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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



BEFORE

After



AFTER

🌙 Navratri PCOD Diet Chart (1200–1400 KCal – Veg Fasting – Hormone Balance + Weight Loss)

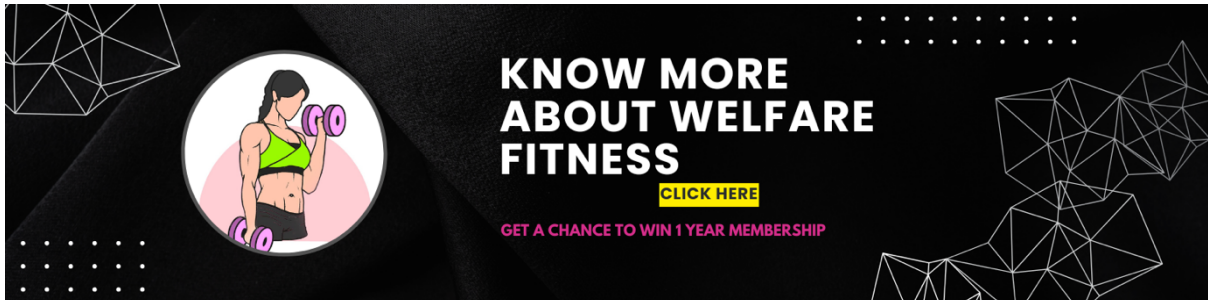
Day	Breakfast (8:00 AM) ~250 KCal	Mid-Morning (11:00 AM) ~150 KCal	Lunch (1:00 PM) ~400 KCal	Evening Snack (5:00 PM) ~200 KCal	Dinner (8:00 PM) ~350 KCal
Day 1	1 small Kuttu Cheela (no potato) + Curd (½ cup) + 2 Almonds	1 Apple + Coconut Water	1 bowl Samak Rice + Lauki Sabzi + Curd (½ cup)	1 cup Roasted Makhana + Lemon Water	1 small bowl Sweet Potato Chaat (boiled) + Curd (½ cup)
Day 2	1 bowl Sabudana Upma (less oil) + Curd (½ cup)	1 Orange + 2 Walnuts	2 small Kuttu Roti + Kaddu Sabzi + Curd	1 cup Cucumber + Lemon Water	1 bowl Samak Pulao (with veggies) + Curd (½ cup)
Day 3	1 bowl Samak Porridge (almond milk + 2 soaked nuts)	1 Guava + Coconut Water	1 bowl Samak Rice + Mixed Veg Curry (no potato) + Curd	Roasted Makhana (½ cup) + Lemon Water	2 small Kuttu Cheela + Bhindi Sabzi + Curd
Day 4	1 small Kuttu Cheela + Curd (½ cup) + 2 Soaked Raisins	1 Apple + 1 Walnut	1 bowl Samak Rice + Lauki Sabzi + Curd	1 cup Roasted Peanuts (dry) + Lemon Water	1 bowl Paneer Bhurji (50g paneer) + 1 Kuttu Roti
Day 5	1 small Sabudana Khichdi (low ghee) + Curd (½ cup)	1 Orange + Coconut Water	1 bowl Samak Rice + Kaddu Sabzi + Curd	1 cup Makhana + Lemon Water	2 small Kuttu Roti + Mixed Veg + Salad + Curd (½ cup)
Day 6	1 bowl Samak Porridge + 2 soaked Almonds	1 Guava + Lemon Water	1 bowl Samak Rice + Veg Curry (no aloo) + Curd	1 Sweet Potato (boiled) + Lemon Water	1 bowl Samak Pulao + 50g Paneer + Salad
Day 7	1 small Kuttu Cheela + Curd + 1 Date	1 Apple + Coconut Water	1 bowl Samak Rice + Bhindi Sabzi + Curd	1 cup Makhana + Lemon Water	1 Kuttu Roti + Kaddu Sabzi + Curd
Day 8	1 bowl Sabudana Upma + 2 soaked Almonds	1 Orange + Coconut Water	1 bowl Samak Rice + Mixed Veg + Curd	Sweet Potato Chaat (small portion) + Lemon Water	2 small Kuttu Roti + Lauki Sabzi + Salad
Day 9	1 small Samak Porridge + 1 Walnut	1 Guava + Coconut Water	1 bowl Samak Pulao + Mixed Veg + Curd	Roasted Makhana (½ cup) + Lemon Water	1 Kuttu Cheela + Paneer Bhurji (50g paneer) + Salad

✅ PCOD Navratri Fasting Tips:

- ❌ Avoid fried sabudana vada, pakoras – use minimal **ghee/oil** (1 tsp/day).

- 🥬 **High-fiber foods** like lauki, bhindi, kaddu, and low-sugar fruits help manage insulin.
- 🥛 Use **low-fat curd/paneer** – avoid overuse of dairy.
- 🥤 **Hydration** – coconut water, lemon water, herbal tea (no sugar).
- ❌ Avoid refined sugar, extra salt (bloating), fried snacks.
- 🧘 Walks, light yoga for hormone balance.

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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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