

Polycystic ovary syndrome

PCOS Diet Plan



PCOS Diet Plan

This plan focuses on managing insulin resistance, reducing inflammation, balancing hormones, and supporting overall health.

It includes nutrient-dense, low glycemic index (GI) foods to stabilize blood sugar and improve **PCOS** symptoms.

General Guidelines

Low GI Foods: Focus on complex carbohydrates.

High Fiber: Helps regulate blood sugar and improve digestion.

Lean Proteins: Promote satiety and muscle health.

Healthy Fats: Combat inflammation and support hormonal balance.

Hydration: Aim for at least 2.5–3 liters of water daily.

Avoid Processed Foods: Minimize sugar, refined carbs, and trans fats.



Sample PCOS Diet Plan

Day 1

Breakfast:

Scrambled eggs with spinach and avocado slices.
1 slice of whole-grain toast.
Green tea or black coffee (unsweetened).

Morning Snack:

A handful of almonds and a small apple.

Lunch:

Grilled chicken breast with quinoa and roasted vegetables (zucchini, carrots, bell peppers).
A side of mixed greens with olive oil dressing.

Afternoon Snack:

Greek yogurt (unsweetened) with chia seeds and fresh berries.

Dinner:

Baked salmon with steamed broccoli and sweet potato wedges.
Chamomile tea before bed.

Day 2

Breakfast:

Oatmeal topped with walnuts, flaxseeds, and a handful of blueberries, Herbal tea.

Morning Snack:

1 boiled egg and cucumber slices.

Lunch:

Turkey and avocado wrap using a whole-grain tortilla.
A side of mixed greens with lemon vinaigrette.

Afternoon Snack:

A small handful of mixed nuts and an orange.

Dinner:

Stir-fried tofu with broccoli, snap peas, and brown rice,
a cup of peppermint tea.



Day 3

Breakfast:

Smoothie with unsweetened almond milk, spinach, chia seeds, protein powder, and frozen berries.

Morning Snack:

Celery sticks with almond butter.

Lunch:

Grilled shrimp salad with arugula, cherry tomatoes, avocado, and olive oil dressing.

A slice of whole-grain bread.

Afternoon Snack:

A handful of sunflower seeds and a small pear.

Dinner:

Grilled chicken thighs with roasted Brussels sprouts and cauliflower rice.

Warm turmeric milk before bed (unsweetened almond milk, turmeric, cinnamon).



Foods to Include

Carbohydrates (Low GI):

Quinoa, oats, sweet potatoes, barley, legumes, whole-grain bread.

Proteins:

Eggs, chicken, turkey, fish, tofu, Greek yogurt, lean meats.

Healthy Fats:

Avocado, olive oil, nuts (almonds, walnuts), seeds (chia, flax), fatty fish (salmon, mackerel).

Fruits:

Berries, apples, oranges, kiwis (in moderation).

Vegetables:

Spinach, kale, broccoli, zucchini, bell peppers, Brussels sprouts.

Herbs & Spices:

Cinnamon, turmeric, ginger (anti-inflammatory benefits).



Foods to Avoid

Refined sugars and carbohydrates (white bread, pastries).
Sugary beverages (soda, sweetened juices).
Processed and fried foods.
Trans fats (found in margarine and packaged snacks).
High-sugar fruits (mangoes, pineapples) in large quantities.

Additional Tips

Eat smaller, balanced meals every 3–4 hours to maintain stable blood sugar levels.
Incorporate antioxidant-rich foods like dark leafy greens and berries.
Pair carbohydrates with protein or healthy fats to reduce their impact on blood sugar.
Consult a dietitian or healthcare professional to tailor the plan to your individual needs.

