

7-Day PCOS Diet Plan



Hormone Balance & Sustainable Weight Loss

This guide is designed for women living with Polycystic Ovary Syndrome who want a realistic, hormone-aware way to eat. It focuses on insulin balance, inflammation reduction, and sustainable weight loss without extreme restriction.

Why Diet Matters for PCOS

PCOS is closely linked to insulin resistance, hormonal imbalance, and chronic inflammation. Strategic nutrition helps stabilize blood sugar, support ovulation, reduce cravings, and improve daily energy levels.

Core Nutrition Principles

- Low glycemic load carbohydrates to reduce insulin spikes

- Protein at every meal to control hunger and support metabolism • Anti-inflammatory fats for hormone production
- Whole foods rich in magnesium, zinc, and omega-3s

7-Day Meal Plan Overview

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Veggie omelet	Quinoa salad	Grilled chicken & vegetables	Nuts
Day 2	Greek yogurt & berries	Lentil bowl	Salmon & greens	Apple + peanut butter
Day 3	Chia pudding	Brown rice & tofu	Vegetable stir-fry	Boiled eggs
Day 4	Smoothie bowl	Chickpea salad	Turkey lettuce wraps	Seeds
Day 5	Low-GI oatmeal	Grilled fish bowl	Zucchini noodles	Yogurt
Day 6	Eggs & avocado	Protein leftovers	Homemade curry	Fruit
Day 7	Protein pancakes	Balanced plate	Light dinner	Dark chocolate

Foods to Avoid with PCOS

- Sugary drinks and desserts
- Refined white bread and pasta
- Ultra-processed snack foods
- Trans fats and fried foods
- Excess dairy for sensitive individuals

Consistency matters more than perfection. This plan can be repeated weekly or adapted long-term to support hormone balance, weight stability, and overall wellbeing.