


— 7-DAY —

# PCOS-FRIENDLY

## Meal Plan

Simple Indian Diet You Can Actually Follow

 Veg – North Indian Style



Balance  
Hormones



Manage  
Weight



Boost  
Energy



Feel  
Better



PCOS Friendly  
Meals



Easy Indian  
Recipes



Simple & Quick  
to Follow



Made with Care  
for You



# REALITY CHECK



**PCOS weight loss is different**



**You don't need extreme dieting**



**You need simple structure**



**Follow 70% →  
You will still see results**



Simple  
Indian Food



Balance  
Hormones



Feel  
Better



Stronger  
Together



# HOW TO USE

## *This Plan*



**Don't skip meals**



**Don't overthink**



**Repeat meals  
if needed**



**Keep it simple**



**Small consistent steps  
create big lasting changes.**

# DAY 1

## PCOS-FRIENDLY MEAL PLAN

### Veg – North Indian Style



#### BREAKFAST

2 besan chilla  
+ chutney  
+ 5 soaked almonds



#### LUNCH

2 roti  
+ 1 katori dal  
+ bhindi sabzi  
+ salad



#### SNACK

1 muthi  
roasted chana



#### DINNER

1 roti  
+ paneer bhurji  
+ salad



Balance  
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# DAY 2

## PCOS-FRIENDLY MEAL PLAN

### Veg – North Indian Style



#### BREAKFAST

Vegetable poha  
+ peanuts



#### LUNCH

2 roti  
+ rajma  
+ salad



#### SNACK

1 apple



#### DINNER

1 roti  
+ lauki sabzi  
+ 1 katori dal



Balance  
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Manage  
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# DAY 3

## PCOS-FRIENDLY MEAL PLAN

### Veg – North Indian Style



#### BREAKFAST

Oats upma  
+ 5 soaked almonds



#### LUNCH

2 roti  
+ chole  
+ salad



#### SNACK

1 muthi  
makhana



#### DINNER

1 roti  
+ palak paneer  
+ salad



Stay consistent, eat simple & nourishing food,  
and your body will thank you.



Balance  
Hormones



Manage  
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# DAY 4

## PCOS-FRIENDLY MEAL PLAN

### Veg – North Indian Style



#### BREAKFAST

Dhokla  
+ green chutney



#### LUNCH

1 small bowl rice  
+ dal  
+ mixed veg  
+ salad



#### SNACK

1 guava



#### DINNER

1 roti  
+ tofu stir fry  
+ salad



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Balance  
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# DAY 5

## PCOS-FRIENDLY MEAL PLAN

### Veg – North Indian Style



#### BREAKFAST

Sprouts chaat  
+ peanuts



#### LUNCH

2 roti  
+ mixed veg  
+ curd  
+ salad



#### SNACK

1 muthi  
peanuts



#### DINNER

1 roti  
+ moong dal  
+ lauki sabzi



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# DAY 6

## PCOS-FRIENDLY MEAL PLAN

### Veg – North Indian Style



#### BREAKFAST

Vegetable upma  
+ 5 almonds



#### LUNCH

Rajma  
+ 1 small bowl rice  
+ salad



#### SNACK



1 glass  
coconut water



#### DINNER

1 roti  
+ paneer sabzi  
+ salad



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Hormones



Manage  
Weight



Boost  
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Better



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# DAY 7

## PCOS-FRIENDLY MEAL PLAN

### Veg – North Indian Style



#### BREAKFAST

2 besan chilla  
+ chutney



#### LUNCH

2 roti  
+ dal  
+ seasonal sabzi  
+ salad



#### SNACK

Fruit  
+ 4-5 nuts



#### DINNER

Light khichdi  
+ curd



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Balance  
Hormones



Manage  
Weight



Boost  
Energy



Feel  
Better



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# START YOUR FREE 7-DAY PCOS Reset

You don't need extreme dieting.  
You don't need to stop eating Indian food.  
You need simple daily structure, consistency, and support.

## JOIN PCOS SAKHI ON WHATSAPP



**PCOS SAKHI**

♥ STRONGER TOGETHER ♥



Simple Indian  
meal guidance



Beginner-friendly  
routines



Daily reminders  
& motivation



Designed for  
real Indian women



PCOS-friendly  
lifestyle support



SCAN THE QR CODE TO START FREE

Scan with your  
phone camera  
to join now!



You don't have  
to do it alone.  
We are here  
to help you!



VISIT OUR WEBSITE

PCOS Sakhi - Your WhatsApp Wellness Companion  
Gentle Ayurveda, micro-yoga, and meal check-ins—crafted like a caring friend who  
drops by every morning.

Explore more resources, blogs & programs for PCOS ♥

Small Daily Habits → Real Long-Term Results



Eat better.



Move better.



Feel better.



Share this PDF with  
someone who may  
need it ♥



**PCOS SAKHI**

♥ STRONGER TOGETHER ♥



One step today,  
a healthier tomorrow ♥