

PCOS Diet Chart India

7-Day Meal Plan & Complete Food List — by Namita, Certified Nutritionist — nutritionbynamita.com

The PCOS Plate Formula

Plate Section	What to Fill	Examples
½ Plate Vegetables	Non-starchy sabzi	Bhindi, palak, gobhi, beans, tori, brinjal
¼ Plate Protein	Legumes, dairy, eggs	Dal, rajma, chana, paneer, dahi, eggs, tofu
¼ Plate Complex Carbs	Low-GI grains	Jowar/bajra/ragi roti, small portion brown rice
+ Healthy Fat	Small addition	Ghee (½ tsp), walnuts, flaxseeds, coconut

7-Day PCOS Diet Chart

Day	Breakfast	Lunch	Dinner
Mon	Besan chilla + curd	Rajma + jowar roti + sabzi	Moong dal + roti + salad
Tue	Egg bhurji + 1 roti	Chana + brown rice + sabzi	Palak paneer + roti
Wed	Oats idli + sambar	Rajma + bajra roti + salad	Lauki sabzi + dal + roti
Thu	Paneer paratha + curd	Soya chunks curry + rice + salad	Mixed veg + roti
Fri	Moong dal dosa + chutney	Kidney beans + jowar roti + sabzi	Paneer bhurji + roti
Sat	Vegetable poha + nuts	Chickpea salad + roti + sabzi	Dal + brown rice + salad
Sun	Egg/paneer sandwich (multigrain)	Rajma + roti + raita	Light khichdi + vegetables

Glycaemic Index: Common Indian Foods

Food	GI	Better Choice?
Ragi (finger millet) roti	Low (54)	Yes
Rajma (kidney beans)	Low (29)	Yes
Moong dal (whole)	Low (38)	Yes
Jowar (sorghum) roti	Low–Medium (55)	Yes
Brown rice	Medium (68)	Moderate, small portion
Chapati (wheat)	Medium (62)	Moderate with sabzi and dal
White rice	High (73)	Reduce, add protein
Poha	High (76)	Add peanuts and lemon
Maida (white flour)	Very High (85)	Avoid where possible
Fruit juice (apple/mango)	Very High (70–80)	Eat the whole fruit instead

Best Foods vs Foods to Avoid

Eat regularly:

- Methi (fenugreek) — rotis, dal, soaked overnight water
- Alsi (flaxseeds) — 1 tbsp ground daily in rotis or curd

- Rajma & chana — protein + fibre + resistant starch
- Dahi (plain curd) — full-fat, probiotic, daily
- Walnuts — handful daily for omega-3
- Millets (jowar, bajra, ragi) — rotis or porridge
- Haldi (turmeric) — daily in cooking + warm milk at night
- Karela (bitter gourd) — regularly for insulin support

Avoid / limit:

- Maida & refined flour — bread, naan, puri, pastries
- Packaged breakfast cereals — cornflakes, sweetened muesli
- Sugary drinks — packaged juice, cold drinks, sweetened lassi
- Trans fats — vanaspati, bakery items
- Excess red meat — limit to 1–2 times per week
- Excess milk — raises IGF-1 and androgens

This is a general educational framework, not a personalised medical or nutrition prescription. For a plan built around your blood reports and PCOS type, book a consultation at nutritionbynamita.com. Namita is a Certified Nutrition Coach, not a doctor.

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