

Dinbhar Ka PCOS Diet Chart in Hindi (Indian Style)

 Time	 Kya Khayein
सुबह उठते ही	1 glass warm water + lemon + 1 tsp soaked methi dana
8:00 AM (Breakfast)	Vegetable oats / Methi paratha + curd (small) / 2 boiled eggs + fruits
11:00 AM (Mid-morning)	1 Apple ya Papaya slice + 5 soaked almonds
1:00 PM (Lunch)	1 roti (multigrain) + lauki/tori sabzi + salad + 1 bowl moong dal
4:00 PM (Evening snack)	Herbal tea (dalchini + tulsi) + 1 roasted chana or makhana
6:00 PM (Pre-dinner)	1 fruit or soup (lauki/palak)
8:00 PM (Dinner)	Quinoa/daliya khichdi + stir-fry veggies / Soup + moong chilla
Bedtime	1 cup haldi doodh ya 2 soaked walnuts