



The PCOS Healing Diet: 7 Days to Balance Hormones Naturally

Ayurvedic-Inspired • Insulin-Friendly • Easy Indian Meals

✔ Day 1

Time	Food & Recipes	Key Benefits
Morning (6–7AM)	1 cup fenugreek water (1 tsp seeds soaked overnight)	Lowers blood sugar, reduces testosterone
Breakfast (8AM)	Flaxseed oats (½ cup oats + 1 tbsp flaxseeds + cinnamon)	High fiber, balances estrogen
Snack (4PM)	10 soaked almonds + spearmint tea	Reduces facial hair growth
Lunch (1PM)	Quinoa khichdi + lauki raita	Complete protein, improves digestion
Dinner (7PM)	Jowar roti (2) + palak dal + 1 tsp ghee	Iron-rich, reduces inflammation

✔ Day 2

Time	Food & Recipes	Key Benefits
Morning	Cinnamon tea (1-inch stick boiled) + 1 tsp honey	Regulates insulin
Breakfast	Smoothie (banana + almond milk + cinnamon + flaxseeds)	Anti-androgenic, hormone balancing
Snack	1 tbsp pumpkin seeds	Zinc for ovarian health
Lunch	Brown rice (½ cup) + grilled fish/tofu + broccoli	Omega-3s for hormone production
Dinner	Foxtail millet dosa + coconut chutney	Low glycemic index

✔ Day 3

Time	Food & Recipes	Key Benefits
Morning	Warm lemon water + pinch of cumin	Detoxifying, boosts metabolism
Breakfast	Besan chilla + mint chutney	Protein-rich, blood sugar control
Snack	1 apple or pear + 4 walnuts	Low GI + healthy fats
Lunch	Bajra roti + methi aloo sabzi + curd	High fiber, reduces cravings
Dinner	Vegetable soup (carrot + beans + moong sprouts)	Light, antioxidant-rich

✔ Day 4

Time	Food & Recipes	Key Benefits
Morning	Methi water + tulsi leaves	Balances hormones, reduces cyst size
Breakfast	Idli (2) + sambar + coconut chutney	Fermented, gut-healing
Snack	Roasted chana + herbal tea	Fiber + appetite control
Lunch	Little millet upma + vegetables	Low carb, rich in minerals
Dinner	Moong dal soup + sautéed greens	Easy to digest, reduces bloating

✔ Day 5

Time	Food & Recipes	Key Benefits
Morning	Ashwagandha tea or chamomile tea	Lowers cortisol, improves sleep
Breakfast	Poha with peanuts + curry leaves	Iron-rich + good fats
Snack	Greek yogurt + chia seeds	Probiotics + omega-3s
Lunch	Ragi roti (2) + bottle gourd curry	Calcium-rich, insulin sensitivity
Dinner	Tofu stir-fry with bell peppers + brown rice (½ cup)	Plant protein + antioxidants

✔ Day 6

Time	Food & Recipes	Key Benefits
Morning	Jeera water (1 tsp boiled in 1 cup water)	Boosts metabolism, aids digestion
Breakfast	Sprouted moong salad + lemon dressing	Hormone-friendly plant protein
Snack	1 tbsp sunflower seeds + herbal infusion	Magnesium + reduces inflammation
Lunch	Oats roti + rajma curry + cucumber salad	Fiber-rich, supports insulin balance
Dinner	Methi thepla + garlic curd dip	Anti-inflammatory, gut-friendly

✔ Day 7

Time	Food & Recipes	Key Benefits
Morning	Warm ajwain water + pinch of turmeric	Boosts digestion, reduces cramps
Breakfast	Rava upma + sautéed greens	Iron + fiber combo
Snack	Coconut water + roasted fox nuts (makhana)	Hydration + low-cal snack
Lunch	Mixed vegetable curry + red rice + salad	Full of vitamins + slow carbs
Dinner	Moong dal khichdi + beetroot salad	Detox + improves sleep







MainHooNaari

MEND. HEAL. NOURISH.

 www.MainHooNaari.com

Empowering Women to Mend, Heal, and Nourish

   @mainhoonaari

 *This content is for educational purposes only. Consult your doctor before starting any new diet or health routine.*

© 2025 MainHooNaari. All Rights Reserved.