

Diet Chart for PCOD/PCOS

PCOD(polycystic ovarian disease)-Hormonal disorder, overweight, irregular periods, PCOS(syndrome)-Metabolic disorder, that produces the higher male hormone

PCOS is more severe than PCOD.

Things to Avoid	Things to Addon
<ul style="list-style-type: none">● Packaged food(any kind of food, drink, snack)● Medicine● Plastic● Black tea, Black coffee● Junk food● Fast food	<ul style="list-style-type: none">● Salad● Curd, paneer, sprouts● Seasonal fruit● A2 mark cow ghee● Veggiesoup(hOMEMADE)● Buttermilk● Warm milk

2 Week Routine(Detox)

- Quality sleep (9:00 pm-6:00 am, 7:00 am)
- Drink water empty stomach(keep water under the moonlight at night)
- Breakfast (as light as you can), like Daliya, veggie soup.
- One seasonal fruit(between 10am-12 pm)
- Lunch(idli, curd, paneer, dosa), add ghee(3-4tbsp a day)
- Snacks (fruit or raw vegetable)
- Dinner(khichdi)
- Before bed (warm milk) 10 & walk under moonlight(15min)
- Avoid blue light before sleep(i.e phone)
- if delayed period (salty buttermilk)
- Excessive bleeding(lassi, add jaggery powder)

- Avoid simple carbs (whites rice, white bread, fast food, cold drink, biscuits)
- Have only 1 chapati, in a meal

AFTER 2 WEEKS

- Can have tomato and onion
- Can have 2 chapatis & rice ¼bowl
- No junk food, soda, refined sugar
- Continue for next 2months

WORKOUT

- 10 min walk
- Anulom Vilom pranayama
- Leg raise
- Butterfly pose
- Bodyweight squats

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