



Dietitian Shreya's[™]
Diet Clinic

Weight management + Preventive Care Part 3



**WEIGHT
MANAGEMENT
+
PREVENTIVE
CARE (DCL)**



Long-Term Preventive & Systemic Wellness

12 MONTH

PHASE 1

1. DETECT

- BMI & Body Fat Check
- Blood Sugar, Lipids & Thyroid Screening
- Lifestyle Risk Assessment
- Goal: Identify health risks early

PHASE 3

3. LIMIT

- Structured Weight Loss Program
- Medical Support (if required)
- Metabolic Risk Reduction
- Goal: Reduce complications & protect organs

PHASE 2

2. CONTROL

- Personalized Diet Plan
- Blood Pressure & Sugar Monitoring
- Stress & Sleep Management
- Goal: Prevent diabetes, hypertension & heart disease

PHASE 4

4. MAINTAIN

- Sustainable Eating Habits
- Active Lifestyle
- Regular Health Check-ups
- Goal: Prevent weight regain & ensure long-term wellness

Full Body Check-up

- ✓ Motivator Support
- ✓ Personal Guidance from 1 Expert Dietitians
- ✓ 5% Discount on All Products
- ✓ Complimentary Participation in DWL (Dietitian Weight Loss League)


VIP
ELIGHT CARE
MEMBERSHIP

Transform Your Health.
Upgrade Your Lifestyle.

Yoga Sessions
(Basic | Advance)



Your Health is an Investment, Not an Expense.

Start preventive care today.

Because prevention is always better
than treatment.

HbA1c target

≤ 5.5% (ideal range)

Fasting Blood Sugar:

70–99 mg/dL

Post-meal Blood Sugar (2 hrs):

< 140 mg/dL

Total Cholesterol:

< 200 mg/dL

LDL (Bad Cholesterol):

< 100 mg/dL

Triglycerides:

< 150 mg/dL

HDL (Good Cholesterol):

≥ 40 mg/dL (men), ≥ 50 mg/dL
(women)

SGOT (AST):

< 40 U/L

SGPT (ALT)

< 40 U/L

**Insulin resistance reduction
through low-GI,
high-fiber diet**

**Reduced saturated &
trans fats**

**Increased omega-3 fats
& soluble fiber**

**Fatty liver reversal support
through calorie-controlled
diet**

**Reduced liver fats
accumulation**

Low fructose

**Improved bile flow &
digestion**



03 Month Plan

Phase 2: Heart & Blood Pressure Support

- ✓ Stabilized blood pressure
- ✓ Improved cholesterol levels
- ✓ Enhanced cardiovascular function
- ✓ Continued metabolic improvement
- ✓ Healthy fats (olive oil, nuts, seeds)
- ✓ Balanced carbs with low glycemic index
- ✓ Regular meal timing & physical activity



06 Month Plan

Phase 3: Liver & Immune Support

- ✓ Improved liver function
- ✓ Detoxification support
- ✓ Strengthened immunity
- ✓ Continued fat loss and metabolic optimization
- ✓ Liver-supportive foods (cruciferous vegetables, turmeric, garlic)
- ✓ Anti-inflammatory and antioxidant-rich meals
- ✓ Lifestyle habits for stress management and sleep

