



Dietitian Shreya's™
Diet Clinic



**WEIGHT
MANAGEMENT
WITH HORMONAL
METABOLIC BALANCE**

Long-Term Maintenance & Hormone Balance

12 MONTH



1. METABOLIC ASSESSMENT

- Thyroid, Insulin & Cortisol evaluation
- Sex hormone balance check
- Body fat & metabolic rate analysis
- Goal: Detect root causes of weight gain.

Phase 1

2. HORMONAL STABILIZATION

- Balanced anti-inflammatory nutrition
- Blood sugar regulation
- Stress & sleep correction
- Goal: Restore hormonal rhythm.

Phase 2



3. METABOLIC FAT LOSS

- Strength training & active lifestyle
- Protein-focused nutrition
- Improve insulin sensitivity
- Goal: Burn fat without slowing metabolism.

Phase 3

4. LONG-TERM MAINTENANCE

- Ongoing hormone monitoring
- Sustainable diet & exercise habits
- Periodic metabolic check-ups
- Goal: Prevent rebound weight gain

Phase 4





Hormonal Imbalance Symptoms

- Mood Swings
- Irregular Periods
- Weight Increase
- Sleep Disorders



TSH target :
0.5 – 2.5 mIU/L

Regular menstrual cycle:
28–35 days

Fasting insulin:
< 10 µIU/mL

HOMA-IR:
< 2.0

Fasting insulin:
≤ 5.5%

Free T3 & Free T4 within optimal range

Improved metabolism & energy levels

Reduced fatigue, hair fall & bloating

Support iodine, selenium & zinc intake

Reduced androgen levels (testosterone normalization)

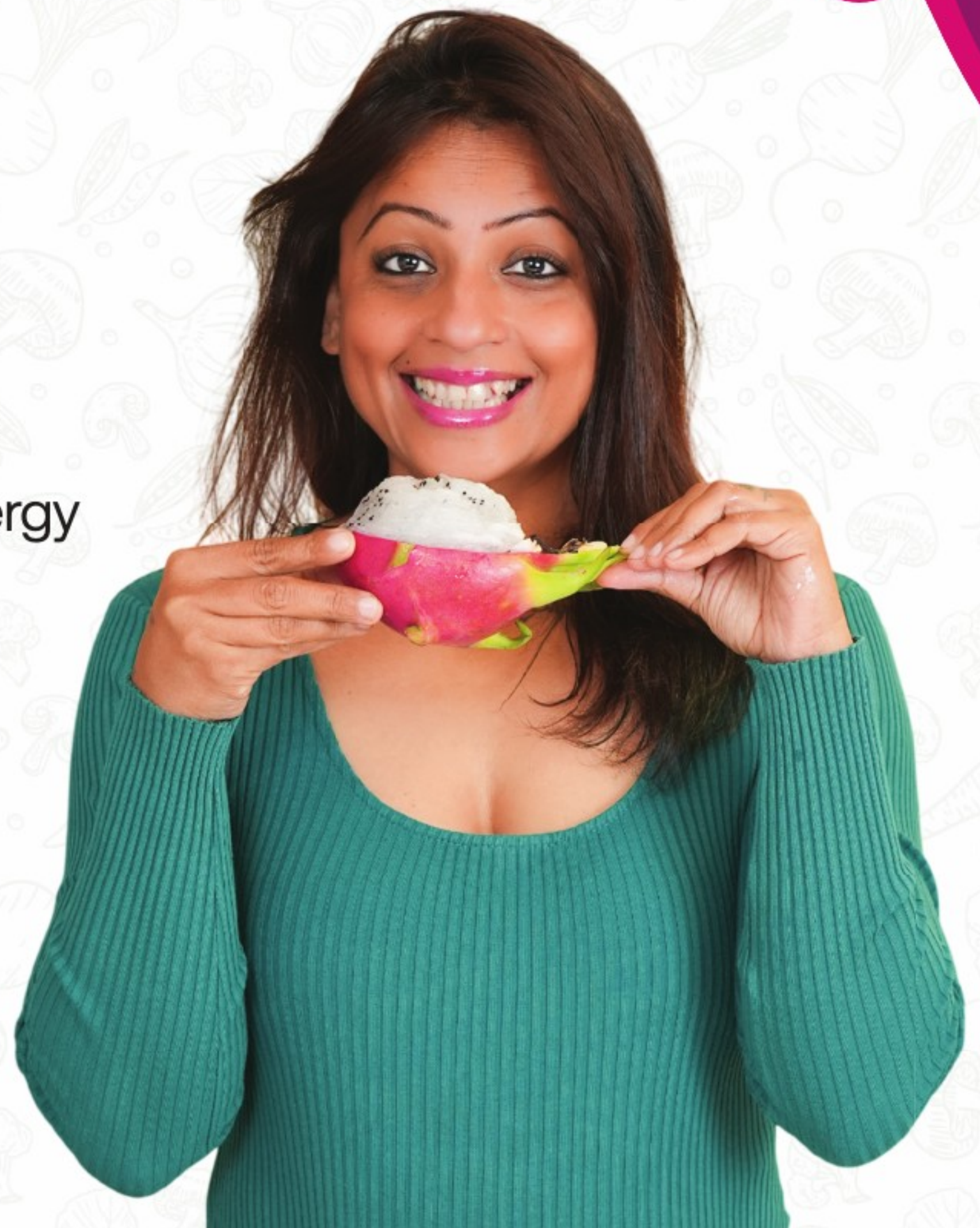
Improved ovulation support



03 Month Plan

Phase 2: Fat Loss & Hormonal Stabilization

- ✓ Visible fat loss
- ✓ Improved thyroid function & menstrual regularity
- ✓ Balanced insulin and cortisol levels
- ✓ Thyroid-friendly foods improve energy
- ✓ High-protein, fiber-rich foods
- ✓ Hormone-balancing nutrients (zinc, selenium, omega-3s)
- ✓ Light detox or fasting protocols if needed
- ✓ Improved energy levels



06 Month Plan

Phase 3: Metabolic Optimization & Organ Support

- ✓ Sustained fat loss
- ✓ Thyroid and adrenal support
- ✓ Reduced hormonal fluctuations
- ✓ Improved liver, gut, and reproductive health
- ✓ Balanced macronutrients targeting metabolic and liver health
- ✓ Strengthen lifestyle habits
- ✓ Strengthened lifestyle habits (sleep, activity, stress reduction)

