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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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MIGRAINE + WEIGHT LOSS (EGGETARIAN) DIET PLAN

Calories: 1200–1500 KCal/day

Focus: Avoid migraine triggers, maintain hydration, and support weight loss with lean protein.

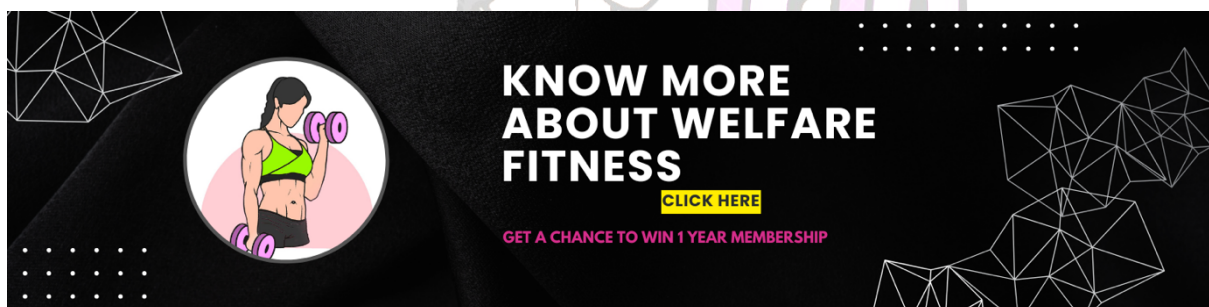
Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (Optional)
Monday	2 Boiled Eggs + 1 Multigrain Toast + Almonds (4) + 1 Banana	Coconut Water + 2 Dates	1 Roti + Lauki Curry + Moong Dal + Salad	Roasted Makhana + Herbal Tea (No caffeine)	1 Roti + Tinda Sabzi + Egg Bhurji + Salad	Warm Water + Turmeric
Tuesday	Veg Upma + 1 Boiled Egg + Herbal Tea	Lemon Water + 1 Apple	1 Roti + Pumpkin Curry + Moong Dal + Salad	Cucumber + Carrot Sticks + Buttermilk	1 Roti + Bottle Gourd Sabzi + Moong Dal + 1 Boiled Egg	Warm Water + Lemon
Wednesday	Moong Dal Chilla + Mint Chutney + 1 Scrambled Egg	Coconut Water + 2 Figs	1 Roti + Jain Rajma Curry + Lauki Sabzi + Salad	Roasted Chana + Herbal Tea	1 Roti + Tinda Sabzi + Moong Dal + 1 Boiled Egg	Warm Lemon Water
Thursday	Veg Dalia + 1 Boiled Egg + Herbal Tea	Lemon Water + 1 Orange	1 Roti + Lauki Curry + Egg Bhurji + Salad	Roasted Makhana + Buttermilk	1 Roti + Pumpkin Sabzi + Moong Dal + Salad	Warm Water + Cinnamon
Friday	Poha + Peanuts (few) + 1 Boiled Egg + Herbal Tea	Coconut Water + 2 Dates	1 Roti + Tinda Sabzi + Jain Chole + Salad	Carrot + Cucumber Sticks + Herbal Tea	1 Roti + Bottle Gourd Sabzi + Moong Dal + 1 Scrambled Egg	Warm Water + Turmeric
Saturday	Thepla (without oil) + Curd + 1 Boiled Egg + Herbal Tea	Lemon Water + 1 Apple	1 Roti + Pumpkin Sabzi + Egg Bhurji + Salad	Roasted Chana + Herbal Tea	1 Roti + Lauki Curry + Moong Dal + Salad	Warm Lemon Water

Sunday	Vegetable Upma + 1 Scrambled Egg + Herbal Tea	Coconut Water + 2 Dates	1 Roti + Tinda Sabzi + Jain Rajma Curry + Salad	Roasted Makhana + Buttermilk	1 Roti + Bottle Gourd Sabzi + Moong Dal + 1 Boiled Egg	Warm Water + Cinnamon
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● KEY NOTES:

- **Avoid:** Cheese, chocolates, caffeine, packaged/processed foods, vinegar, artificial sweeteners.
- **Eggs:** Use boiled/scrambled eggs; avoid fried/overly spicy versions.
- **Magnesium-rich foods:** Almonds, banana, oats, leafy greens — help reduce migraine episodes.
- **Hydration:** 2.5–3 liters/day; avoid dehydration.
- **Consistent Sleep:** 7–8 hours daily, reduce screen time before bed.
- **Exercise:** Moderate walking, yoga (avoid high-intensity workouts during migraines).

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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



