

PCOS



*7-day
PCOS
diet
plan*



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PLAN**

DAY 1

Early morning (six in the morning)

Breakfast (seven in the morning)

Noon (from 9: 30 to 10: 00)

Lunch

Snack (from three to three and a half)

Dinner (from 6: 30 to 7: 00 h)

Bedtime (22: 00)

Two teaspoons of fenugreek seeds soaked overnight in a glass of water

1 egg + a glass of green tea + 1/2 cup papaya + 2 almonds

1 cup of green tea + 1 carrot fruit.

A small plate of brown rice + grilled vegetables + a slice of grilled fish or half a glass of pepper porridge salad with a glass of yogurt.

1 cup of green tea + a biscuit.

Chicken or lentil soup with 5 types of vegetables with whole wheat bread or a glass of milk

1 cup milk with a little turmeric or 1 cup hot water with a teaspoon of honey with a little nutmeg.

DAY 2

Early morning (six in the morning)

Breakfast (seven in the morning)

Noon (from 9: 30 to 10: 00)

Lunch

Snack (from three to three and a half)

Dinner (from 6: 30 to 7: 00 h)

Bedtime (22: 00)

Two teaspoons of fenugreek seeds soaked overnight in a glass of water.

1/2 cup quinoa + a cup of green tea + 2 almonds.

One banana + 1/2 cucumber fruit.

2 loaves of bread + beans + 1/2 cup beet and carrot salad + a glass of milk.

1 cup green tea + 1/2 cup unsalted popcorn.

1 cup salad of cabbage and shrimp or mushrooms + 1 cup yogurt.

1 cup milk with a little turmeric or 1 cup hot water with a teaspoon of honey with a little nutmeg.

DAY 3

Early morning (six in the morning)

Breakfast (seven in the morning)

Noon (from 9: 30 to 10: 00)

Lunch

Snack (from three to three and a half)

Dinner (from 6: 30 to 7: 00 h)

Bedtime (22: 00)

A glass of warm water, more juice of half a lemon.

Oatmeal with berries, 2 fruits and a glass of milk + 1 cup of green tea or almond milk, strawberry, banana juice + 1 cup of green tea.

A glass of water and coconut with Dark Coffee + 1 biscuit.

Medium slices of fish and four different vegetables + 1 cup of yogurt or 1/2 cup of cooked beans and all four types of grilled vegetables + 1 cup of yogurt.

1 cup green tea with a little unsalted pistachio.

Grilled mushrooms + cauliflower soup + 1 cup of milk.

1 cup milk with a little turmeric or 1 cup hot water with a teaspoon of honey with a little nutmeg.

DAY 4

Early morning (six in the morning)

Breakfast (seven in the morning)

Noon (from 9: 30 to 10: 00)

Lunch

Snack (from three to three and a half)

Dinner (from 6: 30 to 7: 00 h)

Bedtime (22: 00)

Two teaspoons of fenugreek seeds soaked overnight in a glass of water

1 banana + 2 almonds + 1 cup of green tea + 1 boiled egg.

A small dish of assorted fruits.

A small cup of brown rice + 1/2 cup chicken curry or mushrooms and tomato salad + 1 cup milk..

1 cup of green tea + a biscuit.

Medium dish of chopped and boiled peas with cucumbers, tomatoes, carrots, lemon juice, a little olive oil + 1 cup yogurt.

1 cup milk with a little turmeric or 1 cup hot water with a teaspoon of honey with a little nutmeg.

DAY 5

Early morning (six in the morning)

Breakfast (seven in the morning)

Noon (from 9: 30 to 10: 00)

Lunch

Snack (from three to three and a half)

Dinner (from 6: 30 to 7: 00 h)

Bedtime (22: 00)

Two teaspoons of fenugreek seeds soaked overnight in a glass of water

A little slice of vegetable + 1 cup of green tea.

2 almonds + 1 cup green tea or 1/2 cup watermelon.

Papaya salad + a slice of grilled chicken fish / quarter cup broccoli + 1 cup milk

1 cup coconut water + one cucumber fruit.

1/2 cup cauliflower rice + roasted beans + slices of red pepper, green beans + 1 cup milk.

1 cup milk with a little turmeric or 1 cup hot water with a teaspoon of honey with a little nutmeg.

DAY 6

Early morning (six in the morning)

Breakfast (seven in the morning)

Noon (from 9: 30 to 10: 00)

Lunch

Snack (from three to three and a half)

Dinner (from 6: 30 to 7: 00 h)

Bedtime (22: 00)

A glass of warm water, more juice of half a lemon.

1 pancake added to it half a fruit of avocado, 1/4 fruit of red pepper, 5 peanuts, lemon juice + 1 cup of green tea.

Grilled potato.

Chicken with vegetable salad + 1 cup yogurt.

1 cup of green tea + 1 medium dish of unsalted popcorn.

Grilled fish or mushrooms + a loaf of whole meal bread + cucumber and carrot salad + a piece of dark chocolate.

1 cup milk with a little turmeric or 1 cup hot water with a teaspoon of honey with a little nutmeg.

DAY 7

Early morning (six in the morning)

Breakfast (seven in the morning)

Noon (from 9: 30 to 10: 00)

Lunch

Snack (from three to three and a half)

Dinner (from 6: 30 to 7: 00 h)

Bedtime (22: 00)

Two teaspoons of fenugreek seeds soaked overnight in a glass of water

1 egg + a slice of wheat bread + 1 cup of green tea + 2 in Lausanne.

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1 small cup brown rice + grilled chicken / mushroom + roasted vegetables + 1 cup yogurt.

1 cup of green tea + a biscuit.

Curry vegetables + 2 loaves of wheat bread + 1/4 cup chickpeas + a glass of milk.

1 cup milk with a little turmeric or 1 cup hot water with a teaspoon of honey with a little nutmeg.