PCOS Hormonal Balance Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
579 kcal / day	19.9 g Target	94.1 g Complex	14.1 g Healthy	28-35 g Soluble/Insol.

PRESCRIBED DAILY MEAL SCHEDULE

SUN (Nov 22)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Sprouted Moong Dal Cheela with Coconut Chutney	2 cheelas (130g)	290	15g	32g	11g
	Spearmint Tea + Soaked Walnuts & Flaxseeds	1 mug + 15g seeds	110	4g	4g	9g
Total			400	19.0g	36.0g	20.0g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Methi (Fenugreek) Water + 1 tsp Ground Flaxseeds + 5 Soaked Almonds	1 piece (40g)	108	3g	22.4g	1g
	↳Sprouted Moong Dal Cheela with Coconut Chutney	1 piece (40g)	116	3.2g	23g	1.4g
	Roasted Pumpkin Seeds + Cinnamon Infusion	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Spearmint Tea + Soaked Walnuts & Flaxseeds	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Bajra Roti (2 pcs), Palak Paneer & Fresh Sprout Salad	2 pieces (80g)	216	6g	44.8g	2g
Total			757	20.9g	152.2g	8.2g

GENERAL CLINICAL & LIFESTYLE INSTRUCTIONS

- Hydration: Drink minimum 2.5 to 3.0 Liters of filtered water throughout the day.
- Timing: Try to consume meals within 30 minutes of scheduled slot timings.
- Preparation: Use cold-pressed oils or ghee sparingly as prescribed. Avoid deep-fried items and refined sugars.