

## 7-Day Natural PCOS Routine Plan

Daily fixed rules: Wake up 6:30–7:00 am | Sleep 10:30–11:00 pm 30 min walk daily | 10–15 min sunlight Seeds: 1 tsp flaxseed + 1 tsp pumpkin seeds daily DAY 1 Morning: Warm water + methi water, sunlight, deep breathing Breakfast: Moong dal chilla + paneer Lunch: 2 roti + dal + sabzi + salad Evening: Spearmint tea + roasted chana Dinner: Vegetable soup + multigrain roti Bedtime: Shatavari in warm milk DAY 2 Morning: Jeera water Breakfast: Vegetable oats Lunch: Curd rice (small) + beetroot sabzi Evening: Buttermilk + makhana Dinner: Paneer bhurji + vegetables DAY 3 Morning: Methi water + yoga Breakfast: 2 eggs / paneer + multigrain toast Lunch: Roti + chole + salad Evening: Spearmint tea + peanuts Dinner: Vegetable khichdi + ghee DAY 4 Morning: Lemon warm water + brisk walk Breakfast: Besan cheela + curd Lunch: Brown rice + rajma + salad Evening: Buttermilk + roasted seeds Dinner: Lauki chana dal + roti DAY 5 Morning: Methi water + Surya namaskar Breakfast: Peanut butter toast + egg/paneer Lunch: Roti + paneer sabzi + salad Evening: Spearmint tea + makhana Dinner: Spinach soup + mushrooms DAY 6 Morning: Jeera water + dance/walk Breakfast: Vegetable poha Lunch: Dal + roti + bhindi + salad Evening: Buttermilk + roasted chana Dinner: Vegetable daliya DAY 7 Morning: Warm water + relaxation breathing Breakfast: Oats + chia + nuts Lunch: Moong dal + roti + veg Evening: Spearmint tea Dinner: Carrot soup + paneer Avoid: Sugar, bakery items, cold drinks, skipping meals. Hydration: 2–2.5 litres water daily.