

PCOS Vegetarian Diet Plan PDF

7-Day Balanced Meal Guide

This 7-day PCOS vegetarian diet plan is designed as a flexible example to support balanced eating while managing PCOS. It focuses on whole foods, adequate protein, fiber-rich carbohydrates, and healthy fats. You may repeat or adapt this plan based on your preferences and medical guidance.

Day 1

- Breakfast: Vegetable omelette or tofu scramble with spinach and tomatoes
- Lunch: Lentils with brown rice and mixed vegetable salad (olive oil dressing)
- Snack: Fruit (apple or berries) with a handful of nuts
- Dinner: Chickpea and vegetable stir-fry with quinoa

Day 2

- Breakfast: Greek yogurt or plant-based yogurt with chia seeds and berries
- Lunch: Quinoa bowl with roasted vegetables and paneer or tofu
- Snack: Hummus with cucumber and carrot sticks
- Dinner: Vegetable curry with lentils and side salad

Day 3

- Breakfast: Oats cooked with milk or plant milk, topped with nut butter
- Lunch: Chickpea salad with leafy greens, olive oil, and lemon
- Snack: Roasted seeds or unsweetened trail mix
- Dinner: Stuffed bell peppers with beans and vegetables

Day 4

- Breakfast: Smoothie with yogurt or tofu, berries, and flaxseed
- Lunch: Vegetable and bean soup with whole-grain toast
- Snack: Fruit with yogurt or cottage cheese
- Dinner: Stir-fried tofu with broccoli and brown rice

Day 5

- Breakfast: Eggs with vegetables or chickpea flour pancakes
- Lunch: Lentil dal with mixed vegetables
- Snack: Nuts and seeds
- Dinner: Quinoa and roasted vegetable bowl with tahini dressing

Day 6

- Breakfast: Chia pudding with nuts and fruit
- Lunch: Brown rice with mixed legumes and salad

- Snack: Vegetable sticks with hummus
- Dinner: Vegetable curry with tofu or paneer

Day 7

- Breakfast: Oats or muesli with yogurt and seeds
- Lunch: Leftover grain bowl with vegetables and protein
- Snack: Fruit smoothie (no added sugar)
- Dinner: Simple vegetable stir-fry with lentils

Helpful PCOS-Friendly Tips

- Include protein at every meal
- Pair carbohydrates with fiber and healthy fats
- Eat at regular intervals to support blood sugar balance
- Stay hydrated and limit sugary drinks
- Focus on consistency rather than perfection

This PCOS vegetarian diet plan is for educational purposes only and does not replace medical or nutritional advice. Individual needs vary. Please consult a qualified healthcare professional before making dietary changes.