1 handful)                      | Roti (3) + Palak Paneer + Moong Dal + Salad + Lemon           | Vegetable Poha + Herbal Tea                        | Brown Rice (1 cup) + Bhindi + Chana Dal + Salad + Amla Juice (30 ml)  | Milk (100 ml) + 1 Date                     |
| <b>Friday</b>    | Oats Idli (2) + Chutney + Dates (2) + Herbal Tea              | Pomegranate + 1 Boiled Potato                          | Roti (3) + Mixed Veg + Rajma + Salad + Lemon                  | Vegetable Sandwich (Whole Wheat, 2 pc) + Green Tea | Quinoa (1 cup) + Lauki + Chana Dal + Salad + Lemon                    | Warm Turmeric Milk (100 ml)                |
| <b>Saturday</b>  | Vegetable Upma + Orange Juice + 5 Soaked Almonds + Herbal Tea | Papaya + Roasted Makhana                               | Roti (3) + Bhindi + Moong Dal + Salad + Amla Juice (30 ml)    | Sprouts Chaat + Lemon Water                        | Brown Rice (1 cup) + Mixed Veg Curry + Rajma + Salad + Lemon          | Milk (100 ml) + 1 Date                     |
| <b>Sunday</b>    | Dalia + Dates (2) + Chia Seeds + Herbal Tea                   | Guava + Roasted Chana (1 handful)                      | Roti (3) + Palak + Chana Dal + Salad + Lemon                  | Oats Pancake (2) + Green Chutney                   | Millets Roti (2) + Moong Dal + Mixed Veg + Salad + Amla Juice (30 ml) | Warm Turmeric Milk (100 ml)                |

## ✓ Key Notes for Anemia Veg Diet:

- ✓ **Iron-Rich Foods:** Palak, Chana, Rajma, Moong Dal, Dates, Amla, Pomegranate, Guava.
- ✓ **Vitamin C Boost:** Lemon, Orange Juice, Amla Juice to enhance iron absorption.
- ✓ **Healthy Fats:** Almonds, Chia Seeds.
- ✓ **Avoid:** Tea/Coffee with meals — drink them 1 hour after.
- ✓ **Hydration:** 2.5–3 liters water/day.

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| <b>6 MONTH</b>  | <b>10-14 KG</b>         | <b>15-20 KG</b>          |
| <b>12 MONTH</b> | <b>15-20 KG</b>         |                          |
| <b>24 MONTH</b> | <b>20 - 25 KG</b>       |                          |

WEIGHT LOSS RESULTS VARY PERSON TO PERSON



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