

# PCOD/PCOS DIET PLAN

Designed to stabilize insulin, reduce inflammation, and balance hormones

## CORE PCOD/PCOS RULES

- **Low Glycemic Foods:** Focus on complex carbs like Quinoa and Brown Rice to prevent insulin spikes.
- **Strict Avoidance:** Avoid refined sugar and maida (white flour) completely.
- **High Fiber & Lean Protein:** Ensure every meal is rich in protein and fiber-dense vegetables to manage inflammation.
- **Healthy Fats:** Incorporate chia seeds, flaxseeds, walnuts, and avocado for hormonal balance.
- **Daily Exercise:** Pair this nutrition plan with consistent daily movement.

## THE 7-DAY MEAL PLAN

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH (MAIN COURSE)	DINNER (MAIN COURSE)
MONDAY	Paneer, Spinach & Mushroom Omelet	Amla Ginger Juice	Lemon Pepper Chicken Bowl <i>(with Quinoa &amp; Veggies)</i>	Shrimp Salad
TUESDAY	Chia Pudding <i>(Yogurt, soaked chia, nuts &amp; berries)</i>	Green Juice <i>(Spinach, cucumber, lemon, kale, celery)</i>	Fish Bowl <i>(with Brown Rice &amp; Veggies)</i>	Paneer Bowl <i>(with Quinoa &amp; Veggies)</i>
WEDNESDAY	Avocado Chicken Toast <i>(on whole wheat/ multigrain bread)</i>	Ginger Lemon Juice <i>(with Chia seeds)</i>	Honey Mustard Chicken Bowl <i>(with Brown Rice &amp; Veggies)</i>	Fish Bowl <i>(extra veggies, skip rice)</i>
THURSDAY	Normal Oatmeal <i>(blended with low-GI fruits like apple)</i>	ABC Juice <i>(Apple, Beetroot, Carrot)</i>	Shrimp Salad	Lemon Pepper Chicken Bowl <i>(with Quinoa &amp; Veggies)</i>
FRIDAY	Paneer, Spinach & Mushroom Omelet	Green Juice <i>(Spinach, cucumber, lemon, kale, celery)</i>	Paneer Bowl <i>(with Brown Rice &amp; Veggies)</i>	Honey Mustard Chicken Bowl <i>(extra veggies, skip rice)</i>

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH (MAIN COURSE)	DINNER (MAIN COURSE)
SATURDAY	Chia Pudding <i>(Yogurt, soaked chia, nuts &amp; berries)</i>	Ginger Lemon Juice <i>(with Chia seeds)</i>	Fish Bowl <i>(with Quinoa &amp; Veggies)</i>	Shrimp Salad
SUNDAY	Avocado Chicken Toast <i>(on whole wheat/ multigrain bread)</i>	Amla Ginger Juice	Lemon Pepper Chicken Bowl <i>(with Brown Rice &amp; Veggies)</i>	Paneer Bowl <i>(extra veggies, skip rice)</i>

### Important Notes for Success

- **Dinner Modifications:** PCOD management benefits from lighter dinners. For the evening bowls, heavily increase the vegetable portions (broccoli, spinach, bell peppers) and reduce or completely skip the rice/ quinoa.
- **The Power of Seeds:** The Ginger Lemon juice with chia seeds, and the Chia Pudding are excellent choices. Chia seeds provide essential omega-3s which are crucial for reducing PCOD-related inflammation.
- **Bread Choice:** Whenever having the Avocado Chicken Toast, strictly ensure the bread is 100% whole wheat or multigrain, as maida (refined flour) must be avoided.