7-Day Hair Growth Meal Plan After Hair Transplant

Complete food list · Daily menus · Supplement guide

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Why nutrition matters after hair transplant
In the first 3 months after your procedure, transplanted follicles are in a vulnerable state. The right nutrients — especially protein, iron, zinc, and biotin — directly support follicle survival, reduce inflammation, and accelerate new hair growth. This 7-day plan was designed around the nutritional needs of post-transplant recovery.

7-Day Meal Plan

DAY 1 — PROTEIN & IRON FOCUS	
Breakfast	Scrambled eggs (3) with spinach · Whole grain toast · Orange juice (Vit C boost)
Snack	Handful of pumpkin seeds + 1 kiwi
Lunch	Grilled chicken breast · Lentil soup · Mixed greens salad with olive oil
Snack	Greek yogurt with blueberries
Dinner	Baked salmon (200g) · Steamed broccoli · Brown rice
Hydration	2–3 litres of water throughout the day

DAY 2 — ZINC & BIOTIN FOCUS	
Breakfast	Avocado toast on whole grain bread · 2 boiled eggs · Green tea
Snack	Almonds (30g) + 1 banana
Lunch	Beef stir-fry with bell peppers · Quinoa · Cherry tomatoes
Snack	Sweet potato hummus with carrot sticks
Dinner	Grilled tuna steak · Roasted cauliflower · Chickpea salad
Hydration	Herbal tea (nettle or rosemary) + 2L water

DAY 3 — ANTI-INFLAMMATORY DAY	
Breakfast	Overnight oats with walnuts, chia seeds & strawberries · Turmeric latte
Snack	Blueberry & ginger smoothie
Lunch	Turkey & vegetable soup · Whole grain roll · Green side salad
Snack	1 orange + 10 cashews
Dinner	Baked chicken thigh with turmeric & ginger · Steamed spinach · Mashed sweet potato
Hydration	Green tea x2 + 2L water

DAY 4 — VITAMIN D & OMEGA-3 FOCUS	
Breakfast	Smoked salmon on whole grain toast · Poached egg · Tomatoes
Snack	Walnuts (30g) + 1 apple
Lunch	Tuna & white bean salad · Olive oil dressing · Whole grain pita
Snack	Greek yogurt with sunflower seeds
Dinner	Grilled mackerel · Roasted vegetables (courgette, pepper, onion) · Bulgur wheat
Hydration	2–3L water + 1 glass beetroot juice

DAY 5 — PLANT-BASED PROTEIN DAY	
Breakfast	Tofu scramble with peppers & turmeric · Rye bread · Fresh orange
Snack	Edamame (100g) + green tea
Lunch	Lentil & vegetable curry · Brown rice · Cucumber raita
Snack	Hemp seed energy balls (oats, hemp, honey)
Dinner	Chickpea & spinach stew · Quinoa · Avocado slices
Hydration	Ginger-lemon water + 2L water

DAY 6 — COLLAGEN & REPAIR FOCUS	
Breakfast	Bone broth soup · 2 eggs (any style) · Whole grain toast
Snack	Papaya slices (Vit C + enzymes) + almonds
Lunch	Slow-cooked chicken (collagen-rich) · Sweet potato mash · Steamed kale
Snack	Pumpkin seed trail mix
Dinner	Baked cod · Lemon-garlic roasted broccoli · Wild rice
Hydration	Collagen-boosting smoothie (berries, spinach, Vit C) + 2L water

DAY 7 — CONSOLIDATION & REST DAY	
Breakfast	Shakshuka (eggs in tomato sauce) · Whole grain bread · Fresh juice
Snack	Mixed berries with Greek yogurt
Lunch	Grilled salmon salad · Avocado · Pumpkin seeds · Balsamic dressing
Snack	Dark chocolate (70%+, 2 squares) + walnuts
Dinner	Lamb & vegetable stew · Mashed cauliflower · Side salad
Hydration	Chamomile tea + 2L water

Supplement Guide

The following supplements support the meal plan. Always consult your surgeon before starting any supplement regimen.

Supplement	Daily Dose	When to Take	Why It Helps
Biotin	5,000 mcg	Morning with food	Strengthens hair shaft & promotes growth
Zinc	15–30 mg	Evening with meal	Repairs follicle tissue, reduces shedding
Vitamin D3	2,000 IU	Morning with fat	Activates dormant hair follicles
Iron (if deficient)	18 mg	Empty stomach + Vit C	Carries oxygen to scalp & follicles
Omega-3 (Fish Oil)	1,000 mg	With any meal	Reduces scalp inflammation
Ginseng Extract	200 mg	Morning	Stimulates follicle proliferation

Hair Growth Food Reference List

Protein Sources	Eggs · Chicken breast · Salmon · Tuna · Greek yogurt · Lentils · Chickpeas · Turkey
Iron-Rich Foods	Spinach · Red meat (lean) · Kidney beans · Pumpkin seeds · Dark chocolate · Tofu · Oysters
Zinc Sources	Beef · Pumpkin seeds · Cashews · Chickpeas · Oysters · Hemp seeds · Whole grains
Biotin Foods	Eggs (yolk) · Almonds · Sweet potato · Avocado · Sunflower seeds · Salmon · Cauliflower
Vitamin C (Iron Absorption)	Bell peppers · Oranges · Kiwi · Strawberries · Broccoli · Tomatoes · Papaya
Anti-Inflammatory	Blueberries · Walnuts · Olive oil · Turmeric · Ginger · Green tea · Dark leafy greens
Avoid / Limit	Alcohol · Processed sugar · Fried foods · Crash diets · Excessive caffeine (>3 cups/day)

Key Nutrition Tips

• **Eat enough protein**	Aim for 1.2–1.6g of protein per kg of body weight daily. Hair is made of keratin — a protein.
• **Never skip Vitamin C with iron**	Pair iron-rich foods with a Vit C source to increase absorption by up to 300%.
• **Stay hydrated**	Dehydration reduces scalp circulation. Drink at least 2L of water daily.
• **Avoid crash diets**	Caloric restriction shocks follicles into shedding phase. Eat in a slight caloric surplus for the first 3 months.
• **Limit alcohol**	Alcohol depletes zinc and biotin — two of the most critical hair growth nutrients.

Important Disclaimer: This meal plan is for general nutritional guidance only. It is not a substitute for medical advice. Always consult your hair transplant surgeon or a registered dietitian before making significant dietary changes, especially if you have existing health conditions or take medications.