

The background features several stylized pink flowers in the corners, rendered in a flat, graphic style. A central, more detailed illustration of a pink flower with green leaves is positioned behind the text.

**PCOS**

**DIET PLAN**

	EARLY MORNING 6- 7am	BREAKFAST 8-9 am	MID MORNING 10- 11am	LUNCH 12-1 pm	EVENING 4- 5pm	DINNER 7- 8pm	BED TIME 9- 10 pm
MON	<ul style="list-style-type: none"> <li>Fenugreek water - 150 ml</li> <li>Almonds ( 5-6 nos)</li> </ul>	<ul style="list-style-type: none"> <li>Green gram dosa - 2 nos</li> <li>Dal - 1/2 cup</li> <li>Boiled egg white - 1 no</li> <li>Vegetable Salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Fruit - ½ cup ( apple , pears, berries, oranges, grapes, guava, kiwi, papaya)</li> <li>Nuts - 10 g</li> </ul>	<ul style="list-style-type: none"> <li>Brown rice - ½ cup</li> <li>Sambhar - ½ cup</li> <li>Vegetable - 1 cups</li> <li>Yogurt - ½ cup</li> </ul>	<ul style="list-style-type: none"> <li>Boiled peanut Salad - ½ cup</li> </ul>	<ul style="list-style-type: none"> <li>Chappathi/ phulka - 2nos</li> <li>Channa curry - ½ cup</li> <li>Ivy gourd Poriyal - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Skimmed milk / low fat milk / soy milk - 100 ml</li> </ul>
TUE	<ul style="list-style-type: none"> <li>Cucumber water - 150 ml</li> <li>Almonds ( 5-6 nos)</li> </ul>	<ul style="list-style-type: none"> <li>Aval idli - 2 to 3 nos</li> <li>Peanut chutney - 1/2 cup</li> <li>Boiled egg - 1 no / Yogurt - ½ cup</li> <li>Vegetable Salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Fruit - ½ cup ( apple , pears, berries, oranges, grapes, guava, kiwi, papaya)</li> <li>Seeds - 10 g</li> </ul>	<ul style="list-style-type: none"> <li>Brown rice - ½ cup</li> <li>Chicken curry/ soya bean curry - ½ cup</li> <li>Stir Fried Vegetables - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Ragi balls - 2 nos</li> </ul>	<ul style="list-style-type: none"> <li>Besan ka chilla -2 nos</li> <li>Paneer bhurji - ½ cup</li> <li>Vegetable Salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Skimmed milk /low fat milk / soy milk - 100 ml</li> </ul>
WED	<ul style="list-style-type: none"> <li>Fennel Water - 150 ml</li> <li>Almonds ( 5-6 nos)</li> </ul>	<ul style="list-style-type: none"> <li>Ragi dosa - 2 nos</li> <li>Soya Chunk Masala - ½ cup</li> <li>Cucumber Salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Fruit - ½ cup ( apple , pears, berries, oranges, grapes, guava, kiwi, papaya)</li> <li>Yogurt - ½ cup</li> </ul>	<ul style="list-style-type: none"> <li>Brown rice - ½ cup</li> <li>Fish Curry/ Tofu Masals - ½ cup</li> <li>Cabbage Poriyal - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Veg soup - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Ragi Idli - 2 nos</li> <li>Mint chutney - 1 tablespoon</li> <li>Stir Fried Tofu - ½ cup</li> <li>Vegetable Salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Skimmed milk / low fat milk / soy milk - 100 ml</li> </ul>
THURS	<ul style="list-style-type: none"> <li>Spearmint tea - 150 ml</li> <li>Pistachio ( 5-6 nos)</li> </ul>	<ul style="list-style-type: none"> <li>Veg poha - 1/2 cup</li> <li>Chana Masala - ½ cup</li> <li>Curd - ½ cup</li> <li>Vegetable Salad -1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Butter milk - 150 ml</li> <li>Fruits - ½ cup</li> </ul>	<ul style="list-style-type: none"> <li>Brown rice - ½ cup</li> <li>Dal Tadks - ½ cup</li> <li>Yogurt - ½ cup</li> <li>Radish Poriyal - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Sweet corn salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Wheat dosa - 2 nos</li> <li>Soya masala - 1/2 cup</li> <li>Vegetable Salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Skimmed milk / low fat milk / soy milk- 100 ml</li> </ul>
FRI	<ul style="list-style-type: none"> <li>Turmeric Water - 150 ml</li> <li>Walnuts ( 5-6 nos)</li> </ul>	<ul style="list-style-type: none"> <li>Wheat upma</li> <li>Boiled egg - 1 no + Boiled egg white - 1 no</li> <li>Onion Tomato Salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Chia pudding with berries - ½ cup</li> </ul>	<ul style="list-style-type: none"> <li>Chappathi - 2 nos</li> <li>Black channa curry - ½ cup</li> <li>Boiled Egg - 1</li> <li>Ladies Finger Poriyal - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Boiled black beans Salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Millet upma - ½ cup</li> <li>Chicken keema - ½ cup</li> <li>Cucumber raita - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Skimmed milk / low fat milk / soy milk - 100 ml</li> </ul>
SAT	<ul style="list-style-type: none"> <li>Ginger tea - 150 ml</li> <li>Pumpkin seed ( 2 teaspoon)</li> </ul>	<ul style="list-style-type: none"> <li>Oats / quinoa - ½ cup</li> <li>Rajma Masala - ½ cup</li> <li>Boiled Egg white - 1 nos</li> <li>Stir fried Vegetables - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Tender Coconut water - ½ cup</li> <li>Sunflower seeds - 2 teaspoon</li> </ul>	<ul style="list-style-type: none"> <li>Veg pulao - ½ cup</li> <li>Green gram - ½ cup</li> <li>Curd - ½ cup</li> <li>Ash gourd Poriyal - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Makana salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Veg kitchadi - ½ cup</li> <li>Boiled Rajma - ½ cup</li> <li>Curd - ½ cup</li> <li>Vegetable Salad - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Skimmed milk / low fat milk / soy milk - 100 ml</li> </ul>
SUN	<ul style="list-style-type: none"> <li>Fenugreek water - 150 ml</li> <li>Watermelon seeds - 2 teaspoon</li> </ul>	<ul style="list-style-type: none"> <li>Veg uttappam - 2 nos</li> <li>Tomato chutney - 1 tablespoon</li> <li>Fish Keema - ½ cup</li> </ul>	<ul style="list-style-type: none"> <li>Strawberry- ½ cup</li> <li>Pumpkin Seed - 2 teaspoon</li> </ul>	<ul style="list-style-type: none"> <li>Brown rice - ½ cup</li> <li>Sambhar - ½ cup</li> <li>Boiled egg - 1 no</li> <li>Spinach Poriyal - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Egg Soup - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Ragi semiya - ½ cup</li> <li>Chana Masala - ½ cup</li> <li>Boiled egg white - 1</li> <li>Stir fried vegetables - 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Skimmed milk / low fat milk / soy milk - 100 ml</li> </ul>

### Dos:

- **Consume complex carbohydrates:** Opt for whole grains like brown rice, quinoa, and whole-wheat bread.
- **Prioritize protein:** Include pulses, soybeans, nuts, and lean meats in your diet.
- **Choose healthy fats:** Incorporate essential fatty acids from nuts and oil seeds.
- **Increase leafy greens and vegetables:** Aim for a variety of vegetables, focusing on green leafy ones.
- **Stay hydrated:** Drink 3-3.5 liters of water per day.
- **Use spices in moderation:** Enjoy the flavors they add without overdoing it.
- **Be active:** Engage in at least 30 minutes of brisk walking daily.
- **Keep moving:** Avoid sitting for extended periods.

### Don'ts:

- **Avoid refined flour items:** Steer clear of processed grains like white bread and pasta.
- **Limit milk intake:** If dairy causes issues, consider alternatives.
- **Avoid refined oil and palm oil:** Opt for healthier oils like sesame, groundnut, and mustard oil.
- **Limit coconut:** Use it sparingly, primarily in chutney.
- **Avoid white sugar**
- **Avoid junk food, bakery items, processed foods, and carbonated drinks:** These are typically high in unhealthy fats, sugars, and additives.

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## DISCLAIMER



The provided diet plan is a general guideline and may not be suitable for everyone. Individual dietary needs can vary based on factors such as age, weight, activity level, and underlying health conditions. Before making any significant changes to your diet, it is strongly recommended to consult with a registered dietitian or healthcare professional who can provide personalized advice tailored to your specific needs and circumstances.

Additionally, please note that this diet plan may not be appropriate if you have allergies or intolerances to certain foods. Always prioritize your health and well-being and consult with a qualified professional for personalized guidance.

If you need specific nutrition guidance book a free nutrition consultation with us.

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