

Best PCOS Diet Plan 2025

Boost Hormones & Lose Weight Fast



By EatLikeFit.com | 2025 Edition

If you're struggling with PCOS and want a natural, balanced way to support your hormones and lose weight, this guide is for you. This 7-day PCOS diet plan is designed by EatLikeFit.com experts to help regulate insulin, reduce inflammation, and promote steady energy levels — all while keeping your meals delicious and satisfying.

Foods to Eat: ✓ Lean proteins (chicken, eggs, tofu)

- ✓ Low-glycemic fruits (berries, apples)
- ✓ Whole grains (quinoa, oats)
- ✓ Healthy fats (avocado, olive oil)
- ✓ Anti-inflammatory herbs (turmeric, ginger)

Foods to Avoid: ✗ Processed carbs (white bread, pastries)

- ✗ Sugary drinks and snacks
- ✗ Fried or trans-fat-heavy foods
- ✗ Excess dairy and red meat

Day	Breakfast	Lunch	Dinner
Mon	Greek yogurt + berries	Grilled chicken salad	Salmon + quinoa + greens
Tue	Oatmeal + nuts	Tofu stir-fry + veggies	Turkey chili + avocado
Thr	Smoothie (spinach + almond milk)	Egg salad + whole-grain toast	Grilled shrimp + veggies
Wed	Scrambled eggs + spinach	Lentil soup + salad	Baked chicken + roasted sweet potato
Fri	Protein smoothie	Veggie bowl + quinoa	Tuna + mixed greens
Satur	Chia pudding + fruit	Brown rice + chickpeas	Grilled tofu + broccoli
Sun	Avocado toast	Chicken wrap + veggies	Baked fish + asparagus

Hormone Reset Tips:

- Drink plenty of water (2–3 liters daily)
- Manage stress with meditation or yoga
- Aim for 7–8 hours of sleep nightly
- Include 30 mins of exercise 5x/week
- Stay consistent — small steps make big changes!

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