

7-Day Hormonal Pigmentation Diet Plan

Day 1: Early Morning: Warm water with lemon, almonds, walnuts. Breakfast: Vegetable oats. Mid: Orange/guava. Lunch: Brown rice, moong dal, spinach, salad. Snack: Green tea + roasted chana. Dinner: Multigrain roti, vegetable curry, paneer/chicken.

Day2: Warm water + chia. Breakfast besan chilla. Mid papaya. Lunch millet roti, lauki, dal. Snack coconut water + pumpkin seeds. Dinner vegetable soup + tofu/fish.

Day3: Amla juice. Breakfast poha. Mid apple. Lunch quinoa + rajma. Snack sunflower seeds. Dinner stir-fried vegetables + paneer/chickpeas.

Day4: Warm water + raisins. Breakfast curd with berries/seeds. Mid kiwi. Lunch multigrain roti + palak dal. Snack buttermilk. Dinner moong khichdi.

Day5: Lemon water. Breakfast ragi dosa. Mid pomegranate. Lunch brown rice + chole. Snack makhana. Dinner vegetable stew + tofu/paneer.

Day6: Warm water + walnuts. Breakfast upma. Mid pear. Lunch bajra roti + bhindi + dal. Snack green tea + seeds. Dinner lentil soup.

Day7: Amla juice. Breakfast sprouts salad. Mid berries. Lunch quinoa/brown rice + dal + broccoli. Snack coconut water + almonds. Dinner vegetable soup + grilled paneer/fish.

Foods to eat: leafy greens, citrus fruits, amla, tomatoes, carrots, beetroot, seeds, nuts, whole grains, lentils, yogurt, eggs/fish if consumed.

Limit: sugary drinks, sweets, fried foods, refined flour, processed snacks, excess alcohol.