

DAY 1

FRIDAY

14-06-2024

EARLY MORNING

06:00 AM

Cinnamon Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))
Soak 2-3 sticks of cinnamon in 1 glass of water overnight, boil and sieve the next morning and consume the water in lukewarm temperature. (Cinnamon has anti-inflammatory properties, boosts metabolism and regularizes period cycle)

BREAKFAST

09:00 AM

Palak Appam (4 piece) , Coconut chutney (1 teaspoon)

MID MEAL

11:30 AM

Apple (1 medium) , Flax Seeds (1 teaspoon, whole) , Pumpkin seed (1 teaspoon)

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Moong Dal (1 katori) , Onion Tomato Raita (1 katori) , Cucumber Beetroot 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

Murmura channa roasted namkeen (1 katori) , Lukewarm Lemon water (1 cup)

DINNER

08:00 PM

Oats Roti (2 roti/chapati) , Parwal Curry (1 katori) , tomato onion salad (1 katori)

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

POST DINNER

09:00 PM

Fennel seed water (1 glass)

Take 1 teaspoon fennel seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 2

SATURDAY

15-06-2024

EARLY MORNING

06:00 AM

Cinnamon Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))
Soak 2-3 sticks of cinnamon in 1 glass of water overnight, boil and sieve the next morning and consume the water in lukewarm temperature. (Cinnamon has anti-inflammatory properties, boosts metabolism and regularizes period cycle)

BREAKFAST

09:00 AM

Poha (1 bowl) , Mint Lemon Water (1 glass)

MID MEAL

11:30 AM

Watermelon (1 cup, diced) , Pumpkin seed (1 teaspoon) , Flax Seeds (1 teaspoon, whole)

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Jeera Lauki (1 bowl) , Tomato Cucumber 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

Lukewarm Lemon water (1 cup) , Makhana (1 cup)

DINNER

08:00 PM

Oats Roti (2 roti/chapati) , Bhindi Bhaji (1 katori) , Boiled Moong Chana Salad (1 katori)

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

POST DINNER

09:00 PM

Fennel seed water (1 glass)

Take 1 teaspoon fennel seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 3

SUNDAY

16-06-2024

EARLY MORNING

06:00 AM

Cinnamon Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))
Soak 2-3 sticks of cinnamon in 1 glass of water overnight, boil and sieve the next morning and consume the water in lukewarm temperature. (Cinnamon has anti-inflammatory properties, boosts metabolism and regularizes period cycle)

BREAKFAST

09:00 AM

Vegetable Oats (1 bowl) , boiled egg white (2 egg white)

MID MEAL

11:30 AM

Apple (1 medium) , Flax Seeds (1 teaspoon, whole) , Pumpkin seed (1 teaspoon)

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Chana Kundru Sabji (1 katori) , Onion Tomato Raita (1 katori) ,
Cucumber Beetroot 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

Lukewarm Lemon water (1 cup) , roasted kala chana (2 tablespoon)

DINNER

08:00 PM

Oats Roti (2 roti/chapati) , Tori Sabji (1 katori) , tomato onion salad (1 katori)

To make oats Roti- Take 50% oats atta + 50% normal atta. If not tori, you can replace it with other green vegetables like kundru, tori, tinda, bittergourd(karela), beans.

POST DINNER

09:00 PM

Fennel seed water (1 glass)

Take 1 teaspoon fennel seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 4

MONDAY

17-06-2024

EARLY MORNING

06:00 AM

Cinnamon Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))
Soak 2-3 sticks of cinnamon in 1 glass of water overnight, boil and sieve the next morning and consume the water in lukewarm temperature. (Cinnamon has anti-inflammatory properties, boosts metabolism and regularizes period cycle)

BREAKFAST

09:00 AM

Papaya, ripe (1 Bowl)

MID MEAL

11:30 AM

Coconut water (1 glass) , Flax Seeds (1 teaspoon, whole) , Pumpkin seed (1 teaspoon)

LUNCH

02:00 PM

Apple (1 medium) , Makhana (1 cup)

EVENING

05:00 PM

Watermelon (1 cup, diced)

DINNER

08:00 PM

Oats Roti (2 roti/chapati) , French Beans with Tomato Curry (1 katori) , Tomato Cucumber Salad (1 katori)
To make oats Roti- Take 50% oats atta + 50% normal atta

POST DINNER

09:00 PM

Fennel seed water (1 glass)
Take 1 teaspoon fennel seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 5

TUESDAY

18-06-2024

EARLY MORNING

06:00 AM

Cinnamon Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))
Soak 2-3 sticks of cinnamon in 1 glass of water overnight, boil and sieve the next morning and consume the water in lukewarm temperature. (Cinnamon has anti-inflammatory properties, boosts metabolism and regularizes period cycle)

BREAKFAST

09:00 AM

Upma (1 bowl)

MID MEAL

11:30 AM

Papaya, ripe (1 Bowl) , Flax Seeds (1 teaspoon, whole) , Pumpkin seed (1 teaspoon)

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Mixed Vegetable (1 katori) , Cucumber Beetroot Salad (1 katori) , Curd (1 katori)

To make oats Roti- Take 50% oats atta + 50% normal atta. Don't add potatoes in the mix veg
.Curd should be incorporated in your afternoon meal every day for excellent source of probiotics for improving your gut health.

EVENING

05:00 PM

Lukewarm Lemon water (1 cup) , Murmura with Pyaz and Tamatar (1 katori)

DINNER

08:00 PM

Oats Roti (2 roti/chapati) , Beetroot Curry (1 katori) , Carrot Onion Salad (1 katori)

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

POST DINNER

09:00 PM

Fennel seed water (1 glass)

Take 1 teaspoon fennel seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 6

WEDNESDAY

19-06-2024

EARLY MORNING

06:00 AM

Cinnamon Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))
Soak 2-3 sticks of cinnamon in 1 glass of water overnight, boil and sieve the next morning and consume the water in lukewarm temperature. (Cinnamon has anti-inflammatory properties, boosts metabolism and regularizes period cycle)

BREAKFAST

09:00 AM

Vermicelli with Mixed Vegetable (1 bowl)

MID MEAL

11:30 AM

Pears (1 small) , Flax Seeds (1 teaspoon, whole) , Pumpkin seed (1 teaspoon)

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Paneer Capsicum Tomato Onion Sabji (1 katori) , Zeera Raita (1 katori)
, tomato onion salad (1 katori)
To make Roti, Take 50% oats atta + 50% normal atta.

EVENING

05:00 PM

Lukewarm Lemon water (1 cup) , Makhana (1 cup)

DINNER

08:00 PM

Grilled Paneer Sandwich (1 sandwich) , Mint Chutney (1 teaspoon) , Onion Salad (1 katori)
Use 2 multigrain bread, add mint chutney as a spread and add 50gm paneer bhurji as a filling for the sandwich

POST DINNER

09:00 PM

Fennel seed water (1 glass)
Take 1 teaspoon fennel seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

DAY 7

THURSDAY

20-06-2024

EARLY MORNING

06:00 AM

Cinnamon Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))
Soak 2-3 sticks of cinnamon in 1 glass of water overnight, boil and sieve the next morning and consume the water in lukewarm temperature. (Cinnamon has anti-inflammatory properties, boosts metabolism and regularizes period cycle)

BREAKFAST

09:00 AM

Oats Rava Idli (3 idli(regular)) , Coconut chutney (1 tablespoon) , Moong Dal Sambhar (1 katori)

MID MEAL

11:30 AM

Flax Seeds (1 teaspoon, whole) , Pumpkin seed (1 teaspoon) , Watermelon (1 cup, diced)

LUNCH

02:00 PM

Boiled Rice (1 bowl) , Egg Curry (1 katori) , Onion Tomato Raita (1 katori) , Cucumber Beetroot Salad (1 bowl)

[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 channa roasted namkeen (1 katori) , Lukewarm Lemon water (1 cup)

DINNER

08:00 PM

Daliya with Dal and Vegetable (1 bowl) , tomato onion salad (1 katori)

POST DINNER

09:00 PM

Fennel seed water (1 glass)
Take 1 teaspoon fennel seeds, boil in 1 glass water. Sieve and have it at lukewarm temperature.

ADDITIONAL NOTES

Important Notes:

Prefer doing early dinners as mentioned in the diet chart

Try to have post meal walks for 10-15 min.

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.