

NUTRIFYME · WEBINAR HANDOUT

Reversing PCOS and PCOD naturally

A practical, dietitian-led guide to hormones, food and the everyday choices that regularise your cycles.

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A sample 7-day PCOS meal template

Rotate breakfasts, lunches and dinners across the week. Every plate follows the same rules: protein anchor, half-plate vegetables, small complex carb, healthy fat.

Day	Breakfast	Lunch	Dinner
Mon	Moong chilla + paneer	Jowar roti, dal, sabzi, curd	Millet khichdi + spinach
Tue	Veg omelette + jowar toast	Brown rice, chicken curry, salad	Paneer bhurji + one bajra roti
Wed	Overnight oats + walnuts	Rajma, brown rice, salad, curd	Fish curry + sauteed greens
Thu	Sprouts salad + sattu drink	Bajra roti, dal, palak paneer	Vegetable soup + grilled chicken
Fri	Ragi dosa + sambar	Chole + jowar roti + salad	Tofu stir-fry + cauliflower rice
Sat	Two-egg akuri + multigrain toast	Millet biryani + raita + salad	Palak dal + one jowar roti
Sun	Vegetable poha + peanuts + egg	Home-style thali (portion-controlled)	Soup + grilled paneer skewers

Mid-morning and evening snacks: soaked almonds and walnuts, greek yogurt with pumpkin seeds, roasted chana with green tea, sattu drink with lemon, or a small fruit paired with two dates.

NEXT STEPS

Your first move

You now know more about PCOS nutrition than 95% of women dealing with it. The next step is to make it personal — because your PCOS is unique.

Book a free 15-minute consultation with a NutriflyMe dietitian. We will listen, understand your history, and build a plan around your life. There is no obligation — many women use the discovery call to simply get clarity.

+91 95454 05936. Mention code **PCOS-WEBINAR** for

This handout is educational and does not replace medical advice. Always discuss changes with your gynaecologist or endocrinologist, especially if you are on medication, trying to conceive, or pregnant.