

PCOD : NON-VEGETARIAN

- **7:30AM:** Green tea, aloe vera juice.
- **8:30-9AM:** BREAKFAST- 4 Idli + Sambar 1/2 cup/ 1 table spoon Green chutney/ Tomato Chutney. 2 Slice brown bread.+1 slice low fat cheese+2 Boiled egg white.
- **11AM:** SNACK- - 1 Portion fruit(Limit the intake of high energy fruits. Eg: Banana, Jack fruit, Mango, Chikku.).
- **12:30-1AM:** LUNCH- 3 Chappati+ 1/2 cup cluster beans subji+ Fish curry(100g fish) 1/2 cup. 1 cup rice+ chicken curry(150 gm chicken+ 1 cup cucumber salad. 1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup+ 1/2 cup low fat curd. 1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup+ 1/2 cup low fat curd.
- **4PM-** SNACKS--1 Cup light tea+ Brown rice flakes poha 1 cup/ 2 wheat rusk.
- **6:30-7:30PM:** DINNER—2 Roti / chappathi+Ridge guard subji 1/2 cup, mix veg curry, Brocken wheat upma 1 cup+ 1/2 cup green beans subji.
- **9-10PM:** Milk(if hungry).

○ **DON'TS:**

GRADUALLY INCREASE THE INTAKE OF HIGH FIBRE CARBOHYDRATES.
EMPHASIZE LEAN PROTEIN FOODS.
INCLUDE MONO UNSATURATED AND OMEGA 3 FATTY ACID FOODS.
INCLUDE DIFFERENT FRUITS AND VEGETABLES.
DRINK MINIMUM 2 LITRES OF WATER.
DO REGULAR EXERCISE.

DO'S

DO NOT SKIP MEALS.
DON'T TAKE HEAVY MEALS AT A TIME.
AVOID PROCESSED JUICES AND SOFT DRINKS.
AVOID DEEP FRIED FOODS.

FOOD ITEMS YOU CAN EASILY CONSUME:

CEREAL: BROWN RICE, WHOLE WHEAT, OATS, JOWAR, BAJRA, RAGI

PULSES: RED GRAM, GREEN GRAM, BLACK GRAM, BENGAL GRAM

VEGETABLES: ALL GOURDS-BITTER GOURD, SNAKE GOURD, RIDGE GOURD, BOTTLE GOURD, IVY GOURD, LADIES FINGER, TINDA, GREEN LEAFY VEGETABLES.

FRUITS: CITRUS FRUITS-ORANGE, MOUSAMBI, GRAPE FRUIT, LEMON;

BERRIES-STRAWBERRY, BLUEBERRY, BLACK BERRY; CRANBERRY, CHERRIES, PAPAYA, PINEAPPLE, GUAVA.

MILK AND MILK PRODUCTS: LOW FAT MILK, LOW FAT CURD.

MEAT, FISH & EGG: SKIN OUT CHICKEN, EGG WHITE, FISH LIKE SALMON, SARDINES, TROUT, MACKEREL, TUNA.

OIL: 2 TSP (10ML)

SUGAR: 2 TSP (10GM)



FIBRE INTAKE

Eat lots of fibre. It makes you feel full and keeps you from overeating.



MEAL FREQUENCY

Eat small but frequent meals. This will help strengthen your metabolism.



FLAX SEEDS

Add Flax seeds to your regular diet.



FISH

Seafood, also known as Lean Meat, is good.



GREEN VEGGIES

Green Leafy vegetables are a must addition to your daily diet.



DAIRY PRODUCE

Avoid Dairy products as much as possible. They increase insulin in your body.



HI-GLYCEMIC FOODS

Avoid foods with high glycemic value. They are harder to break down.



RED MEAT

Avoid red meat. It may increase infertility risk.



SATURATED FATS

AVOID SATURATED FATS.



REFINED GRAIN

Try and avoid refined grains (Maida) as much as possible.