

**DR. HEMANT GUPTA**  
Physiotherapist / Dietician

A proper diet nourishes the body, boosts energy, prevents diseases, sharpens the mind, and supports a healthy, balanced, and longer life.

+916377139340

## **MIGRAINE + WEIGHT LOSS (VEGETARIAN) DIET PLAN**

**Calories:** 1200–1500 KCal/day

**Focus:** Low-sodium, no caffeine, no artificial sweeteners, balanced hydration, and magnesium-rich foods.

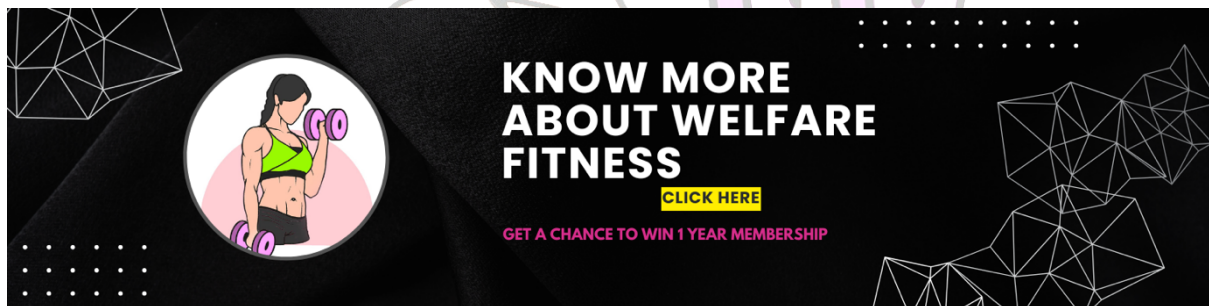
Day / Time	Breakfast (8:00 AM)	Mid-Morning (11:00 AM)	Lunch (1:30 PM)	Evening Snack (5:00 PM)	Dinner (8:00 PM)	Post-Dinner (Optional)
<b>Monday</b>	Oats Porridge + Almonds + 1 Banana	Coconut Water + 2 Dates	1 Roti + Lauki Curry + Moong Dal + Salad	Roasted Makhana + Herbal Tea (No caffeine)	1 Roti + Tinda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

			Bhurji + Salad			
<b>Sunday</b>	Vegetable Upma + Green Chutney + Herbal Tea	Coconut Water + 2 Dates	1 Roti + Tinda Sabzi + Jain Rajma Curry + Salad	Roasted Makhana + Buttermilk	1 Roti + Bottle Gourd Sabzi + Moong Dal + Salad	Warm Water + Cinnamon

## ● KEY NOTES:

- **Avoid:** Cheese, chocolates, coffee/tea, MSG, packaged foods, artificial sweeteners, vinegar.
- **Include Magnesium-rich foods:** Almonds, banana, leafy greens, oats, dal.
- **Stay hydrated:** 2.5–3 liters water/day; avoid dehydration triggers.
- **Exercise:** Light walking or yoga; avoid high-intensity workouts during migraine episodes.
- **Sleep:** 7–8 hours of quality sleep daily.

[Click here to know more about your gym](#)



**KNOW MORE ABOUT WELFARE FITNESS**

[CLICK HERE](#)

GET A CHANCE TO WIN 1 YEAR MEMBERSHIP



**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



**MONTHLY  
MEMBERSHIP IN  
JUST 749\***

**PERSONAL  
TRAINING IN  
JUST 5999/-**

