

DAY 1

THURSDAY

13-06-2024

EARLY MORNING

07:00 AM

Aloe Vera Juice with Lukewarm Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

(Add 1 table spoon aloe vera juice in 1glass water and have)

Aloe vera helps to flush out toxins and boost metabolism,resolving constipation issue

BREAKFAST

08:00 AM

Apple Cinnamon Overnight Oats (1 bowl)

Soak 2 tbsp oats in 1 cup curd overnight.Add chopped fruits and crushed nuts and serve

MID MEAL

11:00 AM

Coconut water (1 glass) , Guavas (1 fruit)

Maintain a gap of 30 minutes for better absorption of nutrients

Preferable fruits: Apple,Papaya, Pomegranate, Guava,Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Paneer stuffed moong dal cheela (2 cheela) , Coriander Chutney (1 tablespoon) , Tomato Cucumber Salad (1 cup)

EVENING

05:00 PM

Spearmint Tea (1 teacup) , Makhana chaat (1 small katori) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

08:00 PM

Mixed Grain Dalia with Mixed Vegetables (1 bowl) , Tossed Green Salad (1 cup)

POST DINNER

10:00 PM

Jeera Water (1 glass)

(Add 1 teaspoon of cumin/jeera seeds in 1 glass of water, boil, sieve & have luke warm) It helps to improve the metabolic rate, resolving digestive discomforts

DAY 2

FRIDAY

14-06-2024

EARLY MORNING

07:00 AM

Aloe Vera Juice with Lukewarm Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

(Add 1 table spoon aloe vera juice in 1glass water and have)

Aloe vera helps to flush out toxins and boost metabolism,resolving constipation issue

BREAKFAST

09:00 AM

Aloo Stuffed Roti (1 roti/chapati) , Curd (1 cup) , Coriander Chutney (1 tablespoon)

Avoid adding ghee/oil to chapatis.For roti- Use the configuration -100% Oats flour (wheat for binding only incase required,knead the dough with luke warm water)

MID MEAL

11:00 AM

Banana, ripe (1 small)

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Mixed Vegetable (1 cup) , Mixed vegetable raita (1 cup)

Avoid adding ghee/oil to chapatis.For roti- Use the configuration -100% Oats flour (wheat for binding only incase required,knead the dough with luke warm water)

EVENING

05:00 PM

Spearmint Tea (1 teacup) , roasted kala chana (1 cup) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

08:00 PM

Capsicum Paneer Broccoli Salad (1 bowl)

Keep more of broccoli (steamed or sauteed) and 50gm diced paneer (raw or roasted)

POST DINNER

10:00 PM

Jeera Water (1 glass)

(Add 1 teaspoon of cumin/jeera seeds in 1 glass of water, boil, sieve & have luke warm)

It helps to improve the metabolic rate, resolving digestive discomforts

DAY 3

SATURDAY

15-06-2024

EARLY MORNING

07:00 AM

Aloe Vera Juice with Lukewarm Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

(Add 1 table spoon aloe vera juice in 1glass water and have)

Aloe vera helps to flush out toxins and boost metabolism,resolving constipation issue

BREAKFAST

09:00 AM

Soya Oats Tikki (3 cutlet/tikki) , Curd Mint Dip (1 katori)

Blend soaked soya chunks,add 1 spoon ground oats,chopped onion green chilly coriander and salt to make a mash.Shape it into cutlets and cook over non stick pan using less oil

MID MEAL

11:00 AM

Guavas (1 fruit) , Buttermilk (1 glass)

Maintain a gap of 30 minutes for better absorption of nutrients

Preferable fruits: Apple,Papaya, Pomegranate, Guava,Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Brown rice (1 cup) , Moong Dal (1 katori) , Curd (1 cup) , Tomato Cucumber Salad (1 katori)

EVENING

05:00 PM

Spearmint Tea (1 teacup) , Boiled Chana with Onion Tomato (1 cup) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

08:00 PM

Apple and Oats Smoothie (1 glass)

Blend 1 apple,1bsp oats in 1cup curd and top with 1tsp chia seeds and nuts.Avoid adding sugar,honey,jaggery.

POST DINNER

10:00 PM

Jeera Water (1 glass)

(Add 1 teaspoon of cumin/jeera seeds in 1 glass of water, boil, sieve & have luke warm) It helps to improve the metabolic rate, resolving digestive discomforts

DAY 4

SUNDAY

16-06-2024

EARLY MORNING

07:00 AM

Aloe Vera Juice with Lukewarm Water (1 glass) , Soaked Almond (5 almond) , Soaked Walnut (2 piece (half of one))

(Add 1 table spoon aloe vera juice in 1glass water and have)

Aloe vera helps to flush out toxins and boost metabolism,resolving constipation issue

BREAKFAST

09:00 AM

Oats Gobhi Cheela (2 piece) , Mint Chutney (1 tablespoon) , Curd (1 cup)

MID MEAL

11:00 AM

Papaya, ripe (1 cup 1" pieces) , Mint Lemon Water (1 glass)

Maintain a gap of 30 minutes for better absorption of nutrients

Preferable fruits: Apple,Papaya, Pomegranate, Guava,Kiwi, Orange, Pear, Pineapple.

LUNCH

02:00 PM

Oats Roti (2 roti/chapati) , Paneer Bhurji (1 cup) , Curd (1 katori) , Tomato Cucumber Salad (1 katori)

Avoid adding ghee/oil to chapatis.For roti- Use the configuration -100% Oats flour (wheat for binding only incase required,knead the dough with luke warm water)

EVENING

05:00 PM

Spearmint Tea (1 teacup) , Bhel Salad (1 bowl) , Sesame seeds (1 teaspoon) , Sunflower seeds (1 teaspoon)

Have tea within a gap of 20 mins so that the tannins in the tea doesn't interfere with the absorption of nutrients.

DINNER

08:00 PM

Mixed Vegetable Uttapam Without Oil (2 uttapam) , Coconut chutney (1 tablespoon)

POST DINNER

10:00 PM

Jeera Water (1 glass)

(Add 1 teaspoon of cumin/jeera seeds in 1 glass of water, boil, sieve & have luke warm) It helps to improve the metabolic rate, resolving digestive discomforts

ADDITIONAL NOTES

Important Notes:

HAVE 1 LITRE CHIA MINT WATER THROUGHOUT THE DAY TO BOOST YOUR METABOLIC RATE

Include zinc rich foods like (lentils,pumpkin seeds,hemp seeds,watermelon seeds,oatmeal,curd,tofu,brown rice,spinach,mushroom,whole grain,moong,almonds,etc) in diet to regulate hormone function

Include folate rich foods in diet like beans,sunflower seeds,fresh fruits,whole grain,peanuts,etc

Include antioxidant and vitamin c rich foods to improve hormone levels

Ensure to have overnight soaked nuts daily to improve omega3 which ultimately helps with inflammations in the body

Keep small and frequent meals throughout the day For copper, include nuts,whole grain,beans as it helps collagen formation

DO CHECK YOUR EMPTY STOMACH WEIGHT AND INCH MEASUREMENTS ON LAST DAY OF DIET

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.