



## Diet after postpartum

By ayumritwellness team .

**AyumritWellness Vegetarian Healing & Slimming Diet Plan**💕

Specially crafted for – for a healthy mom, happy baby, and a confident

### Our Healing Promise

Every bite in this plan has been chosen to:

- ✓ Boost milk quality & quantity
- ✓ Heal your C-section wound faster
- ✓ Balance hormones & reduce belly fat
- ✓ Keep you full, happy, and energetic
- ✓ Give you safe & steady weight loss (3–5 kg/month)

### Your Daily Healing Routine

6:30 am – 🌿 Golden Morning Start after fresh

**1 glass warm water with jeera + saunf + ajwain after half hour**

Soaked dates + pumkeen seed + sunflower seed +cashew +raisins

#### Breakfast

(350–450 kcal)

Choose 1:

#Paneer Power Moong Chilla – 2 moong chillas stuffed with paneer + mint chutney + carrot-cucumber salad

#Millet Magic Upma – Veg-loaded bajra/jowar upma + curd + sprinkle flaxseed

#Super Oats & Dalia Bowl – Cooked with milk/water + chia seeds + diced apple + almonds

#Sprouts Poha Energy Bowl – Poha with mixed sprouts + roasted peanuts + lemon

#Besan Veg Omelette Plate – 2 besan omelettes + + spinach & capsicum stir-fry.

#💎 Healing Boost: Paneer, curd, sprouts, millets, spinach, carrots → protein + iron + Vitamin A for milk & healing.

#### Lunch

Lunch (Before 2 pm)

(550–650 kcal)

Choose 1:

@Millet Khichdi – Bajra/jowar + moong dal khichdi + ghee (1 tsp) + spinach-beans sabzi + buttermilk

@Chapati & Dal Combo – 2 phulka + chana dal + carrot-capsicum sabzi + salad + lemon

@Rajma Rice Comfort Bowl – Rajma + brown rice + cucumber salad +buttermilk

@Sprouts & Paneer Buddha Bowl – Sprouts + paneer cubes + spinach + roasted chana + lemon

@Quinoa Veg Pulao – Quinoa with beans, carrots, capsicum + curd + beetroot salad

@💎 Healing Boost: Dals, rajma, paneer, spinach, lemon = iron + Vitamin C combo for faster recovery.

Snack Options (if hunger strikes)

– (150–200 kcal)

#Apple/guava/orange+ seasonal fruits

#Roasted chana + makhana mix

#curd + flaxseed

