



7-Day Fruit + Veg Plan (PCOD friendly)

Daily rules: 2 fruits (low-GI), 4–5 veggie servings, har meal me **protein** (dal/paneer/egg/chicken/tofu), oils 2–3 tsp/day, water 2–2.5L.

Day 1

- Breakfast: Veg oats upma + **apple**
- Lunch: Multigrain roti + palak paneer + salad
- Snack: **Guava** + roasted chana
- Dinner: Lauki chana dal + kachumber

Day 2

- Breakfast: Besan chilla + curd + **orange**
- Lunch: Brown rice + rajma + stir-fried broccoli
- Snack: **Pomegranate** ½ cup + nuts
- Dinner: Gobi matar + 2 rotis

Day 3

- Breakfast: Moong chilla + **berries** ½ cup
- Lunch: Quinoa khichdi + mixed veg (beans/carrot/capsicum)
- Snack: **Pear** + seed mix
- Dinner: Tori/tinda sabzi + dal

Day 4

- Breakfast: Vegetable poha + **papaya** bowl
- Lunch: Bajra roti + bhindi + raita
- Snack: **Jamun** (seasonal)
- Dinner: Tomato beet soup + paneer bhurji

Day 5

- Breakfast: Ragi dosa + coconut chutney + **kiwi**
- Lunch: Millet roti + sarson/palak mix + chole
- Snack: **Cherries** ½ cup
- Dinner: Mix veg stir-fry + tofu

Day 6

- Breakfast: Greek curd + **berries** + flaxseed
- Lunch: Brown rice + fish/chicken curry + salad
- Snack: **Apple** + walnuts
- Dinner: Cauliflower rice bowl + sprouts salad

Day 7

- Breakfast: Veg dalia + **orange**
- Lunch: Jowar roti + lauki kofta (baked) + salad
- Snack: **Pomegranate** + roasted makhana
- Dinner: Paneer tikka + sautéed broccoli