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A PRACTICAL GUIDE FOR INDIAN WOMEN

The Simple PCOS Plate

30-Day Indian Vegetarian Meal Plan for Working Women



- 30 days of meals
- 12 easy recipes
- Grocery lists
- Printable tracker

wpsanjeet.com

General nutrition information. Not medical advice.

Sample preview. Not the full book.

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WELCOME

Before You Begin

A few words before you start cooking.



Welcome, and thank you for choosing this book. If you live with PCOS and wonder what to cook every day without giving up roti, dal and the food your family eats, this book is for you.

Everything here uses ordinary Indian ingredients from your local sabzi mandi and kirana store. There are no expensive superfoods and no extreme rules. You get a clear plan, a shopping list and simple recipes, so you do not have to decide what to eat every day.

Important: please read

This book gives **general nutrition information for education only**. It does not diagnose, treat or cure PCOS or any other condition, and it is not a substitute for advice from your doctor or dietitian.

Please speak to your doctor or a registered dietitian **before changing your diet** if you have diabetes, thyroid problems, high blood pressure or kidney problems, are pregnant or breastfeeding, take regular medicines (for example metformin or insulin), are under 18, or have ever had an eating disorder.

Results differ from person to person. No result is guaranteed.

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The 5 golden rules of this book

1. Build every plate with vegetables, protein and a measured portion of whole grain.
2. Do not skip meals. Long gaps often lead to strong cravings later.
3. Choose whole and home-cooked foods more often than packaged ones.
4. Move your body a little every day, even a 20-minute walk.
5. Go slowly. Small habits kept for months beat strict diets kept for days.

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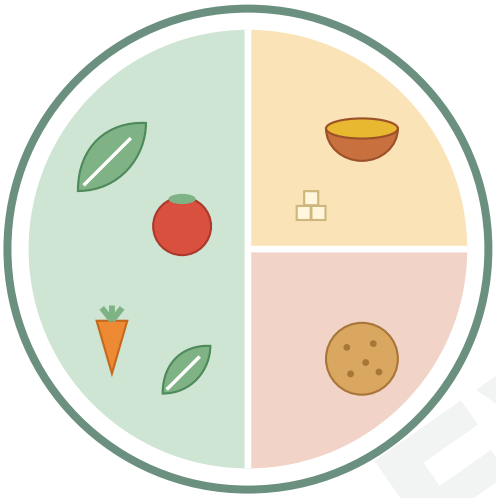
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CHAPTER 2

The Simple PCOS Plate

One picture that guides every lunch and dinner.

Forget counting calories. Use this simple picture for every lunch and dinner.



1/2 **Vegetables**
Sabzi, salad, leafy greens, soup

1/4 **Protein**
Dal, paneer, tofu, soya, sprouts, curd

1/4 **Whole grains**
1-2 phulka, millet roti, small rice portion

+ **Healthy fat**
1-2 tsp ghee or oil, or a few nuts and seeds

Easy portion guide (no weighing)

Food	A typical portion
Roti / phulka	1 to 2 medium rotis per meal
Cooked rice	Half a katori (about 75 g). Pair with plenty of dal and sabzi
Dal / rajma / chole	1 katori (about 150 ml)
Paneer	A palm-sized portion, about 60 to 80 g
Curd / raita	1 katori (about 150 g), unsweetened
Nuts and seeds	1 small handful (about 10 to 15 g)
Fruit	1 whole medium fruit, or 1 katori of cut fruit

These are general guides. Your own needs depend on your age, height, activity and health, so ask your dietitian for personal targets.

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CHAPTER 4

Your 30-Day Meal Plan

No more thinking about what to cook today.



Swap freely. If you do not like a dish, replace it with a similar one from another day. Eggs, fish or chicken can replace paneer or soya on any day if you eat non-vegetarian food.

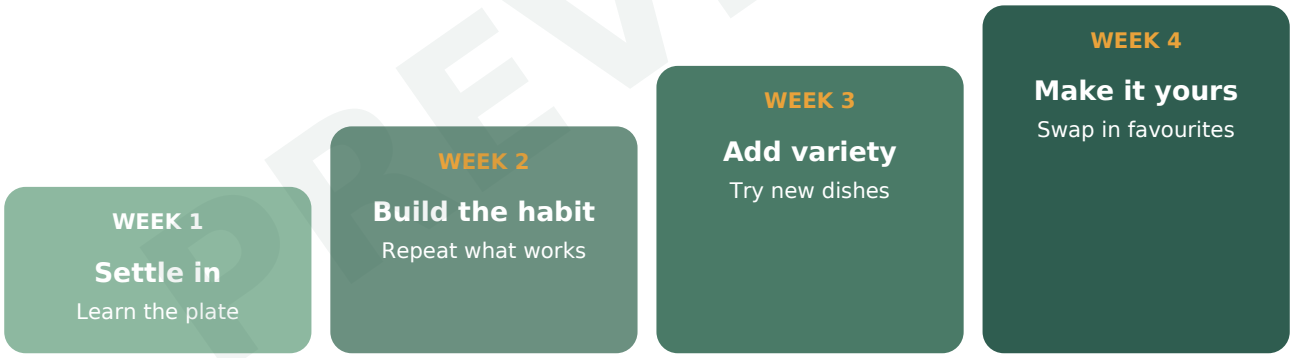
Tips for the plan

Drink water through the day and have chaas, plain water or unsweetened tea or coffee.

Have your meals at similar times each day and avoid long gaps.

A 'katori' is a regular Indian steel bowl (about 150 ml).

Your 4-week journey



Week 1: Settle in

Day	Breakfast	Lunch	Snack	Dinner
Day 1	Moong dal chilla (2) with mint chutney	2 phulkas, palak dal, cucumber-tomato salad	Small handful roasted chana	Mixed veg sabzi, 1 roti, paneer cubes, curd
Day 2	Vegetable oats upma + 1 glass chaas	Rajma (1 katori), 1 roti, big salad	Apple slices with 1 tsp peanut butter	Lauki chana dal, 1 roti, cucumber raita
Day 3	Besan-veg chilla (2) with curd	Vegetable sambar, half katori rice, cabbage thoran	Sprouts chaat	Light palak paneer, 1 roti, salad
Day 4	Paneer bhurji with 1 multigrain toast	Masoor dal, 2 phulkas, bhindi sabzi	Chaas + small handful makhana	Vegetable daliya khichdi with raita

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CHAPTER 5

12 Easy Recipes

Simple dishes, ready in 30 minutes or less.



All recipes use common ingredients and take 30 minutes or less. Use a non-stick pan so you need very little oil.



1. Moong Dal Chilla

Serves 2 | 15 min + soaking | Protein-rich breakfast

INGREDIENTS

- 1 cup yellow moong dal, soaked for 3 to 4 hours
- 1 green chilli and 1 inch ginger
- 1/2 tsp jeera, 1/4 tsp turmeric, salt
- 1/4 cup each finely chopped onion, tomato and coriander
- 1 tsp oil for cooking

METHOD

1. Drain the dal and grind with chilli, ginger and a little water into a smooth, pourable batter.
2. Mix in jeera, turmeric, salt and the chopped vegetables.
3. Heat a non-stick tawa and grease lightly. Pour a ladle of batter and spread thin.
4. Cook on medium heat for 2 minutes, flip, and cook 2 more minutes until golden. Serve with mint chutney or curd.

Tip: Add 2 tbsp grated paneer or chopped palak to the batter for extra protein and iron.



2. Paneer Bhurji

Serves 2 | 12 min | Breakfast or dinner

INGREDIENTS

- 150 g paneer, crumbled
- 1 tsp oil or ghee, 1/2 tsp jeera
- 1 small onion, 1 tomato, 1/2 capsicum, 1 green chilli, chopped
- 1/4 tsp turmeric, 1/2 tsp coriander powder, salt
- Coriander leaves

METHOD

1. Heat oil, add jeera, then onion and chilli. Cook until soft.
2. Add capsicum, tomato and spices. Cook for 3 minutes.
3. Add the paneer and mix gently for 2 to 3 minutes. Top with coriander.
4. Serve with 1 roti or multigrain toast.

Tip: Do not overcook paneer. It becomes hard and dry.

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END OF FREE PREVIEW

Liked what you saw?

Get the complete 27-page book and follow the full 30-day plan.

- 30 days of Indian vegetarian meals, day by day
- 12 easy recipes with step-by-step method
- Weekly grocery lists for 4 weeks
- Eating out, office tiffin, travel and festival guide
- Snack ideas and easy food swaps
- Fridge cheat sheet, 30-day tracker and weekly check-in
- Baseline check to see your own progress

Get the full book at wpsanjeet.com

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