

DAY 1

FRIDAY

14-06-2024

EARLY MORNING

06:30 AM

Soaked Methi seeds water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 walnut)  
*soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.*

*Methi helps de-bloat and to get rid of the excess water weight*

BREAKFAST

08:30 AM

Poha (1 katori) , Coriander Chutney (1 teaspoon) , Toned Milk (1 glass)

*cook 1 cup poha with good portion chopped vegetables, have milk without sugar after 25mins*

MID MEAL

11:00 AM

Apple (5 slice) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)

*if not apple can take-Peach, Pear, Banana, Papaya, Guava, Pomegranate, Kiwi, Mango, Blueberries, Strawberries.*

*Spinkle seed on fruit*

LUNCH

01:30 PM

Oats Roti (2 roti/chapati) , Lauki Chane Ki dal (1 cup) , Zeera Raita (1 katori) , Tomato Cucumber Salad (1 katori)

**To make oats Roti- Take 50% oats atta + 50% normal atta.**

**Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health**

EVENING

05:00 PM

Roasted Salted Makhana (1 cup) , Spearmint Tea (1 teacup)

*Have tea either 15-20 minutes before or after the snack. So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

08:00 PM

Daliya With Green Beans (1 bowl) , Mint Chutney (1 teaspoon)

*add 1 cup daliya and add good portion vegetables + add boiled beans.*

POST DINNER

09:30 PM

Turmeric Warm Water (1 glass)

**Boil 1 glass water, add pinch turmeric in it. Have it at room temperature (the spice is used to treat pain and swelling)**

DAY 2

SATURDAY

15-06-2024

EARLY MORNING

06:30 AM

Soaked Methi seeds water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 walnut)  
*soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.*

*Methi helps de-bloat and to get rid of the excess water weight*

BREAKFAST

08:30 AM

Grilled Vegetable Sandwich (1 sandwich)

*Use 2 multigrain breadslices and stuff with vegetables like onion,tomato and capsicum*

MID MEAL

11:00 AM

Banana, ripe (1 cup, sliced) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)  
*if not banana can take-Peach, Pear, Apple, Papaya, Guava, Pomegranate, Kiwi, Mango, Blueberries, Strawberries. Spinkle seed on fruit*

LUNCH

01:30 PM

Oats Roti (2 roti/chapati) , Bhindi Masala (1 katori) , tomato onion salad (1 katori) , Curd (1 katori)  
**To make oats Roti- Take 50% oats atta + 50% normal atta.**

*Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.*

EVENING

05:00 PM

Murmura Chiwda Roasted (1 katori) , Spearmint Tea (1 teacup)

*Have tea either 15-20 minutes before or after the snack. So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

08:00 PM

Oats Roti (2 roti/chapati) , Ghiya Ki Subzi (1 katori) , tomato onion salad (1 katori)

**To make oats Roti- Take 50% oats atta + 50% normal atta**

*Oats are high infiber helps to boost metabolism*

POST DINNER

09:30 PM

Turmeric Warm Water (1 glass)

**Boil 1 glass water, add pinch turmeric in it. Have it at room temperature** (the spice is used to treat pain and swelling)

DAY 3

SUNDAY

16-06-2024

EARLY MORNING

06:30 AM

Soaked Methi seeds water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 walnut)  
*soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.*

*Methi helps de-bloat and to get rid of the excess water weight*

BREAKFAST

08:30 AM

Upma (1 katori) , Coriander Chutney (1 teaspoon) , Toned Milk (1 glass)  
*(take 2tbsp suji, roast on wok for 1-2minutes, add 100ml water, finely chopped vegetables, mix together, garnish with curry leaves) (1 quarter plate)*

*Have milk without sugar after 20mins*

MID MEAL

11:00 AM

Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon) , Apple (1 cup, quartered or chopped)

*if not Guava can take-Peach, Pear, Banana, Papaya, Apple, Pomegranate, Kiwi, Mango, Blueberries, Strawberries.**Spinkle seed on fruit*

LUNCH

01:30 PM

Oats Roti (2 roti/chapati) , Punjabi chole (1 katori) , Curd (1 katori) , Tomato Cucumber Salad (1 katori)

*To make oats Roti- Take 50% oats atta 50% normal atta.*

*Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.*

*Oats are high infiber helps to boost metabolism*

EVENING

05:00 PM

roasted kala chana (3 tablespoon) , Spearmint Tea (1 teacup)

*Have tea either 15-20 minutes before or after the snack. So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

08:00 PM

Boiled Chole and Rajma with Onion Ginger Green Chillies and Chat Masala (1 cup) , Mixed Vegetable Soup (1 bowl)

*add 2 tbsp boiled chole and 2 tbsp boiled rajma, add onion + green chillis + add tomato + squeeze lemon juice. Cook soup at home without cornstarch*

POST DINNER

09:30 PM

Turmeric Warm Water (1 glass)

**Boil 1 glass water, add pinch turmeric in it. Have it at room temperature** (the spice is used to treat pain and swelling)

DAY 4

MONDAY

17-06-2024

EARLY MORNING

06:30 AM

Soaked Methi seeds water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 walnut)  
*soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.*

*Methi helps de-bloat and to get rid of the excess water weight*

BREAKFAST

08:30 AM

Vegetable Barley Daliya (1 bowl) , Coriander Chutney (1 teaspoon)  
*cook with good portion vegetables*

MID MEAL

11:00 AM

Apple (5 slice) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)  
*if not apple can take-Peach, Pear, Banana, Papaya, Guava, Pomegranate, Kiwi, Mango, Blueberries, Strawberries.*

*Spinkle seed on fruit*

LUNCH

01:30 PM

Vegetable Pulao (1 bowl) , Bathua Raita (1 katori) , Tomato Cucumber Salad (1 katori)  
**cook rice in excess of water and remove the starch**

**Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.**

EVENING

05:00 PM

Whole Wheat Mathri (1 mini mathri) , Spearmint Tea (1 teacup)

*Have tea either 15-20 minutes before or after the snack. So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

08:00 PM

Milk Dalia without Sugar (1 bowl) , Multigrain Toast (1 toast)

*add 2-3 tbsp whole wheat dalia and add 1 cup skimmed milk without sugar*

POST DINNER

09:30 PM

Turmeric Warm Water (1 glass)

**Boil 1 glass water, add pinch turmeric in it. Have it at room temperature** (the spice is used to treat pain and swelling)

DAY 5

TUESDAY

18-06-2024

EARLY MORNING

06:30 AM

Soaked Methi seeds water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 walnut)  
*soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.*

*Methi helps de-bloat and to get rid of the excess water weight*

BREAKFAST

08:30 AM

Wheat Flakes With Milk (1 bowl)

*Add 2-3 tablespoon wheat flakes in 1 cup low fat milk. Add chopped nuts and seeds on the top.*

MID MEAL

11:00 AM

Coconut water (1 glass) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)

*if not pear can take-Peach, Apple, Banana, Papaya, Guava, Pomegranate, Kiwi, Mango, Blueberries, Strawberries.***Spinkle seed on fruit**

LUNCH

01:30 PM

Oats Roti (2 roti/chapati) , plain toor dal (1 katori) , Zeera Raita (1 katori) , Tomato Cucumber Salad (1 katori)

*To make oats Roti- Take 50% oats atta 50% normal atta.*

*Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.*

EVENING

05:00 PM

Spearment Tea (1 teacup) , Makhana (1 cup)

*Have tea either 15-20 minutes before or after the snack. So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

08:00 PM

Oats Roti (2 roti/chapati) , Mixed Vegetable (1 katori) , tomato onion salad (1 katori)

*To make oats Roti- Take 50% oats atta 50% normal atta.*

*Oats are high infiber helps to boost metabolism*

POST DINNER

09:30 PM

Turmeric Warm Water (1 glass)

**Boil 1 glass water, add pinch turmeric in it. Have it at room temperature** (the spice is used to treat pain and swelling)

DAY 6

WEDNESDAY

19-06-2024

EARLY MORNING

06:30 AM

Soaked Methi seeds water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 walnut)  
*soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.*

*Methi helps de-bloat and to get rid of the excess water weight*

BREAKFAST

08:30 AM

Oats Vegetable Upma (1 bowl) , Coriander Chutney (1 teaspoon)  
*add 2 tbsp oats with good portion vegetables*

*Oats are high infiber helps to boost metabolism*

MID MEAL

11:00 AM

Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon) , Watermelon (1 cup, diced)  
*if not guava can take-Peach, Pear, Banana, Papaya, Apple, Pomegranate, Kiwi, Mango, Blueberries, Strawberries.**Spinkle seed on fruit*

LUNCH

01:30 PM

Oats Roti (2 roti/chapati) , Paneer Bhurji (1 katori) , Tomato Cucumber Salad (1 katori) , Mixed vegetable raita (1 katori)

*To make oats Roti- Take 50% oats atta + 50% normal atta. Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.*

EVENING

05:00 PM

Murmura Chiwda Roasted (1 katori) , Spearmint Tea (1 teacup)

*Have tea either 15-20 minutes before or after the snack. So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

08:00 PM

Grilled Paneer Tikka (6 tikka) , Mixed Vegetable Soup (1 bowl)

*Avoid adding cornstarch in soup. Use 30gm paneer marinate in curd and spices and grill on tawa.*

POST DINNER

09:30 PM

Turmeric Warm Water (1 glass)

*Boil 1 glass water, add pinch turmeric in it. Have it at room temperature (the spice is used to treat pain and swelling)*

DAY 7

THURSDAY

20-06-2024

EARLY MORNING

06:30 AM

Soaked Methi seeds water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 walnut)  
*soak 1 tsp methi seeds in 1 glass water, boil next morning. Strain and have at Room temperature.*

*Methi helps de-bloat and to get rid of the excess water weight*

BREAKFAST

08:30 AM

Mix Dal Cheela with Methi (2 cheela) , Coriander Chutney (1 teaspoon)  
*cook cheela in minimum oil*

MID MEAL

11:00 AM

Kiwi (1 fruit) , Coconut water (1 coconut) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)

*if not kiwi can take-Peach, Pear, Banana, Papaya, Guava, Pomegranate, Apple, Mango, Blueberries, Strawberries.**Spinkle seed on fruit*

LUNCH

01:30 PM

Oats Roti (2 roti/chapati) , Aloo Matar Gajar Shimla Mirch Sabji (1 bowl) , Palak Raita (1 katori) , Tomato Cucumber Salad (1 katori)

*Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.*

*Oats are high infiber helps to boost metabolism*

EVENING

05:00 PM

Spearmint Tea (1 teacup) , roasted kala chana (1 katori)

*Have tea either 15-20 minutes before or after the snack. So, that the tannins in the tea doesn't interfere with the absorption of nutrients.*

DINNER

08:00 PM

Soya Daliya (1 bowl)

*2 tablepoon namkeen daliya with added vegetables and 15 grams chopped soya nuggets or chunks.Pressure cook till 2 whistle and have.*

POST DINNER

09:30 PM

Turmeric Warm Water (1 glass)

*Boil 1 glass water, add pinch turmeric in it. Have it at room temperature (the spice is used to treat pain and swelling)*

## ADDITIONAL NOTES

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### Important Notes:

- Eat less salt Increase food like- green leafy vegetables, whole grains, nuts etc.
- Add short and frequent meals, chew food properly.
- Walking post meals (post lunch and dinner after 20mins for 15-17mins)  
Seed cycle- 1 tbsp sunflower seeds + sesame seeds/ 1 tbsp flax seeds + pumpkin seeds - (Practice seed cycling – 4 types of seeds are included in it- pumpkin seeds, flax seeds, sesame seeds and sunflower seeds. Starting from your day of menses to day 14th have pumpkin & flax seeds for the estrogen boost and from day 14 to 28th day your menses start having sesame + sunflower seeds for the progesterone boost.)  
Please check and share empty stomach weight on the last day of your diet chart

### PCOS Guidelines:

- Avoid having refined sugar in any form, instead have natural sugar in the form of fruits.
- Incorporate a good amount of fibre in the form of fruits, salads, nuts and seeds as it promotes overall health.
- 45 mins of physical activity is necessary in your daily routine.
- Ensure to have an adequate and sound sleep of 7-8 hours.
- Manage stress levels effectively. Try doing meditation and breathing exercises.
- Have short and frequent meals.
- Avoid consuming processed food items like pickles, papads, carbonated drinks and chips.
- Make sure to have at least 2-3 litres of water daily to maintain electrolyte balance.

### Tips to add more fibre in diet:-

- Add salad to your sandwich fillings.
- Stuff rotis with vegetables to ensure more fibre intake.
- Steaming vegetables rather than boiling helps reduce the loss of vitamins in cooking.
- Avoid sugar, honey-coated or chocolate based breakfast cereals.
- Use tomato-based sauces instead of creamy or cheese based ones.