PCOS and Home Food

A Gentle 7 Day Start

A planning companion for your everyday routine.
No cure promises. No rigid menu.



Begin with support, not a food ban

There is no single diet composition shown to be best for everyone with PCOS. A sustainable approach should consider your preferences and your care needs. You do not have to follow a restrictive plan simply because it is called a PCOS diet.

Use the seven prompts here to notice what works in your day and prepare for a useful conversation with your care team. They are not a treatment plan or a promise of changes in weight, periods or fertility.

Keep your existing care
Continue prescribed medicines and medical follow-up. Do not change medicines or start supplements because of this guide. A personal food plan needs your own history, preferences and clinician advice.

Days 1 to 4

Day 1 | Notice a normal day

Write down your usual meal times and the moments that feel rushed. No calorie count or good/bad food labels are needed.

One difficult moment in my day: _____

Day 2 | Make breakfast easier

Choose an option you already enjoy: vegetable besan chilla, an egg with toast, or another familiar breakfast that suits you. This is a planning choice, not a PCOS prescription.

Tomorrow's option: _____

Day 3 | Plan one home meal

Start with a familiar base and think about the foods alongside it. For example, rice with dal and sabzi. Adapt ingredients and portions to your own advice.

My planned meal: _____

Day 4 | Prepare for the rushed hour

If you often need something between meals, plan a suitable option ahead: fruit, curd if suitable, or another food you enjoy. Respect allergies and your care plan.

What I want to have ready: _____

Days 5 to 7

Day 5 | Look beyond the plate
Notice your sleep routine and opportunities for comfortable movement. Choose a small practical step that is appropriate for you.

Day 6 | Make room for real life
Plan for a busy day or a meal out. Think about what would make it easier, without treating a change of plan as failure.

Day 7 | Keep one useful step
What helped? What was difficult? Keep one useful change and bring the difficult part to your next consultation.

Questions for your care team

What follow-up or screening is appropriate for me?
Do my medicines affect the advice I should follow?
Would individual nutrition or emotional-wellbeing support help?
What should I do if my symptoms change?

A conversation that starts with your routine
Request a consultation at nutritionwithricha.com/book or message Richa on +91 98211 15498. Online in English and Hindi. Nutrition guidance works alongside your doctor.

Evidence background: Monash University, International Evidence-based Guideline (2023) and current resources. The current resource hub also uses the updated term PMOS. This guide retains PCOS to match the familiar service name. Planning prompts are general education, not individual clinical advice. Prepared October 2026.