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A proper diet nourishes the body, boosts energy, prevents diseases, sharpens the mind, and supports a healthy, balanced, and longer life.

+916377139340

Before



After



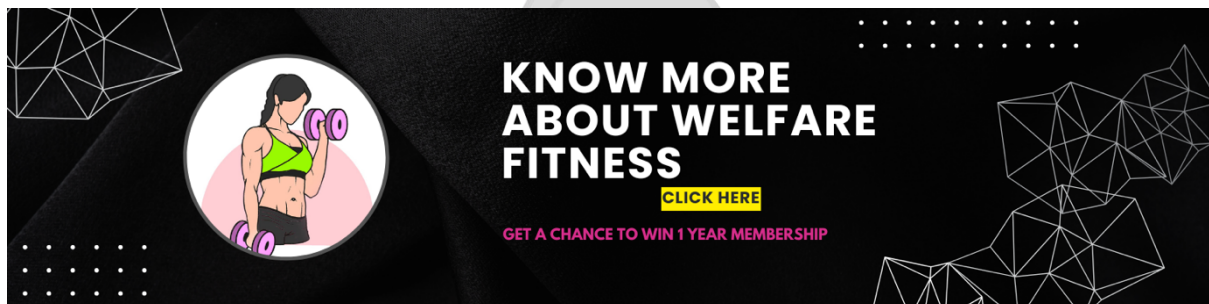
1500 KCal PCOS Diet Chart – Non-Vegetarian

Day	Breakfast (8:30 AM) ~ 350 KCal	Lunch (1:00 PM) ~ 450 KCal	Snacks (4:00 PM) ~1 50 KCal	Pre-Dinner (6:00 PM) ~ 100 KCal	Dinner (9:00 PM) ~ 350 KCal	Post-Dinner (10:30 PM) ~ 100 KCal
Monday	Boiled Eggs (2) + Multigrain Toast (1) + Green Tea	Roti (2) + Mixed Veg + Dal + Salad + Curd	Roasted Chana (1 handful) + Herbal Tea	Cucumber + 2 Almonds	Grilled Chicken (100g) + Roti (2) + Salad	Turmeric Milk (100 ml)
Tuesday	Chicken Sandwich (Grilled, 80g chicken) + Green Tea	Roti (2) + Lauki + Dal + Salad + Curd	Fruit (Apple/Pear) + Herbal Tea	1 Fruit + 2 Walnuts	Fish Curry (100g)+ Brown Rice (1 cup) + Veg	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	Chicken Curry (100g) + Roti (2) + Salad	Warm Milk (100 ml)
Thursday	Moong Dal Chilla (2) + Green Tea + Boiled Egg (1)	Roti (2) + Mixed Veg + Dal + Salad + Curd	Fruit Bowl (Papaya/Guava) + Herbal Tea	1 Fruit + 2 Walnuts	Grilled Fish (100g) + Brown Rice (1 cup) + Veg	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	Chicken Pulao (Brown Rice, 80g chicken) + 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	Chicken Curry (100g) + 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	Fish Curry (100g)+ Brown Rice (1 cup) + Salad	Milk (100 ml) + Turmeric Pinch

PCOS-Friendly Notes (Non-Veg):

- **Lean proteins** (chicken, fish, eggs) aid metabolism and hormonal balance.
- Focus on **low GI carbs** (roti, brown rice, oats).
- Avoid deep-fried items; prefer **grilled/boiled/steamed** meats.
- Stay away from processed meats (sausages, salami).
- Add **flax seeds, chia seeds, and nuts** for healthy fats.
- Stay hydrated (8–10 glasses/day), and aim for **30 minutes light activity** daily.

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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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PERSONAL TRAINING IN JUST 5999/-