

# Healthy Wealthy

## PCOS- PCOD DIET PLAN

### Morning Routine

5/6 AM — Wake up

1 glass lukewarm water + 2 Pinch Dalchini + 2 pinch Turmeric + Awla juice ( take break 15 Min ) Slim Tea or Afresh (Empty Stomach) sometimes Must take aloe vera Juice

( 6/7 or 7/8 - Workout)

Breakfast (8:00–8:30 AM)

Option 1 – Protein Shake ( 2 Formula 1 + 1 protein + 1 Shakemate ) Or. Sleem Shake  
Meal Replacements

Option 2 ABC Juice Apple + Beetroot+ carrote

Option 3 – Poha with veggies + handful roasted peanuts

Option 4 - Dryfruits ( 5 Almonds/ Cashew or 2 walnuts /sunflower seeds/ Pumpkin seeds)  
In soaked Form

**Mid-Morning Snack (10:30–11:00 AM)** Apple

papaya berries, Gava Antioxidant Food **Choose**

**any one:**

1. Hunger Bar (for quick energy, fiber, and protein)
2. Butter milk

\*Lunch (1:00–1:30 PM)\*

**30 min before lunch: Take Slim Trim Tablet**

Balanced Winter Lunch:

1. 1 bowl Brown rice / Millet khichdi / 1-2 chapati (multigrain)
2. Green leafy vegetables (palak, methi)
3. Lauki, tori, bhindi, broccoli, cauliflower

Salad (cucumber, carrot, beet , Tomato, )

1 bowl Dal or Rajma / Chana curry / Paneer bhurji

1 cup Curd / Buttermilk (optional)

### **Evening ( 3/4 pm )**

Slim Tea (Empty Stomach) **Choose**

#### **any one combo:**

1. Protein Bhujia (30g) + 1/2 Healthy Cookies\*
2. Dryfruit mix (almonds, walnuts, oats, pumpkin seeds) 20 Min later Butter milk
3. Hunger bar 1
4. Methi thepla With Yogurt
5. Sprouts chat ( add Lemon + Slat + Tomato) In limit the spices
6. Dark chocolate\* 20/30 gm max

**\*Dinner (7:30–8:00 PM)\*** ( Take Your Daily Multivitamin or Women Care Tablet If available )

30 min before dinner: Take Slim Trim Tablet

Option 1 – Healthy Vegetable soup

Option 2 – Vegetable Dalia / Khichdi (light & warm) ( With Lauki sabzi) must add Ghee if suits 1 spoon

Option 3 – Herbalife Shake (if late or tired) + roasted chana

Option 4 - ( need heavy if ) Besan or moong dal chilla with

#### **Take Womens care Tab After dinner**

#### **PCOD (Polycystic Ovarian Disease)**

Ek hormonal condition hai jisme ovaries ande (eggs) properly release nahi kar paati, Jiske wajah se hormonal imbalance, irregular periods aur weight gain hota hai.

Points To Remember For better results

- PCOD Guidelines
- Regular meals, long gap nahi

- Low GI carbs, quantity control
- Har meal me protein
- Fiber & veggies zyada
- Sugar, maida, junk avoid
- Daily walk + strength training
- Proper sleep & stress control

Water intake more

Avoid outside make healthy home cooked food as possible

Sleep well most important

Little active or workout

### **Macro & Micro Balance (Approx per day)**

Calories: 1300–1500 kcal (ideal for weight loss)

Protein: 65–80 g

Carbs: 120–140 g (mostly complex)

Fats: 35–45 g (healthy fats only)

Micros: Vitamin C, A, iron, magnesium, zinc (from fruits, veggies & seeds)

**Disclaimer:- Supplements Are Optional You May Take them If needed**

- **Team**

**\*Healthy Wealthy\*** 