

A sample diet routine:

After waking up in the morning:

- 2 glasses of water with 1 tsp of wheat grass powder
- 15-20 black raisins soaked overnight (They are good source of iron)
- Breakfast: Mostly fruits and greens with occasional ragi porridge in some days. I had variety of fruits such as bananas (good for potassium, which helps with calcium absorption), Grapes (organic only), pomegranate, water melon, musk melon, etc.
- Herbal iron syrup with 2 oranges (for vit C).
- Green juice: Curry leaves are excellent source for calcium. I would add 1 part of phudina, dhania and 2 parts of curry leaves (and sometimes a little of amaranth leaves) – mix all greens with dried herbs (for taste), black salt, chat masala and lemon juice (1/s lemon), 1tbsp of ground flex seeds powder (good for omega 3) - blend it well with enough water and drink. If you don't have high speed blender then it's good to make a paste with chutney grinder and then use the liquidizer jar to blend with water. You can also blend any fruit like banana or even a cucumber with the greens. There are plenty of green smoothie recipes available, which can be tried.
- Walk in sunlight around 9:30-10:00 – 20 min walk with at least 15 min exposure to sun for vitamin D (for calcium absorption) (I did it for 3 days a week. Couldn't do it during the 9th month so well, so took Vitashine, one tablet every alternate day.)
- At least 4 ltrs of water every day and water from at least 1 tender coconut.

Lunch and dinner were pretty much routine – roti, dal, curry and coriander chutney. I avoided white rice and white flour. I also added Rajgira atta in my chapatti flour. I had reasonably healthy food (with some lapses of sugar), less or no oil in curries and dal.

Evening snack: sprouts or kala chana (big sized ones. soaked and boiled covered, not pressure cooked). Mostly with chat masala or some pomegranates for taste.

In between meals I used to have carrots, cucumber or sesame-dates laddu.

Sesame-dates laddu: Grind chopped soft dates with sesame seeds powder in equal amount and 2 tbsp of dried coconut powder, 2tbsp of almond powder and ½ tsp cardamom powder until the mixture starts sticking together. Make laddus (balls) of the barter te that comes out. If you can't find soft dates then soak dates overnight in as less water as possible and then squeeze the water out (good to drink that water, do not throw it).

I also try to include 8 almonds, 5 walnuts, 5 figs and 5-6 dates in daily routine.

Supplements:

- B12 supplement – Neurokind OD, twice a week.
- I also took calcium supplements during last 15 days as I was not able to follow the diet too well in the last phase. Vegan calcium supplements – Osteoseal (available online and in stores mentioned on their website) and Vegcal (available online)
- Zincovit – multivitamin supplement for 15-20 days during 4th month when I had loss of appetite
- One needs to check Vitamin D levels and take supplements as required. I took Vitashine (vegan vitamin D3) after delivery when I was unable to ensure sunlight exposure. Read more about Vitamin D [here](#).