

1-Day Veg Diet Plan (PCOS & Thyroid Friendly)

Morning Start (7:00 AM)

- Warm water + ½ lemon + 1 tsp soaked chia seeds
- 1 tsp soaked fenugreek (methi) seeds (chew or swallow)
- Optional: pinch of turmeric or cinnamon

Breakfast (8:00-8:30 AM)

- Moong Dal Chilla (2) with spinach & grated carrots + mint chutney
- 4 soaked almonds + 1 walnut

Mid-Morning (10:30-11:00 AM)

- 1 bowl papaya
- 1 cup coconut water or spearmint tea

Lunch (1:00-1:30 PM)

- 1 millet roti (bajra or jowar)
- Lauki (bottle gourd) sabzi
- Masoor or moong dal (small bowl)
- Cucumber + beetroot salad with lemon & flaxseed topping

Evening Snack (4:30 PM)

- Spearmint or fennel tea
- Roasted makhana (8 pcs) or pumpkin seeds (1 tbsp)

Dinner (7:00-7:30 PM)

- Clear vegetable soup (carrot, lauki, celery, spinach)
- ½ cup moong dal khichdi with ghee & jeera tadka

Bedtime (9:30 PM)

- Warm turmeric milk (almond or oat milk)
- Optional: 1 tsp soaked sesame seeds

Quick Tips

- Use Himalayan pink salt to support thyroid health
- Drink 2.5-3 liters of water daily
- Add 20-30 min of walking or yoga

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- Avoid dairy-heavy foods, refined sugar, white bread/pasta