

Diet Plan For Menstrual Cramps

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Idli - 3, Sambar - 1/2 cup, Dry fruit & Seeds Smoothie- 1 glass	Wheat Bread Vegetable Sandwich - 1, Almonds - 2, Walnuts - 1	Oats Porridge with 1cup Milk & Dry Fruits - 1 large bowl Walnuts & Almond -2	Iddiappam /Appam - 3 nos Coconut Milk with less Sugar or Veg Stew - 1 cup	Bread Omlette - 1 no Guava - 1 no
MID MORNING	Apple Juice - 1 glass	Mosambi Juice - 1 glass or Orange - 1	Banana - 1 no / Grape Juice - 1 glass	Butter Milk - 1 glass	Tender Coconut water - 1
LUNCH	White Rice / Brown Rice - 1/2 cup + Sambar - 1/2 cup, Snake gourd Poriyal - 1 cup, Buttermilk - 1 glass	White Rice / Brown Rice 1 cup, Sambar-1/2cup+ PalakDhal Masiyal, Steamed Fish - 1 pc, Buttermilk - 1glass	Hand pound rice - 1 cup, Dhal - 1/2 cup / Mushroom Gravy - 1/2 cup, Rasam - 1 cup, Drumstick Leaf proiyal - 1/2 cup Butter Milk - 1 glass	Red Rice - 1 cup Drumstick Sambar - 1 cup, Rasam - 1 cup Butter Milk - 1 cup Avaraikai Poriyal - 1 cup	Peas Pulao - 1 cup Raitha - 1/2 cup Butter Milk - 1 cup
EVENING	Puffed Rice - 1 cup + Milk - 1 glass / Tea - 1 cup	Boiled Sweet potato - 1/2 cup, Green Tea - 1 cup	Green Tea - 1 cup Peas Sundal - 1 cup	Banana - 1 Green tea - 1 cup	Milk / Tea - 1 cup
DINNER	Fruit Salad - 1 cup Multigrain Chapathi - 1 no Peas Sabji - 1/2cup	Chapathi - 2 Dhal - 1/2 cup Vegetable Salad - 1/2 cup	Idli - 3 nos Tomato Chutney - 3 tbsp Apple - 1	Dosa / Chappathi - 2 nos Sambar / Mushroom masala Vegetable Salad - 1/2 cup	Millet Dosa - 2 nos Chappathi - 2 (Multi Grain, Jowar), Channa gravy - 1 cup, Banana - 1 no