

# Migraine Prevention: Daily Routine & Diet Plan

## Sample Daily Routine

7:00 AM Wake up at the same time daily

7:15 AM Drink warm water with lemon or pink salt

7:30 AM Breakfast: Oatmeal with banana + boiled egg + herbal tea

8:00 AM 10-15 min yoga or meditation

10:00 AM Hydrate + snack: Apple slices with almond butter

1:00 PM Lunch: Grilled chicken/tofu + quinoa + steamed greens

1:30 PM Light walk or 5-minute breathing break

4:00 PM Herbal tea + snack: Carrot sticks or plain yogurt

6:00 PM Reduce screen time

7:00 PM Dinner: Baked salmon or lentil soup + sweet potato + green beans

8:30 PM Warm bath with Epsom salt

9:00 PM Relax (no screens)

10:00 PM Sleep in a dark, cool, quiet room

## Foods That Help Prevent Migraines

Leafy greens (spinach) High in magnesium

Whole grains (quinoa) Keeps blood sugar stable

Berries (blueberries) Rich in antioxidants

Sweet potatoes Complex carbs + vitamin B6

Fatty fish (salmon) Omega-3 reduces inflammation

Ginger Anti-nausea & anti-inflammatory

Water Prevents dehydration

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## Foods to Avoid (Common Triggers)

Aged cheese (cheddar, blue cheese)

Chocolate

Red wine, alcohol

Excess coffee, sodas

Artificial sweeteners (aspartame)

Processed meats (nitrates)

MSG (in packaged/restaurant foods)