

7-Day Iron-Rich Diet Plan for Pregnant Women (Hb 7.8)

Goal: Naturally increase hemoglobin levels with iron- and Vitamin C-rich foods, along with proper supplementation. Always consult your gynecologist before starting any major changes.

Daily Early Morning Routine

Daily Early Morning Routine (7:00 AM)

- Soaked 8-10 black raisins (overnight)
- 2-3 dates (khajoor)
- 1 glass warm water with lemon juice

Day 1

Breakfast:

- Spinach + paneer paratha (2)
- Fresh orange juice

Mid-Morning:

- Pomegranate bowl
- Roasted chana + jaggery

Lunch:

- Mixed lentil + fenugreek dal
- Brown rice or phulka
- Beetroot + cucumber salad with lemon

Evening:

- Roasted makhana
- Guava or Amla

Dinner:

- Spinach-corn curry
- Chapatis + vegetable pulao
- Tomato soup

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Day 2

Breakfast:

- Vegetable upma
- 1 boiled egg or paneer
- 1 guava or amla

Mid-Morning:

- Banana
- Almonds + walnuts

Lunch:

- Kidney beans (rajma)
- Jeera rice
- Cabbage salad with lemon

Evening:

- Chana chaat
- Lemon water

Dinner:

- Bottle gourd sabzi
- Jowar rotis
- Beetroot-carrot juice

Day 3

Breakfast:

- Moong dal cheela
- 1 kiwi or orange

Mid-Morning:

- Mixed fruit bowl

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Lunch:

- Chana dal
- Beetroot tikki
- Bajra rotis + curd

Evening:

- Dry fruits
- Mint lemon water

Dinner:

- Mixed veg soup
- Chapatis + peas paneer
- Fresh salad with lemon

Day 4

Breakfast:

- Poha with peanuts
- Orange juice

Mid-Morning:

- Apple + amla candy

Lunch:

- Masoor dal + spinach
- Chapatis
- Cucumber-carrot salad

Evening:

- Boiled corn
- Guava

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Dinner:

- Soya chunks curry
- Veg khichdi
- Tomato-cucumber salad

Day 5

Breakfast:

- Vegetable oats
- Boiled egg or paneer
- Amla or orange

Mid-Morning:

- Banana or dates milkshake

Lunch:

- Spinach dal
- Rice or chapati
- Beetroot salad with lemon

Evening:

- Sprouted chana salad
- Buttermilk

Dinner:

- Tinda + fenugreek sabzi
- Rotis
- Moong dal soup

Day 6

Breakfast:

- Besan cheela

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- 1 kiwi or guava

Mid-Morning:

- Handful of seeds (flax, sunflower, pumpkin)

Lunch:

- Black chickpea curry
- Brown rice
- Tomato-onion salad

Evening:

- Sprouts salad
- Coconut water

Dinner:

- Palak tofu curry
- Veg pulao
- Carrot-beetroot soup

Day 7

Breakfast:

- Idli with sambar
- Amla juice

Mid-Morning:

- Soaked raisins + pomegranate

Lunch:

- Moong dal + lauki sabzi
- Jowar rotis
- Lemony salad

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Evening:

- Roasted chana + jaggery
- Papaya

Dinner:

- Rajma soup
- Quinoa or millet pulao
- Beetroot-tomato salad

Supplement Tips

Important Supplement Tips

- Iron supplement: As prescribed (usually after meals)
- Folic acid + B12: Essential for red blood cells
- Calcium: Take 2-3 hours apart from iron to avoid absorption issues