

7-Day PCOS Diet Plan (Sample)

Day 1

- Breakfast: Masala oats with flaxseeds
- Mid Snack: 5 soaked almonds + 2 walnuts
- Lunch: Brown rice + rajma + cucumber salad
- Evening: Green tea + roasted chana
- Dinner: Grilled paneer + sautéed vegetables

Day 2

- Breakfast: Besan chilla + mint chutney
- Mid Snack: Coconut water + chia seeds
- Lunch: Quinoa pulao + curd (lactose-free)
- Evening: Herbal tea + fox nuts (makhana)
- Dinner: Moong dal cheela + lauki sabzi

Day 3

- Breakfast: Sprout salad with lemon dressing
- Mid Snack: Handful of sunflower & pumpkin seeds
- Lunch: Jowar roti + palak paneer
- Evening: Green tea + roasted soy nuts
- Dinner: Grilled chicken/fish (or tofu) + veggie stir-fry

Day 4

- Breakfast: Smoothie (spinach + banana + flaxseeds + almond milk)
- Mid Snack: Carrot sticks + hummus (kabuli chane ko paka ke uska paste bna ke hummus banti hai)
- Lunch: Bajra roti + mixed vegetable curry
- Evening: Herbal tea + handful of peanuts
- Dinner: Moong dal khichdi + curd (lactose-free)

Day 5

- Breakfast: Vegetable poha + chia seeds
- Mid Snack: 1 apple + handful of almonds
- Lunch: Brown rice + dal + salad
- Evening: Tulsi tea + roasted makhana
- Dinner: Grilled salmon/paneer + sautéed spinach

Day 6

- Breakfast: Multigrain roti + paneer bhurji
- Mid Snack: Green tea + 2 walnuts
- Lunch: Millet upma + sambhar
- Evening: Lemon water + pumpkin seeds
- Dinner: Chicken stew/vegetable soup

Day 7

- Breakfast: Ragi dosa + chutney
- Mid Snack: Herbal tea + nuts mix
- Lunch: Vegetable quinoa biryani + salad
- Evening: Buttermilk (lactose-free)
- Dinner: Moong dal khichdi + cucumber raita