



PCOS diet plan

A comprehensive daily nutrition and lifestyle guide

☀ Morning routine

6:00 AM | Morning drink

Drink option	Preparation	Benefits
Fenugreek (<i>methi</i>) water	Soak overnight	Blood sugar control
Curry leaves water	Fresh infusion	Metabolic boost
Moringa water	Fresh leaves	Antioxidant-rich
Cinnamon-ginger-lemon	Fresh brew	Insulin sensitivity

7:00 AM | Exercise & sunlight

Activity	Duration	Key benefits
Walking	30-45 mins	Low impact, suitable for all levels
Running	30 mins	Cardio, high-calorie burn
Cycling	30-45 mins	Joint-friendly cardio
Swimming	30 mins	Full body workout
Strength training	20-30 mins	Muscle building, metabolism boost

Important: Combine with morning sunlight for Vitamin D - essential for PCOS management

8:00 AM | Breakfast

Element	Option 1: Vegetable cheela	Option 2: Poha/Upma
Base	<i>Besan or moong dal</i>	<i>Poha or upma</i>
Vegetables	Spinach, <i>methi</i> , carrots/beetroot	Mixed seasonal vegetables
Ratio	1:1 (flour:vegetables)	1:1 (base:vegetables)
Cooking method	Minimal oil	Minimal oil
Serving	With green <i>chutney</i>	With peanut <i>chutney</i>

☀ Mid-day routine

11:00 AM | Mid-morning refreshments

Option	Ingredients	Benefits
Fresh smoothie	Spinach, apple, orange, ginger	Antioxidants, vitamins
Fermented drink (<i>Kanji</i>)	Black carrots, mustard seeds	Probiotics, digestion
Buttermilk	Fresh, spiced to taste	Calcium, protein



1:00 PM | Lunch

Element	Option 1: Protein-rich salad	Option 2: Fruit & seeds bowl
Main dish	Choose one: - Sprout salad - <i>Kabuli chana</i> salad - Boiled <i>moong dal</i> salad	Mixed seasonal fruits
Add-ons	Seasonal vegetables: - Capsicum - Carrots - Tomatoes	- Sunflower seeds - Pumpkin seeds - Watermelon seeds
Garnish	Fresh herbs, lemon	Coconut pieces or dates
Benefits	High protein, fibre	Healthy fats, natural sugars

 Evening routine

4:00 PM | Evening snack

Option	Snack	Benefits
Option 1	Green tea (sugar-free)	Antioxidants, metabolism
Option 2	- Coconut/lemon water - 8-10 roasted nuts	Hydration, healthy fats

6:00 PM | Dinner

Option	Dish	Preparation notes
Option 1	Rice with <i>dal/sambar</i>	Add seasonal vegetables
Option 2	<i>Khichdi</i>	Rice + <i>dal</i> + onions + tomatoes

Note: Both white and brown rice are acceptable. Focus on portion control.

7:30 PM | Post-dinner activity

Activity	Duration	Benefits
Evening walk	30 minutes	Aids digestion, regulates blood sugar

 Night routine

9:00 PM | Bedtime routine

Time	Activity	Purpose
9:00 PM	Warm cinnamon water or coconut milk	Improve insulin sensitivity
9:30 PM	- Breathing exercises - Meditation - <i>Shavasana</i>	Relaxation, better sleep

 Weekly meal planner

Time & meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Drink							
8:00 AM Breakfast							
11:00 AM Snack							
1:00 PM Lunch							
4:00 PM Snack							
6:00 PM Dinner							

 Daily tracking

Meal/Activity	Completed	Notes
Morning drink	<input type="checkbox"/>	
Exercise	<input type="checkbox"/>	
Breakfast	<input type="checkbox"/>	
Mid-morning snack	<input type="checkbox"/>	
Lunch	<input type="checkbox"/>	
Evening snack	<input type="checkbox"/>	
Dinner	<input type="checkbox"/>	
Evening walk	<input type="checkbox"/>	
Bedtime routine	<input type="checkbox"/>	

Important: This plan is designed for PCOS management. Adjust portions based on your needs and consult your healthcare provider for personalised advice.