

■ Breakfast (Choose 1 – ~250–300 kcal)

- 1) Methi Thepla (2 small) + Mint chutney – improves insulin sensitivity.
- 2) Vegetable Poha (1 cup, with peanuts & veggies) – light, easy digest.
- 3) Moong Dal Chilla (2 small) + Green chutney – high protein, balances hormones.
- 4) Oats Upma with vegetables (1 cup) – low GI, relieves constipation.
- 5) Smoothie Bowl – Spinach + ½ banana + flaxseed + almond milk – hormone balance & sleep support.

■ Lunch (Choose 1 – ~400–500 kcal)

- 1) Brown Rice (1 cup) + Rajma (¾ cup) + Salad – plant protein & fiber.
- 2) 2 Multigrain Rotis + Lauki Chana Dal Curry + Salad – light & easy digestion.
- 3) Quinoa (1 cup) + Stir-fried Veggies + Tofu (100g) – balances androgens.
- 4) Vegetable Khichdi + Buttermilk (½ glass) – comfort food, improves gut health.
- 5) Bajra Roti (2 small) + Palak Paneer (100g) + Salad – calcium & iron-rich.



■ Dinner (Choose 1 – ~300–400 kcal)

- 1) Vegetable Soup (1 bowl) + 1 Moong Dal Chilla – light & filling.
- 2) Lauki Soup (1 bowl) + 1 small Multigrain Roti – cooling & sleep-friendly.
- 3) Stir-Fried Vegetables (200g) + Grilled Paneer/Tofu (80–100g) – protein & fiber.
- 4) Millet Khichdi (1 small bowl) + Salad – improves sleep, reduces constipation.
- 5) Vegetable Clear Soup + Boiled Sweet Potato (100g) – calming & mood balancing.

■ Strong Detox Water (Choose 1 Daily)

- 1) Methi Seed Water – improves insulin resistance & periods.
- 2) CCF Tea (Cumin + Coriander + Fennel) – improves digestion & bloating.
- 3) Cinnamon + Clove + Ginger Water – balances hormones & aids weight loss.
- 4) Mint + Lemon + Flaxseed Water – refreshing, reduces facial hair, aids sleep.
- 5) Aloe Vera Juice (20 ml) + Tulsi + Warm Water – hormonal balance.



■ Why This Works

- ✓ ■ Protein + fiber = stabilizes blood sugar, reduces insulin resistance.
- ✓ ■ Low GI carbs = prevent sudden spikes, reduce fat storage.
- ✓ ■ Anti-inflammatory spices = reduce cysts & facial hair.
- ✓ ■ Probiotics & fiber = relieve constipation, improve gut health.
- ✓ ■ Magnesium-rich foods = improve sleep & reduce mood swings.

■ Lifestyle Add-ons

- 1) Sleep by 10:30 PM to regulate hormones.
- 2) 30–40 min Yoga/Walk daily.
- 3) Deep breathing/meditation 5 mins before bed for insomnia