

# PCOS

## 7-Day Diet Plan

### A Sample 7-Day Vegetarian Meal Guide for PCOS Education

A research-backed, expert reviewed, day-by-day meal guide to support hormonal balance, insulin sensitivity, and long-term well-being.

**Published by BioBalanceHub | Nutrition Content Reviewed by Darshana Sawardekar, Dietitian M.Sc. Food Science & Nutrition, Certified Diabetes Educator, Fertility Coach**

Reviewed on: June 2026

Anti-Inflammatory | Low Glycemic Index | High-Fibre | 100% Vegetarian

*Review of this document is limited to general nutrition information and does not constitute individualised medical nutrition therapy.*

## Understanding PCOS and Diet

Polycystic Ovary Syndrome (PCOS), which is now PMOS, one of the most common hormonal disorders affecting women of reproductive age. Studies estimate it affects between **6% and 13% of women globally**<sup>1</sup>, with many approximately 70%<sup>1</sup> cases remaining undiagnosed. Diet plays a central role in managing PCOS symptoms.<sup>2</sup> Because most women with PCOS have some degree of insulin resistance<sup>2</sup>, food choices directly influence hormone levels, weight, and inflammation.

Insulin resistance is present in approximately **75% of women with PCOS**.<sup>3</sup> When cells do not respond well to insulin, the pancreas produces more of it. High insulin levels then stimulate the ovaries to produce excess androgens (male hormones),<sup>4</sup> which drive symptoms including irregular periods, acne, and excess hair growth. A **low glycemic index (GI) diet** helps reduce insulin spikes after meals and is considered one of the most effective dietary strategies for PCOS.

### Core Nutritional Principles

The following outlines general nutritional considerations that may be relevant for individuals with PCOS<sup>2</sup>:

<b>Low Glycemic Index (GI) Foods</b>	Choose whole grains, legumes, and vegetables that release glucose slowly. Low-GI diets may contribute to reduction of insulin resistance and lower androgen levels in women with PCOS.
<b>Anti-Inflammatory Foods</b>	Chronic low-grade inflammation is consistently observed in PCOS. Foods rich in omega-3 fatty acids, antioxidants, and polyphenols may support reduce this inflammation.
<b>High Dietary Fibre</b>	Fibre slows sugar absorption, improves gut health, and supports weight management. Women with PCOS benefit from at least 25-30g of fibre per day from vegetables, fruits, legumes, and whole grains.
<b>Adequate Protein</b>	Protein supports satiety, reduces cravings, and stabilises blood glucose. Include dairy (paneer, Greek yogurt), legumes, and tofu at every meal.
<b>Healthy Fats</b>	Monounsaturated and polyunsaturated fats from olive oil, avocados, nuts, and seeds support hormonal function and reduce inflammation. Avoid trans fats and limit saturated fats.
<b>Limit Refined Sugars</b>	Refined carbohydrates cause rapid insulin spikes. Replacing them with whole-food alternatives is one of the most impactful changes you can make for PCOS management.

#### Research Spotlight: Omega-3 and PCOS

Omega-3 fatty acid supplementation can help reduce total testosterone and fasting insulin in women with PCOS.<sup>2</sup> Excellent vegetarian sources include flaxseeds, chia seeds, walnuts, and hemp seeds. Consult a healthcare professional before starting any supplement.

## What to Eat and What to Limit

This quick-reference table summarises the best vegetarian food choices that maybe relevant for PCOS<sup>5</sup> and what to avoid.

Category	Best Choices (Eat Freely)	Limit or Avoid
<b>Grains</b>	Jowar, bajra, oats, quinoa, brown rice, barley, millet, buckwheat, whole grain bread	White bread, white rice, refined pasta, cornflakes, sugary cereals, maida-based products
<b>Vegetables</b>	Spinach, kale, broccoli, cauliflower, zucchini, cucumber, bell peppers, carrots, sweet potato (moderate), bitter gourd	Deep-fried vegetables, canned vegetables in sugar-laden sauces
<b>Fruits</b>	Berries, apples, pears, oranges, pomegranate, guava, kiwi	Fruit juices, canned fruits in syrup; limit mango and banana to small portions
<b>Protein (Veg)</b>	Tofu, tempeh, paneer (moderate), all lentils and dals, chickpeas, kidney beans, black beans, edamame	Processed plant-based meats high in sodium, deep-fried paneer or tofu, excess cheese
<b>Dairy</b>	Unsweetened Greek yogurt, cottage cheese, low-fat milk, unsweetened plant-based milk (almond, oat, soy)	Sweetened yogurts, flavoured milk drinks, cream-based products, excess full-fat dairy
<b>Fats and Oils</b>	Extra-virgin olive oil, avocado, walnuts, almonds, flaxseeds, chia seeds, pumpkin seeds, sesame seeds	Refined vegetable oils, margarine, trans fats, vanaspati, deep-fried foods
<b>Drinks</b>	Water, herbal teas, spearmint tea, green tea, black coffee (unsweetened)	Sugary sodas, energy drinks, alcohol, coffee with added syrups, packaged fruit juices
<b>Sweeteners</b>	Small amounts of raw honey, jaggery (limited), or dates as natural sweeteners	White sugar, high-fructose corn syrup, artificial sweeteners in excess

### A Note on Spearmint Tea PCOS

Drinking two cups of spearmint tea daily for 30 days may support hormonal balance in PCOS patients. It is a simple, low-cost addition to your daily routine, that many find easy to incorporate. <sup>2</sup>

## Your 7-Day PCOS Diet Plan

The following is a general sample meal guide built around nutritional principles that may support PCOS management. This is not a personalised meal plan.

Portion sizes and food choices should be adjusted based on your individual health needs, medical history, and in consultation with a qualified dietitian or healthcare professional. Drink at least 8–10 glasses of water daily.

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
<b>Day 1</b> Monday	Overnight oats with chia seeds, mixed berries, and unsweetened almond milk	Walnuts (small handful) + unsweetened green tea	Rajma (kidney beans) salad with leafy greens, cucumber, tomatoes, and olive oil-lemon dressing	Hummus with carrot and celery sticks	Baked paneer with steamed broccoli and quinoa
<b>Day 2</b> Tuesday	Vegetable cheela (spinach, bell pepper, onion) + one slice whole grain toast	One medium apple + 1 tbsp almond butter	Masoor dal (red lentil soup) with cucumber-tomato salad	Unsweetened Greek yogurt with ground flaxseeds	Stir-fried tofu with mixed vegetables (capsicum, zucchini, broccoli) and brown rice
<b>Day 3</b> Wednesday	Green smoothie: spinach, half banana, 1 tbsp flaxseeds, unsweetened almond milk	Mixed nuts and seeds (almonds, pumpkin seeds, sunflower seeds) - 30g	Paneer and avocado wrap in whole wheat roti with shredded lettuce and cucumber	A small bowl of unsweetened Greek yogurt with 1 tsp flaxseeds and a pinch of cinnamon	Stuffed bell capsicum with quinoa, black beans, corn, and herbs, baked
<b>Day 4</b> Thursday	Moong dal cheela (green gram pancakes) with mint-coriander chutney (no added sugar)	One orange + 6 to 8 soaked almonds	Rajma with brown rice and cucumber-onion salad; small portion of low-fat curd	Roasted Makhana (fox nuts) - 1 small bowl	Tofu and chickpea stir-fry with sautéed kale and garlic; serve with brown rice
<b>Day 5</b> Friday	Chia pudding: 3 tbsp chia seeds soaked in light coconut milk, topped with fresh berries	Cucumber and carrot slices with hummus	Quinoa bowl with roasted vegetables (eggplant, zucchini, tomato) and tahini-lemon dressing	One small pear + a handful of unsalted cashews	Paneer tikka (grilled, not fried) with steamed asparagus and cauliflower rice
<b>Day 6</b> Saturday	Whole grain dosa with sambar (lentil-based) and a small portion of coconut chutney	Spearmint tea + one small banana (pair with 5 to 6 walnuts to slow sugar release)	Grilled paneer salad with mixed greens, cherry tomatoes, and mustard-olive dressing + one whole wheat roti	Roasted chickpeas with black pepper and cumin	Tofu and mixed vegetable curry (tomato-based, minimal oil) with brown rice
<b>Day 7</b> Sunday	Avocado toast on multigrain bread topped with crumbled paneer (cottage cheese), cherry tomatoes, and a sprinkle of black pepper	A small bowl of mixed berries (strawberries, blueberries, raspberries)	Black bean salad with sweet corn, chopped tomato, coriander, and lime dressing	Unsweetened Greek yogurt with 1 tsp raw honey and mixed seeds	Paneer and vegetable stir-fry with olive oil and spices, served with quinoa

## Practical Tips for Success

<b>Eat at Regular Intervals</b>	Skipping meals worsens insulin resistance. Aim for three balanced meals and one to two small snacks each day at consistent times.
<b>Combine Food Groups</b>	Always pair carbohydrates with protein or a healthy fat. This can help slow down glucose absorption and prevent insulin spikes.
<b>Cook with Anti-Inflammatory Spices</b>	Turmeric, cinnamon, ginger, and fenugreek have shown promising glucose-regulating properties in research.
<b>Practise Mindful Eating</b>	Eat slowly without distractions. This supports better portion control and helps the body register fullness more accurately.
<b>Stay Well Hydrated</b>	Drink at least 8 to 10 glasses of water daily. Herbal teas count toward your fluid intake. Replace sugary drinks entirely.
<b>Move Daily</b>	Physical activity can improve insulin sensitivity independently of diet. Even 30 minutes of brisk walking daily can meaningfully support PCOS management.
<b>Moderate Portions</b>	Even healthy foods contribute to weight gain in excess. Be mindful of calorie-dense foods like nuts, paneer, and avocado.
<b>Track Your Symptoms</b>	Keep a food and symptom diary for 2 to 4 weeks. Personal food triggers often become visible and help you refine the plan.

### Research Note: Inositol and PCOS

Myo-inositol, found naturally in whole grains, legumes, citrus fruits, and nuts, is one of the most studied nutrients in PCOS. Myo-inositol supplementation improved menstrual regularity, insulin sensitivity, and androgen levels. These foods are already included in this plan. Consult your healthcare provider before beginning any supplementation.

## Key References

- Zhao, W., Zhou, J., Song, Y., He, M., Zhu, X., Yu, B., & Gao, W. (2025). Polycystic Ovary Syndrome Revisited: Novel insights and updates. *International Journal of Medical Sciences*, 23(1), 271–282. <https://doi.org/10.7150/ijms.119968>
- Szczuko, M., Kikut, J., et al. (2021). Nutrition Strategy and Life Style in Polycystic Ovary Syndrome—Narrative Review. *Nutrients*, 13(7), 2452. <https://doi.org/10.3390/nu13072452>
- Szkodziak, P., Szkodziak, et al. (2025). Insulin resistance in polycystic ovary syndrome phenotypes and the vicious cycle model in its etiology. *Scientific Reports*, 15(1), 42649. <https://doi.org/10.1038/s41598-025-26718-2>
- Unluhizarci, K., Karaca, Z., & Kelestimur, F. (2021). Role of insulin and insulin resistance in androgen excess disorders. *World Journal of Diabetes*, 12(5), 616–629. <https://doi.org/10.4239/wjd.v12.i5.616>
- Saeed, A. a. M., Noreen, S., et al. (2025). Nutritional and herbal interventions for polycystic ovary syndrome (PCOS): a comprehensive review of dietary approaches, macronutrient impact, and herbal medicine in management. *Journal of Health Population and Nutrition*, 44(1), 143. <https://doi.org/10.1186/s41043-025-00899-y>

### Disclaimer

This guide is for general educational purposes only and is not a substitute for personalised medical nutrition therapy, diagnosis, or treatment. Nutritional needs vary based on medical history, medications, allergies, lab values, and lifestyle factors. Individuals with diabetes, kidney disease, thyroid disorders, gastrointestinal conditions, eating disorders, pregnancy, food allergies, or other medical conditions should seek personalised guidance from a qualified healthcare professional or registered dietitian before following any dietary recommendations. Portion sizes and calorie needs differ based on age, activity level, metabolic health, medications, and body composition. Always consult a qualified healthcare professional before making significant changes to your diet.

Copyright 2025 BioBalanceHub.com. All rights reserved.