



Dietitian Shreya's[™]
Diet Clinic



WEIGHT MANAGEMENT & METABOLISM CORRECTION

Long-Term Maintenance

12 MONTH



1. METABOLIC ASSESSMENT

- BMR & body composition analysis
- Blood sugar & insulin evaluation
- Thyroid screening
- Goal: Identify metabolic slowdown.

Phase 1

2. METABOLIC RESET

- Balanced anti-inflammatory nutrition
- Blood sugar stabilization
- Protein optimization & gut support
- Goal: Restart and stabilize metabolism.

Phase 2



3. ACTIVE FAT LOSS

- Strength training & muscle preservation
- Metabolism-boosting workouts
- Calorie control without extreme restriction
- Goal: Burn fat while maintaining metabolic rate.

Phase 3



4. METABOLIC MAINTENANCE

- Sustainable eating habits
- Regular physical activity
- Lifestyle balance (sleep & stress control)
- Goal: Prevent weight regain

Phase 4



System of Human Body

- Integumentary System
- Skeletal System
- Muscular System
- Nervous System
- Digestive System
- Respiratory System
- Reproductive System



IDEAL BODY COMPOSITION

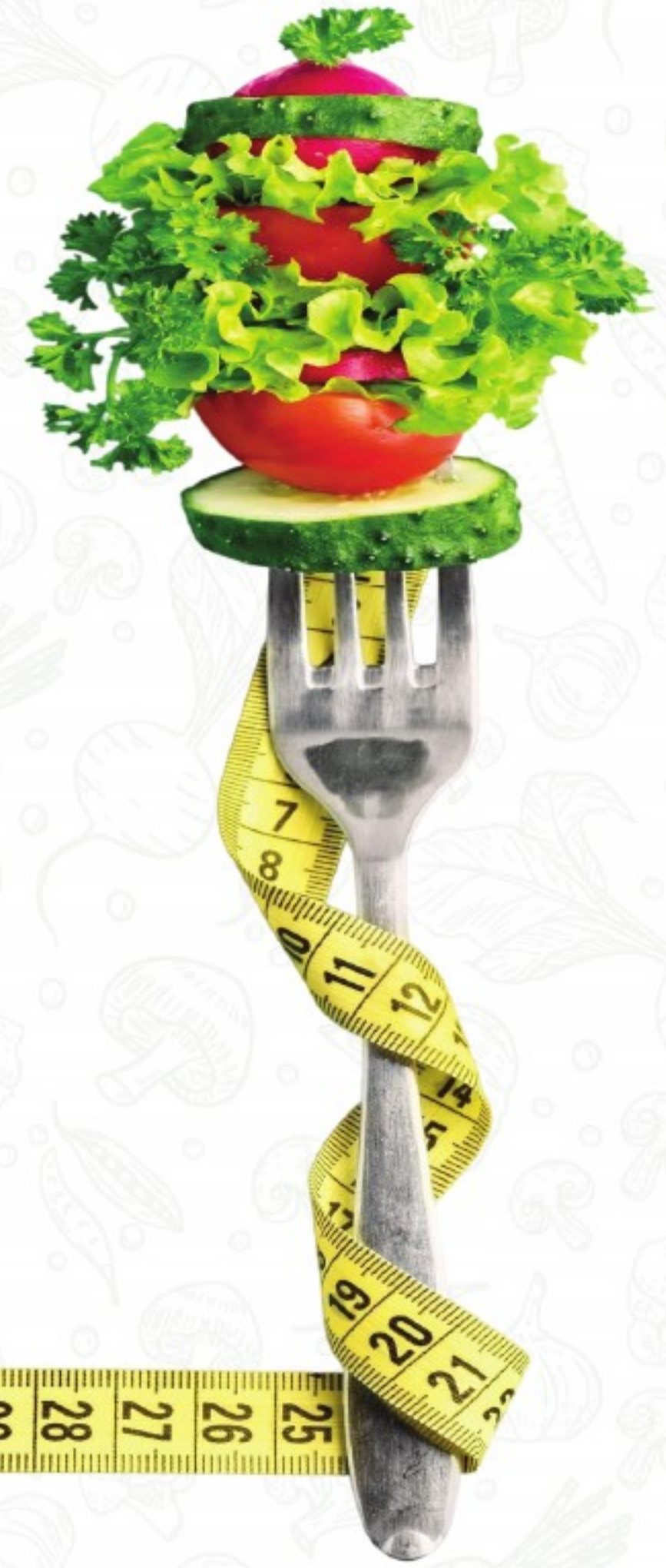
- ✓ **BMI:**
18.5—24.9 kg/m²
- ✓ **Body fat %:**
Men 12—20%,
Women 18—28%
- ✓ **Visceral fat level:**
< 10
- ✓ **Body weight:**
Within ideal range as per height,
age & gender
- ✓ **Skeletal muscle mass:**
Men —33—39% of body weight,
Women —24—30% of body weight
- ✓ **Resting metabolic rate
(RMR/BMR):**
Stable or improved to support
efficient calorie burning and
long-term weight maintenance



03 Month Plan

Phase 2: Fat Loss Stabilization

- ✓ Visible fat reduction
- ✓ Improved digestion
- ✓ Better energy & mood
- ✓ Noticeable energy boost
- ✓ Incorporate high-protein, fiber-rich foods
- ✓ Smart snack options
- ✓ Introduce mild fasting/detox if needed-Regular activity routine
- ✓ Habit correction (hydration, sleep, meal timing)



06 Month Plan

Phase 3: Metabolic Optimization

- ✓ Significant fat loss
- ✓ Stabilized metabolism
- ✓ Reduced sugar cravings
- ✓ Balanced macronutrient meals
- ✓ Meal combinations targeting insulin and fat metabolism
- ✓ Strengthen lifestyle habits

