

# 7-Day C-Section Recovery Meal Plan

Singapore-Friendly Indian & Chinese Meals  
*Healing • Gentle • Protein-focused*

## Daily Target (approx.):

Calories: 1800–2000 kcal (adjust as needed)

Protein: 85–100 g/day

**Designed to support:** wound healing, bowel regularity, milk supply, energy, and emotional recovery after C-section.

## Day 1

Meal	Menu	Calories	Protein
Breakfast	Moong dal khichdi with ghee	350 kcal	15 g
Lunch	Vegetable dal soup + soft rice	400 kcal	18 g
Dinner	Clear chicken soup / veg soup with tofu	300 kcal	20 g
Snacks	Stewed fruit, almonds, ginger tea	200 kcal	5 g
Total		1250–1350 kcal	58–60 g

## Day 2

Meal	Menu	Calories	Protein
Breakfast	Vegetable oats porridge + boiled egg	400 kcal	20 g
Lunch	Steamed fish, rice, greens	450 kcal	30 g
Dinner	Lauki sabzi + chapati	300 kcal	10 g
Snacks	Coconut water, curd	200 kcal	8 g
Total		1350–1450 kcal	68 g

## Day 3

Meal	Menu	Calories	Protein
Breakfast	Veg omelette + toast	450 kcal	25 g
Lunch	Dal, rice, veg	450 kcal	20 g
Dinner	Chicken congee / tofu soup	350 kcal	20 g
Snacks	Fruit, roasted chana	250 kcal	10 g
Total		1500 kcal	75 g

## Day 4

Meal	Menu	Calories	Protein
Breakfast	Idli + mild sambar	350 kcal	15 g
Lunch	Paneer bhurji, chapati, veg	500 kcal	30 g
Dinner	Egg & tomato stir-fry + rice	400 kcal	25 g
Snacks	Dates, walnuts	200 kcal	6 g
Total		1450 kcal	76 g

## Day 5

Meal	Menu	Calories	Protein
Breakfast	Besan chilla + curd	400 kcal	22 g
Lunch	Light chicken curry, rice/chapati	500 kcal	30 g
Dinner	Tofu & mushroom stir-fry + brown rice	450 kcal	25 g
Snacks	Buttermilk	150 kcal	6 g
Total		1500–1550 kcal	83 g

## Day 6

Meal	Menu	Calories	Protein
Breakfast	Poha with peanuts	400 kcal	12 g
Lunch	Rajma, rice, veg	500 kcal	22 g
Dinner	Ginger chicken soup / veg noodle soup	350 kcal	25 g
Snacks	Makhana, coconut water	200 kcal	8 g
Total		1450 kcal	67 g

## Day 7

Meal	Menu	Calories	Protein
Breakfast	Egg bhurji + toast/chapati	450 kcal	25 g
Lunch	Dal, rice, veg	450 kcal	20 g
Dinner	Fish soup / paneer curry + carb	450 kcal	30 g
Snacks	Fruit, curd with chia	200 kcal	10 g
Total		1550 kcal	85 g

## Important Notes for New Moms

- Calories may feel lower in the first week; add extra snacks if breastfeeding hunger increases.
- Protein is the priority — add eggs, dal, tofu, paneer, fish freely if tolerated.
- Hydration is essential: aim for pale-yellow urine.
- Weight loss is **not** the goal in early recovery — healing is.

*This plan is a general guide and should be personalised if you have diabetes, thyroid disorders, food intolerances, or medical complications.*