

# 7-Day PCOS Meal Plan

*South Indian Style*



Simple. Balanced. South Indian.  
For PCOS Wellness & Everyday Health.





# 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 MEAL PLAN – SOUTH INDIAN STYLE



### BREAKFAST

2 idli  
+ sambar  
(toor dal +  
mixed vegetables)



### LUNCH

Rice (small bowl)  
+ sambar  
+ cabbage poriyal  
+ cucumber salad



### SNACK

Coconut  
water



### DINNER

Vegetable  
upma  
+ curd



Eat simple, eat balanced.  
Nourish your body. Balance your hormones.



BALANCE  
HORMONES



MANAGE  
WEIGHT



BOOST  
ENERGY



FEEL  
BETTER

# DAY 2

## PCOS MEAL PLAN – SOUTH INDIAN STYLE



**BREAKFAST**

Ragi dosa  
+ coconut  
chutney



**LUNCH**

Curd rice  
(small)  
+ carrot beans  
poriyal  
+ salad



**SNACK**

1 muthi  
peanuts



**DINNER**

Vegetable  
soup  
+ 1 small dosa



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BALANCE  
HORMONES



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# DAY 3

## PCOS MEAL PLAN - SOUTH INDIAN STYLE



**BREAKFAST**

Pongal  
+ coconut  
chutney



**LUNCH**

Rice  
+ rasam  
+ bhindi sabzi  
(low oil)  
+ salad



**SNACK**

Fruit  
(papaya or apple)



**DINNER**

Rice (small)  
+ moong dal  
+ lauki sabzi



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Nourish your body. Balance your hormones.



BALANCE  
HORMONES



MANAGE  
WEIGHT



BOOST  
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FEEL  
BETTER

# DAY 4

## PCOS MEAL PLAN – SOUTH INDIAN STYLE



**BREAKFAST**

Appam  
+ vegetable  
stew



**LUNCH**

Sambar rice  
+ beans  
poriyal



**SNACK**

Makhana



**DINNER**

1 dosa  
+ tofu vegetable  
stir fry  
(capsicum + beans)



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Nourish your body. Balance your hormones.



BALANCE  
HORMONES



MANAGE  
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BETTER

# DAY 5

## PCOS MEAL PLAN – SOUTH INDIAN STYLE



**BREAKFAST**

Uttapam  
+ tomato  
chutney



**LUNCH**

Rice  
+ toor dal  
+ pumpkin sabzi  
+ salad



**SNACK**

Guava



**DINNER**

Vegetable  
soup  
+ 1 idli



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BALANCE  
HORMONES



MANAGE  
WEIGHT



BOOST  
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FEEL  
BETTER

# DAY 6

## PCOS MEAL PLAN – SOUTH INDIAN STYLE



**BREAKFAST**

Pesarattu  
+ chutney



**LUNCH**

Rice  
+ curd  
+ beetroot poriyal  
+ salad



**SNACK**

Coconut  
water



**DINNER**

Rice (small)  
+ sambar  
+ mixed  
vegetables



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Nourish your body. Balance your hormones.



BALANCE  
HORMONES



MANAGE  
WEIGHT



BOOST  
ENERGY



FEEL  
BETTER

# DAY 7

## PCOS MEAL PLAN – SOUTH INDIAN STYLE



**BREAKFAST**

Idli  
+ sambar



**LUNCH**

Rice  
+ rasam  
+ carrot beans sabzi  
+ salad



**SNACK**

Fruit  
+ nuts



**DINNER**

Vegetable  
khichdi  
+ curd



Eat simple, eat balanced.  
Nourish your body. Balance your hormones.



BALANCE  
HORMONES



MANAGE  
WEIGHT



BOOST  
ENERGY



FEEL  
BETTER

# IMPORTANT NOTE



## RICE IS ALLOWED

You don't need to avoid rice.  
Enjoy it in the right portion.



## PORTION MATTERS

Eat mindfully.  
Small portions, big impact.



## ALWAYS COMBINE WITH DAL / SAMBAR

Add protein to your meals to balance blood sugar and keep you full longer.



## BALANCE YOUR PLATE (CARB + PROTEIN + FIBER)

A balanced plate supports hormones, energy, and overall well-being.



Simple choices. Balanced meals. Better you.  
Be consistent, not perfect.



BALANCE HORMONES



MANAGE WEIGHT



BOOST ENERGY



FEEL BETTER

# 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



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 mood check-ins - crafted like a caring friend who  
dings by every morning.

Explore more resources, blogs & programs for PCOS

Small Daily Habits → Real Long-Term Results



Eat better.



Move better.



Feel better.



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need it



**PCOS SAKHI**  
STRONGER TOGETHER



One step today,  
a healthier tomorrow