


**DR. HEMANT GUPTA**  
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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 (NON-VEG) DIET PLAN**

**Calories:** 1200–1500 KCal/day

**Focus:** Avoid migraine triggers, stay hydrated, support weight loss with lean animal protein.

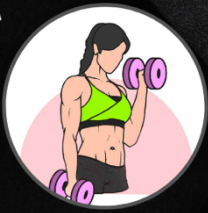
Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (Optional)
<b>Monday</b>	2 Boiled Eggs + Multigrain Toast + Almonds (4) + 1 Banana	Coconut Water + 2 Dates	1 Roti + Lauki Curry + Grilled Chicken (100g) + Salad	Roasted Makhana + Herbal Tea (No caffeine)	1 Roti + Tinda Sabzi + Moong Dal + Boiled Chicken (100g)	Warm Water + Turmeric
<b>Tuesday</b>	Vegetable Poha + 1 Boiled Egg + Herbal Tea	Lemon Water + 1 Apple	1 Roti + Pumpkin Curry + Grilled Fish (100g) + Salad	Cucumber + Carrot Sticks + Buttermilk	1 Roti + Bottle Gourd Sabzi + Moong Dal + Boiled Chicken (100g)	Warm Water + Lemon
<b>Wednesday</b>	Moong Dal Chilla + Mint Chutney + 1 Scrambled Egg	Coconut Water + 2 Figs	1 Roti + Jain Rajma Curry + Grilled Chicken (100g) + Salad	Roasted Chana + Herbal Tea	1 Roti + Tinda Sabzi + Moong Dal + Boiled Fish (100g)	Warm Lemon Water
<b>Thursday</b>	Veg Dalia + 1 Boiled Egg + Herbal Tea	Lemon Water + 1 Orange	1 Roti + Lauki Curry + Chicken Bhurji (100g) + Salad	Roasted Makhana + Buttermilk	1 Roti + Pumpkin Sabzi + Moong Dal + Grilled Chicken (100g)	Warm Water + Cinnamon
<b>Friday</b>	Thepla (without oil) + Curd + 1 Boiled Egg + Herbal Tea	Coconut Water + 2 Dates	1 Roti + Tinda Sabzi + Boiled Fish (100g) + Salad	Carrot + Cucumber Sticks + Herbal Tea	1 Roti + Bottle Gourd Sabzi + Moong Dal + Grilled	Warm Water + Turmeric

					Chicken (100g)	
<b>Saturday</b>	Vegetable Upma + 1 Scrambled Egg + Herbal Tea	Lemon Water + 1 Apple	1 Roti + Pumpkin Sabzi + Boiled Chicken (100g) + Salad	Roasted Chana + Herbal Tea	1 Roti + Lauki Curry + Moong Dal + Grilled Fish (100g)	Warm Lemon Water
<b>Sunday</b>	Multigrain Toast + Omelette (1 Egg + Veggies) + Herbal Tea	Coconut Water + 2 Dates	1 Roti + Tinda Sabzi + Grilled Chicken (100g) + Salad	Roasted Makhana + Buttermilk	1 Roti + Bottle Gourd Sabzi + Moong Dal + Chicken Bhurji (100g)	Warm Water + Cinnamon

## ● KEY NOTES:

- **Avoid:** Red meat, cheese, chocolates, caffeine, processed meats, artificial flavors.
- **Prefer:** Boiled/grilled chicken and fish. No fried/spicy preparations.
- **Include:** Magnesium-rich foods (bananas, almonds), Omega-3 (fish), fiber (vegetables).
- **Hydration:** 2.5–3 liters/day, space water evenly.
- **Meal Timing:** Regular meals help prevent migraine attacks.
- **Sleep:** 7–8 hours/day.
- **Exercise:** Light walks, yoga (avoid excessive exertion during migraine episodes).

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**AVERAGE WEIGHT LOSS RESULTS\***

	GENERAL TRAINING	PERSONAL TRAINING
<b>3 MONTH</b>	5-7 KG	10-15 KG
<b>6 MONTH</b>	10-14 KG	15-20 KG
<b>12 MONTH</b>	15-20 KG	
<b>24 MONTH</b>	20 - 25 KG	

WEIGHT LOSS RESULTS VARY PERSON TO PERSON

