

1500 KCal PCOS Diet Chart – Eggetarian

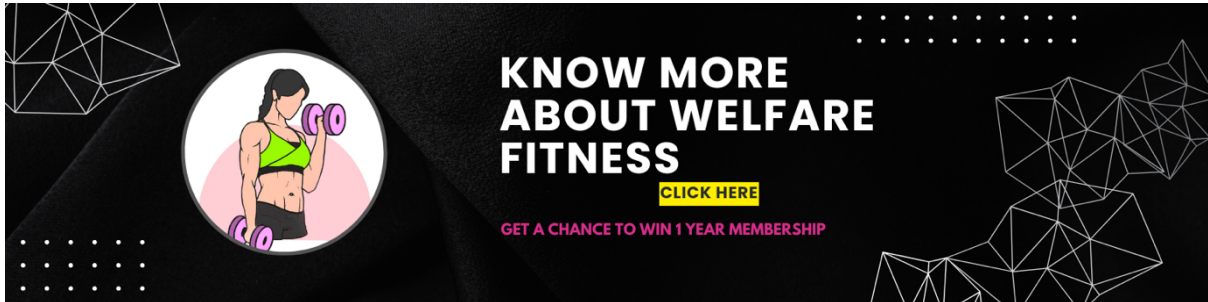
Day	Breakfast (8:30 AM) ~ 350 KCal	Lunch (1:00 PM) ~4 50 KCal	Snacks (4:00 PM) ~1 50 KCal	Pre-Dinner (6:00 PM) ~1 00 KCal	Dinner (9:00 PM) ~3 50 KCal	Post-Dinner (10:30 PM) ~1 00 KCal
Monday	Boiled Eggs (2) + 1 Multigrain Toast + Green Tea	Roti (2) + Mixed Veg + Dal + Salad + Curd	Roasted Chana (1 handful) + Herbal Tea	Cucumber + 2 Almonds	Egg Curry (2 eggs) + Roti (2) + Salad	Turmeric Milk (100 ml)
Tuesday	Egg Bhurji (2 eggs) + Roti (1) + Green Tea	Roti (2) + Lauki + Dal + Salad + Curd	Fruit (Apple/Pear) + Herbal Tea	1 Fruit + 2 Walnuts	Vegetable Dalia Khichdi + Buttermilk	Milk (100 ml) + 1 Date
Wednesday	Oats + Milk (150 ml) + Chia Seeds (1 tsp) + Green Tea	Roti (2) + Bhindi + Dal + Salad + Curd	Roasted Makhana (1 handful) + Herbal Tea	Cucumber + 2 Almonds	Boiled Eggs (2) + Brown Rice (1 cup) + Veg Curry	Warm Milk (100 ml)
Thursday	Moong Dal Chilla (2) + Green Tea	Roti (2) + Mix Veg + Dal + Salad + Curd	Fruit Bowl (Papaya/Guava) + Herbal Tea	1 Fruit + 2 Walnuts	Egg Pulao (Brown Rice) + Raita + Salad	Milk (100 ml) + 1 Date
Friday	Vegetable Dalia (1 bowl) + Boiled Egg (1) + Green Tea	Rice (1 cup) + Tinda + Dal + Salad + Curd	Buttermilk + Roasted Chana (1 handful)	Cucumber + 2 Walnuts	Roti (2) + Tofu Bhurji + Veg + Salad	Milk (100 ml) + Turmeric Pinch
Saturday	Oats Idli (2) + Coconut Chutney + Green Tea	Roti (2) + Palak Paneer (low oil) + Salad + Curd	Roasted Makhana + Herbal Tea	1 Fruit + 2 Almonds	Egg Curry (2 eggs) + Roti (2) + Salad	Milk (100 ml) + 1 Date
Sunday	Boiled Eggs (2) + Oats Porridge (small bowl) + Green Tea	Roti (2) + Mixed Veg + Dal + Salad + Curd	Fruit + Herbal Tea	Cucumber + 2 Walnuts	Vegetable Upma + Buttermilk	Milk (100 ml) + Turmeric Pinch

PCOS-Friendly Guidelines:

- **Low GI carbs** (oats, brown rice, millets, roti).
- **High fiber + protein** from eggs, legumes, veggies.

- Healthy fats: **nuts, seeds, cold-pressed oils** (1 tsp/meal).
- No sugar, no processed food. Avoid excess dairy.
- Stay hydrated, walk daily, and manage stress.


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AVERAGE WEIGHT LOSS RESULTS*

	GENERAL TRAINING	PERSONAL TRAINING
3 MONTH	5-7 KG	10-15 KG
6 MONTH	10-14 KG	15-20 KG
12 MONTH	15-20 KG	
24 MONTH	20 - 25 KG	

WEIGHT LOSS RESULTS VARY PERSON TO PERSON




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