

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

Custom Vegetarian Diet Plan

This 7-day meal plan is tailored for women with PCOS and thyroid issues, aiming for weight loss, reduced bloating, increased energy, and improved skin health. It's rich in fiber, plant-based protein, hormone-balancing seeds, low-GI grains, and avoids dairy, soy, refined sugar, and gluten-heavy foods.

Day 1

Morning: Warm lemon water + chia + turmeric

Breakfast: Moong dal chilla + mint chutney + soaked almonds (5)

Mid-Morning: Papaya + coconut water

Lunch: 1 roti (gluten-free if possible) + lauki sabzi + moong dal + cucumber salad

Snack: Spearmint tea + roasted chana

Dinner: Veg soup + 1/2 cup moong khichdi (with veggies)

Bedtime: Golden milk (almond milk + turmeric + ashwagandha)

Day 2

Morning: Warm water + soaked fenugreek seeds (1 tsp)

Breakfast: Veg oats porridge (almond milk) + soaked walnuts (4)

Mid-Morning: Pomegranate + fennel tea

Lunch: 1 millet roti + palak tofu + masoor dal + beetroot salad

Snack: Green tea + roasted makhana

Dinner: Millet salad + lemon dressing

Bedtime: Sesame seeds (1 tsp) + warm water

Day 3

Morning: Jeera water + 1 date

Breakfast: Poha (with veggies & curry leaves) + almonds (4)

Mid-Morning: Apple + mint tea

Lunch: Roti + bhindi + tuvar dal + carrot salad

Snack: Pumpkin seeds (1 tbsp) + tulsi tea

Dinner: Bottle gourd soup + stir-fry veg + 1 roti

Bedtime: Cinnamon water

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

Day 4

Morning: Lemon water + chia + turmeric

Breakfast: Chia pudding (almond milk + flax + berries)

Mid-Morning: Amla juice + 1 banana (small)

Lunch: Quinoa pulao + veggie curry + curd (if tolerated)

Snack: Jaggery + sesame combo + spearmint tea

Dinner: Moong khichdi + beet raita

Bedtime: Golden milk

Day 5

Morning: Methi seeds water (1 tsp soaked)

Breakfast: Spinach smoothie (with banana, flax, almond milk)

Mid-Morning: Orange + fennel seeds

Lunch: 1 roti + cabbage stir-fry + moong dal

Snack: Green tea + 6 roasted makhana

Dinner: Lentil soup + 1 small boiled sweet potato

Bedtime: Warm cinnamon water

Day 6

Morning: Warm ajwain water

Breakfast: Veg upma + almonds (4) + 1 date

Mid-Morning: Coconut water + papaya

Lunch: Brown rice + rajma (small portion) + salad

Snack: Herbal tea + 1 fig + 2 walnut halves

Dinner: Veg soup + sautéed spinach + 1 millet roti

Bedtime: Chamomile tea

Day 7

Morning: Jeera water + fruit bowl (melon, papaya, kiwi)

Mid-Morning: Tulsi ginger tea

Lunch: Millet khichdi + sabzi + cucumber salad

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

Snack: Roasted sunflower seeds + herbal tea

Dinner: Moong sprouts salad + clear veg soup

Bedtime: Warm water + cinnamon