



# Makes You Eat, Mumbai

by Dietician Foram Modi

(Dietitian Approved)

## 7 Days PMOS Diet Plan

Polyendocrine Metabolic Ovarian Syndrome

By PMOS Specialist - Dt. Foram Modi

**Disclaimer:** Please take free consultation with Dietitian Foram Modi if any doubt regarding the diet plan.

by Best Clinical Nutritionist in Mumbai - Dt. Foram Modi

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**8369030744**



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## 7 DAYS PMOS DIET PLAN

Day 1

### Goal

The goal of Day 1 in this 7 day PMOS diet plan is to begin stabilizing blood sugar levels, reduce unnecessary cravings, and introduce the body to structured, anti-inflammatory eating patterns.

### Early Morning: Jeera + Saunf + Dhaniya Water

Helps support digestion, reduce bloating, improve water retention, and gently support insulin balance and inflammation control in PCOS.

### Breakfast: Besan Chilla + Mint Chutney + Chia Seed Water

A protein- and fiber-rich breakfast that helps stabilize blood sugar, reduce cravings, improve fullness, and support hormonal balance in PCOS.

### Mid-Morning: 1 Fruit + Roasted Makhana

Provides fiber, antioxidants, and steady energy to help avoid sugar crashes, improve metabolism, and reduce unhealthy snacking.

### Lunch: 2 Multigrain Roti + Lauki Sabzi + Dal + Salad

A balanced Indian meal rich in fiber, protein, and complex carbohydrates that supports insulin sensitivity, digestion, gut health, and sustained energy levels.

### Evening Snack: Green Tea + Roasted Chana

Helps control evening hunger cravings, supports metabolism, and provides protein and fiber for better appetite management.

### Dinner: Paneer Bhurji + Sauté Vegetables

A high-protein and nutrient-rich dinner that supports hormonal health, overnight recovery, muscle maintenance, and healthy blood sugar regulation.

If in doubt or have question, Call/WhatsApp our dietitian team for **Free consultation of your case of PMOS.**

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## 7 DAYS PMOS DIET PLAN

Day 2

### Goal

The goal of Day 2 is to further enhance insulin sensitivity while supporting gut health and digestion. This day focuses on plant-based proteins, fiber-rich meals, and anti-inflammatory ingredients that help reduce bloating, stabilize energy levels.

### Early Morning: Methi Water

Helps improve insulin sensitivity, supports blood sugar control, reduces cravings, and supports better metabolic balance in PCOS.

### Breakfast: Moong Cheela + Coconut Chutney

Rich in plant protein and fiber, this meal supports stable energy release, helps reduce insulin spikes, and supports hormonal and ovulation health.

### Mid-Morning: Apple + Pumpkin Seeds

Provides antioxidants, healthy fats, and essential nutrients that help reduce inflammation, support hormonal balance, and improve skin health.

### Lunch: Brown Rice + Light Rajma + Cucumber Salad

A balanced meal that improves fullness, supports digestion and gut health, stabilizes blood sugar, and provides steady energy for hormone regulation.

### Evening Snack: Buttermilk (if tolerated) / Lemon Water

Supports hydration, digestion, and gut health while helping reduce bloating and improve metabolic function.


### Dinner: Grilled Tofu or Paneer + Stir-Fried Vegetables

A high-protein, low-carb dinner that supports overnight hormonal repair, improves insulin response, and aids healthy fat metabolism.

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## 7 DAYS PMOS DIET PLAN

Day 3

### Goal

The goal of Day 3 is to strengthen digestion and reduce internal inflammation, which are key drivers of PMOS symptoms. This day focuses on fiber-rich foods, gut-friendly ingredients, and balanced meals that help improve metabolism & reduce bloating.

### Early Morning: Ajwain Water

Helps improve digestion, reduce gas and bloating, and support better gut health, which indirectly helps maintain hormonal balance in PCOS.

### Breakfast: Vegetable Oats Cheela

A high-fiber and moderate-protein breakfast that helps stabilize blood sugar, improve fullness, and reduce unhealthy cravings.

### Mid-Morning: Guava or Pear

Rich in fiber and vitamin C, these fruits help improve digestion, reduce inflammation, and support better metabolic and skin health.

### Lunch: 2 Jowar Rotis + Bhindi + Dal

A balanced traditional Indian meal that supports steady energy release, improves insulin sensitivity, and helps regulate hormonal fluctuations.

### Evening Snack: Herbal Tea + Nuts

Supports stress management, helps reduce cortisol spikes, and provides healthy fats that support hormone production and brain health.

### Dinner: Soup + Paneer Tikka

A light and protein-rich dinner that supports overnight recovery, metabolic repair, and stable blood sugar management.

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## 7 DAYS PMOS DIET PLAN

Day 4

### Goal

The goal of Day 4 is to strengthen hormonal balance by improving gut microbiome health, stabilizing insulin levels, and reducing inflammation. This day emphasizes probiotic foods, mineral-rich vegetables.

### Early Morning: Cinnamon Water

Helps improve insulin sensitivity, regulate blood sugar levels, reduce cravings, and support hormonal balance in PCOS.

### Breakfast: Greek Yogurt Bowl / Hung Curd Bowl with Seeds

Rich in probiotics and protein, this meal supports gut health, improves digestion, and helps regulate hormones linked to PCOS.

### Mid-Morning: Orange + Sunflower Seeds

Provides vitamin C, antioxidants, and healthy fats that help reduce inflammation, support immunity, and improve skin and metabolic health.

### Lunch: Quinoa Pulao + Dal + Salad

A balanced high-fiber and protein-rich meal that supports steady energy release, improves insulin response, and promotes better fullness and metabolism.

### Evening Snack: Roasted Makhana

A light and nutritious snack that helps control cravings, supports weight management, and prevents evening blood sugar spikes.


### Dinner: Palak Paneer + Stir-Fried Vegetables

A nutrient-dense and iron-rich dinner that supports hormonal repair, improves ovulation health, and aids overnight metabolic recovery.

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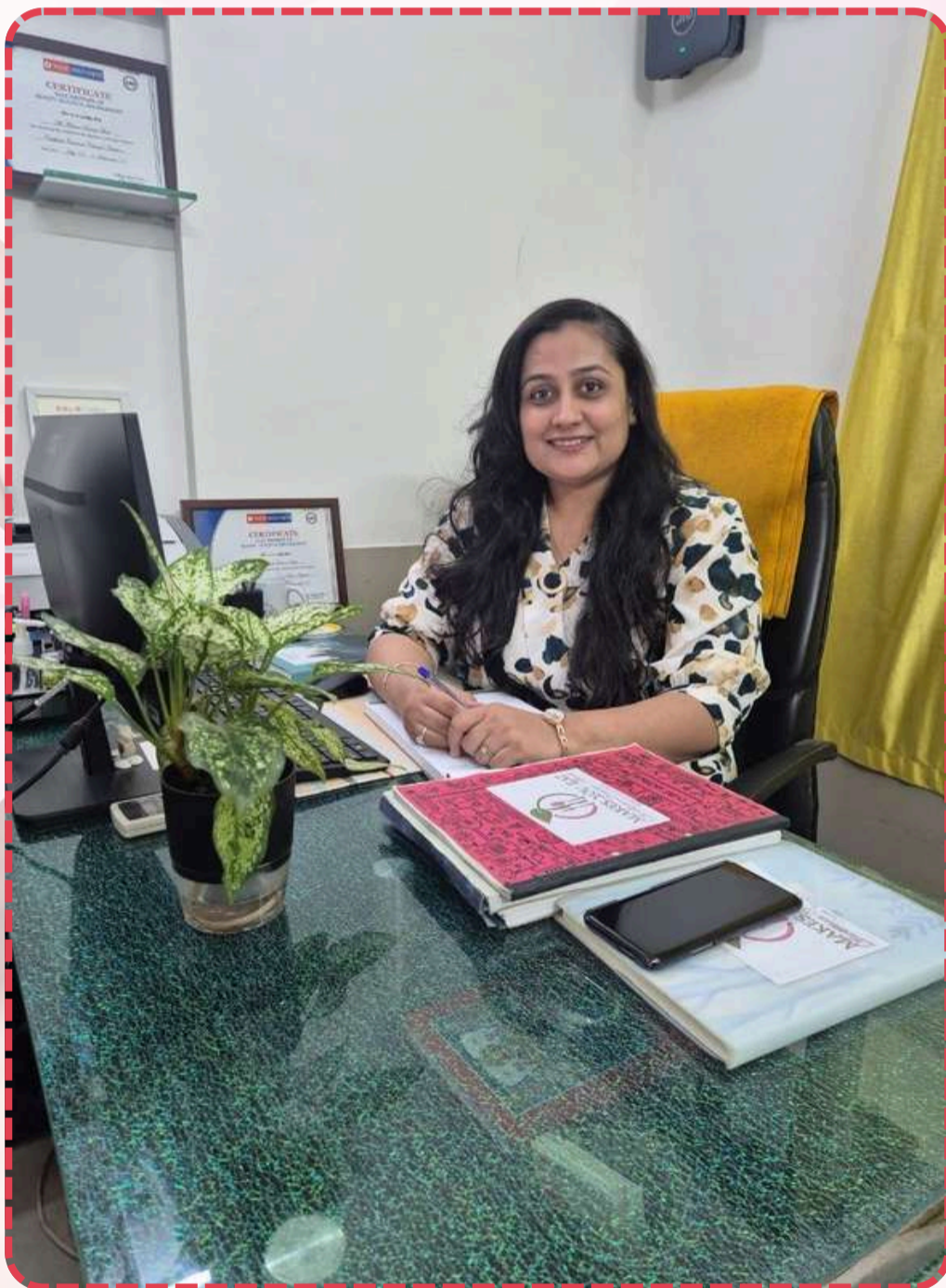
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## DT. FORAM MODI

Founder of Makes You Eat, Mumbai

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#### Benefits of Personalized PMOS Reversal Diet Plan (Paid Option)

- Personalized to Your Hormones
- Not a Generic PDF Diet
- Insulin Resistance Focused
- Meal Prep Guidance Included
- Sustainable Weight Loss Approach
- Evidence-Based & Structured
- Supports Acne, Energy & Bloating
- Habit Building, Not Temporary Dieting



Customized PMOS Diet Plan  
(1 Month & 3 Month)  
With Full Accountability

**Contact Now!**



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## 7 DAYS PMOS DIET PLAN

Day 5

### Goal

The goal of Day 5 is to enhance metabolic flexibility, reduce sugar and carb cravings, and strengthen insulin response. This day focuses on high-protein meals, fiber-rich traditional Indian foods, and balanced nutrition.

### Early Morning: Saunf Water

Helps improve digestion, reduce bloating, and support hormonal balance by calming gut-related inflammation commonly seen in PCOS.

### Breakfast: Egg Bhurji / Tofu Bhurji + Millet Toast

A high-protein breakfast that supports insulin stability, reduces cravings, and helps improve ovulation health and energy levels.

### Mid-Morning: Papaya Bowl

Rich in digestive enzymes and fiber, this helps improve gut health, reduce inflammation, and support smoother hormonal functioning.

### Lunch: 2 Bajra Rotis + Methi Sabzi + Dal

A traditional fiber-rich meal that supports blood sugar control, improves fullness, and enhances long-term metabolic balance.

### Evening Snack: Black Coffee (Without Sugar) + Nuts

Helps improve alertness, manage cravings, and provides healthy fats that support hormone production and energy regulation.

### Dinner: Vegetable Soup + Grilled Protein

A light and protein-focused dinner that supports overnight fat metabolism, hormonal repair, and improved insulin sensitivity.

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## 7 DAYS PMOS DIET PLAN

Day 6

### Goal

The goal of Day 6 is to strengthen gut health, reduce inflammation, and support natural hormonal reset processes in the body. This day focuses on easily digestible meals, probiotic support, balanced nutrients, and anti-inflammatory ingredients.

### Early Morning: Haldi Warm Water

Helps reduce internal inflammation, supports liver detox pathways, and improves hormonal balance by calming oxidative stress in PCOS.

### Breakfast: Poha with Peanuts + Sprouts (if tolerated)

Provides balanced carbohydrates and protein that support steady energy release, reduce cravings, and improve insulin response.

### Mid-Morning: Kiwi or Apple

Rich in fiber and antioxidants, these fruits help improve gut health, reduce inflammation, and support better metabolic and skin health.

### Lunch: Dal Khichdi + Curd + Salad

A gut-friendly and balanced meal that improves digestion, supports microbiome health, and stabilizes blood sugar levels for better hormonal balance.

### Evening Snack: Green Tea + Seed Mix

Helps control cravings, supports metabolism, and provides essential fats and micronutrients needed for hormone regulation.


### Dinner: Stuffed Paneer Cheela

A high-protein and low-glycemic dinner that supports overnight hormonal repair, improves insulin sensitivity, and aids healthy fat metabolism.

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## 7 DAYS PMOS DIET PLAN

Day 7

### Goal

This day focuses on light, nutrient-dense meals that improve digestion, support insulin balance, reduce inflammation, and prepare the body for a sustainable lifestyle beyond the 7-day plan.

### Early Morning: Detox Water

Helps hydrate the body, support digestion, reduce bloating, and gently assist metabolic detox pathways for improved hormonal balance.

### Breakfast: Ragi Dosa + Chutney

A fiber-rich and low-glycemic breakfast that supports insulin stability, improves fullness, and helps maintain steady energy levels.

### Mid-Morning: Fruit Bowl

Provides natural antioxidants, vitamins, and fiber that help reduce inflammation, improve gut health, and support hormonal regulation.

### Lunch: Millet Bowl + Sabzi + Dal

A balanced and nutrient-dense meal that supports blood sugar control, improves digestion, and promotes long-term metabolic stability in PCOS.

### Evening Snack: Roasted Chana + Herbal Tea

Helps control cravings, supports protein intake, and improves evening fullness while stabilizing blood sugar levels.

### Dinner: Light Soup + Sauté Vegetables + Protein Source

A light and easy-to-digest dinner that supports overnight recovery, hormonal repair, and improved insulin sensitivity.

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