

# Best Diet for PCOS Weight Loss (2026 Guide)

This PCOS weight loss diet for beginners is designed to improve insulin resistance, reduce belly fat, and balance hormones naturally. Follow this structured PCOS meal plan 7 days for sustainable and healthy weight management.

## PCOS Meal Plan 7 Days

- Day 1: Veg omelet + Whole grain toast | Grilled chicken salad | Salmon + Broccoli
- Day 2: Greek yogurt + Chia | Brown rice + Dal | Tofu stir fry
- Day 3: Oats + Flaxseeds | Quinoa salad + Eggs | Grilled fish + Spinach
- Day 4: Protein smoothie | Lentil soup | Chicken + Roasted vegetables
- Day 5: Scrambled eggs + Avocado | Paneer salad | Brown rice + Fish curry
- Day 6: Chia pudding | Grilled tofu bowl | Vegetable stir fry + Quinoa
- Day 7: Protein smoothie | Chicken salad | Baked salmon + Asparagus

## Foods to Avoid in PCOS

- Refined sugar and sweets
- White bread and refined carbs
- Sugary drinks
- Deep fried foods
- Processed snacks

## PCOS Insulin Resistance Diet Plan

Focus on low glycemic index foods, high protein intake, fiber-rich vegetables, and healthy fats. Avoid blood sugar spikes to reduce abdominal fat and improve hormonal balance.

## PCOS Results Timeline

- Week 1–2: Reduced bloating and improved energy
- Week 3–4: 1–2 kg weight loss
- Week 6–8: Visible inch loss and improved cycles

- 3–6 Months: Hormonal balance improvement