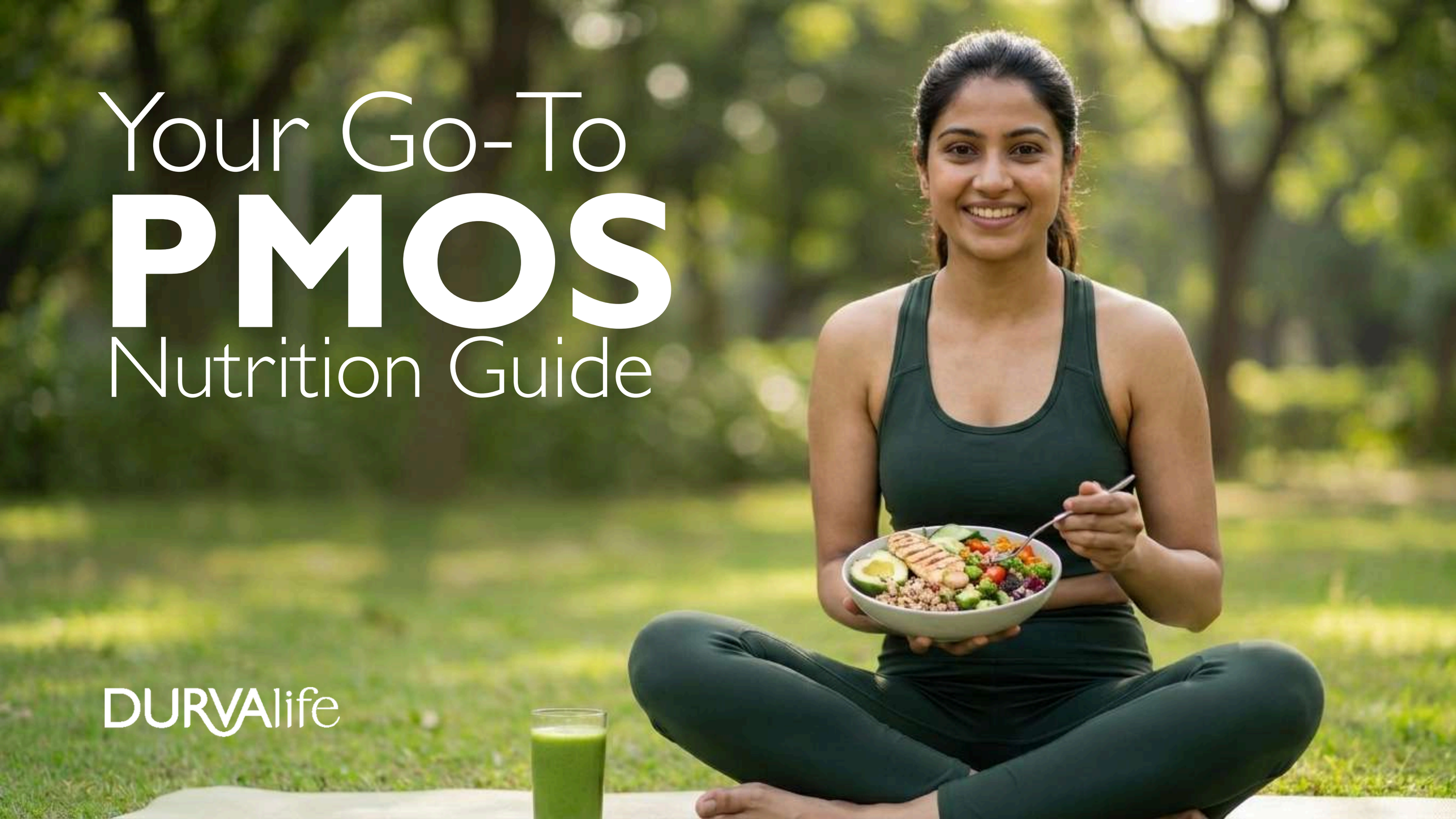
Your Go-To PMOS Nutrition Guide



DURVAlife

We've Got Your Back!

6-month companion guide to our Divantri PMOS/PCOS Relief pack!

The pack works on your hormones, cysts, and cycle from the inside. The food choices in this guide work in the same direction. To reduce insulin resistance, lower inflammation, and give your body the nutrients it needs to support that process.

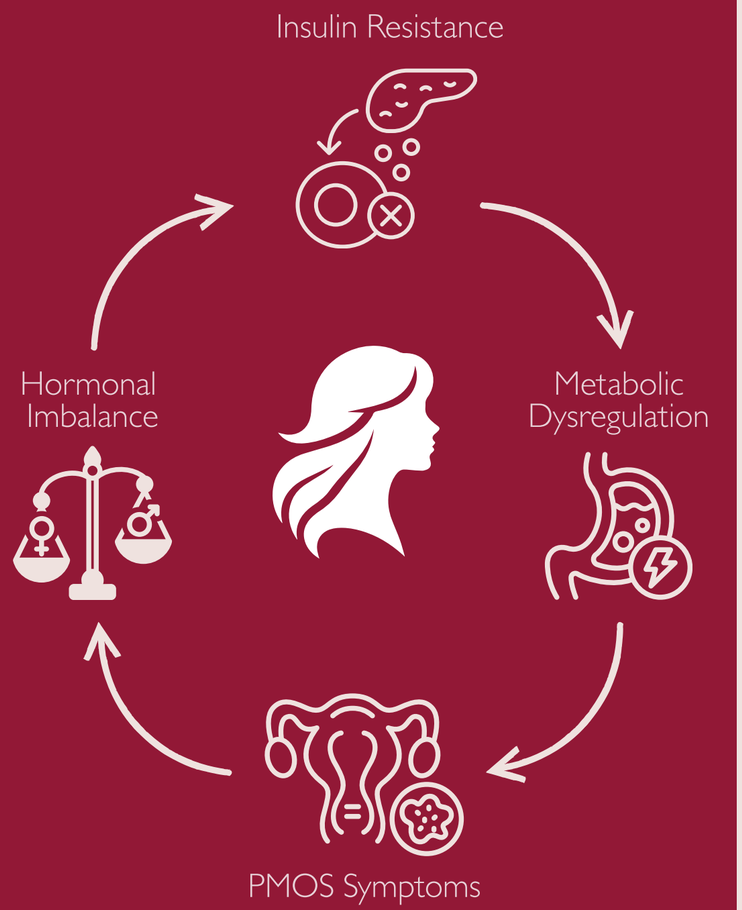
This is not a restrictive diet. There are no banned foods, no calorie counts, no complicated rules.

It is a set of practical, evidence-informed choices with full room for real life, Indian cooking, and yes, even

MONTH 1
Build your routine

MONTH 3
Consistency gains

MONTH 6
A whole new you!



Does PMOS nutrition matter?

Yes!!!!

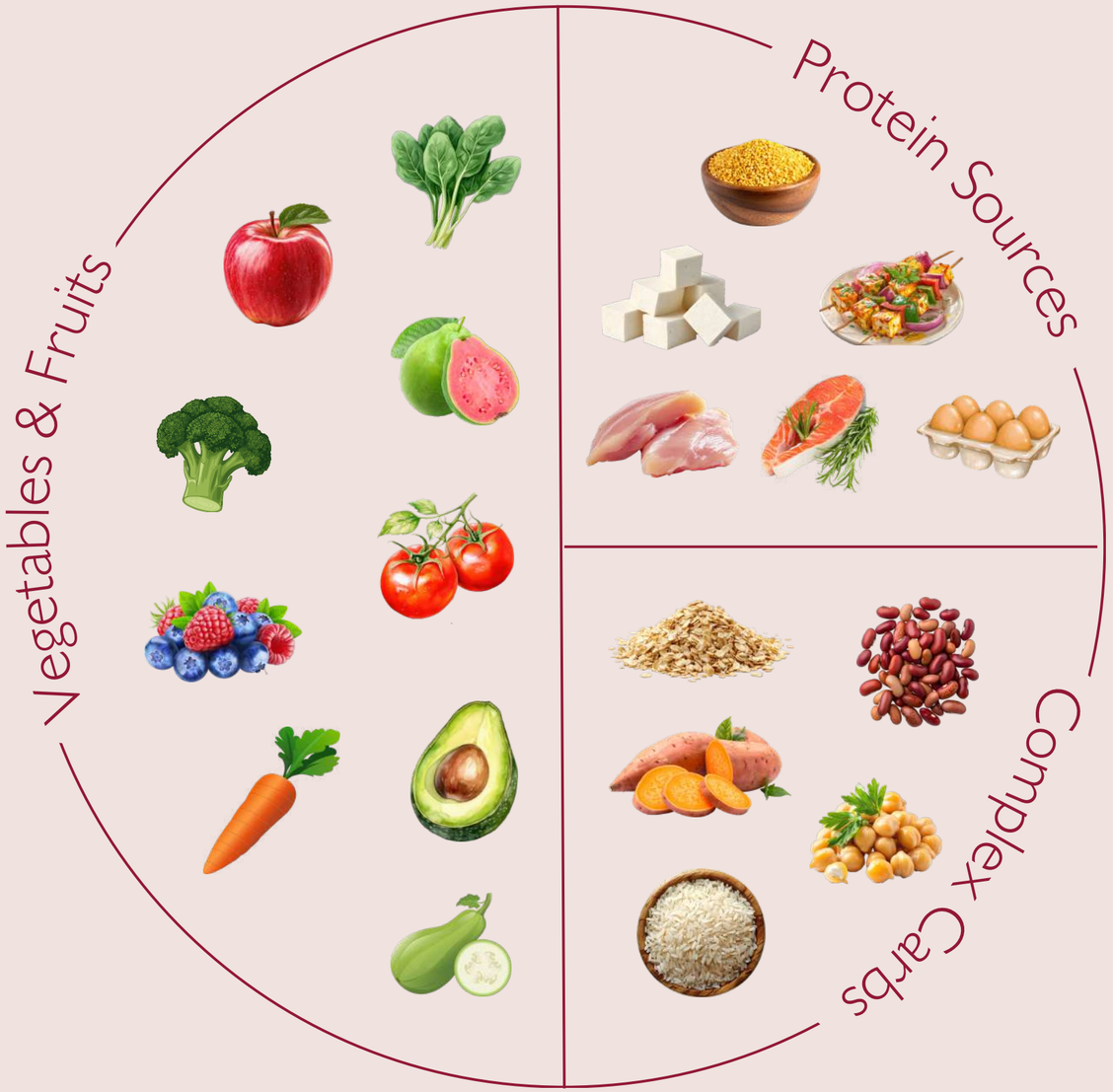
PMOS is <u>both</u> a hormonal and metabolic condition.
The central problem for most women with PMOS is insulin resistance (the body produces insulin but cells do not respond to it properly) and metabolic dysregulation caused by hormonal imbalances and gut health issues.

What you eat directly affects all of these things.

The goal of this guide is simple:

1. Help you choose foods that keep insulin calm
2. Aid in identifying foods that reduce inflammation in your gut
3. Suggest meals that ensure you are getting sufficient protein and fiber so your hormones and gut are happy!

How to build your plate?



- Protein at every meal slows glucose absorption and reduces fasting insulin. Dal, paneer, eggs, tofu, chicken, fish – not just at dinner.

- More fiber = lower insulin resistance + lower testosterone. Aim for fiber-rich foods at every meal: dal, sabzi, millets, seeds.

- Low glycemic index foods release sugar slowly, preventing the insulin spikes that worsen PMOS. Millets, dal, non-starchy vegetables and fresh fruits are all low GI foods.

- To get the most impact out of complex carbohydrates, pair them with lean protein sources and healthy fats like avoacado, olive oil.

“Food is not just calories, it is information.
It talks to your body and tells it exactly what to do”

The Durva Life team has curated a list of dishes (both Indian and continental) for breakfast, lunch and dinner, with information on how they can help with your PMOS.

We’ve focused on tastiness AND healthiness, because good nutrition does not have to mean eating only salads!



Breakfast Meal Ideas

Do not skip your breakfast! It sets the tone for your entire day!

- **Moong dal chilla with curd + flaxseed**

~18g protein · ~6g fiber · Low GI

- **Ragi dosa with sambar + coconut chutney**

~15g protein · ~8g fiber · Low GI

- **Thick curd/Greek yogurt with berries, seeds & nuts**

~20g protein · ~7g fiber · Low GI

- **Vegetable oats upma with roasted peanuts**

~12g protein · ~7g fiber · Medium GI

**Full recipes for these meals are all listed in the Recipe Appendix



Breakfast Meal Ideas

Ensure that you're getting protein + healthy carbs for the right start!

- **Scrambled eggs with vegetables +1 slice multigrain toast**

~18g protein · ~6g fiber · Low GI

- **Sprouted moong chaat with lemon and chaat masala**

~16g protein · ~8g fiber · Low GI

- **Besan cheela (chickpea pancake) with green chutney**

~14g protein · ~7g fiber · Low GI

- **Peanut butter banana smoothie with chia seeds**

~33g protein · ~9g fiber · Low GI

**Full recipes for these meals are all listed in the Recipe Appendix



Lunch Meal Ideas

Strike the bright balance of carbs and protein for sustained energy!

- **Dal with jowar/bajra roti, bhindi sabzi and small cucumber salad (eat salad first)**
  ~20g protein · ~10g fiber · Low GI

- **Rajma with ½ cup brown rice + raita**
  ~20g protein · ~10g fiber · Low GI

- **Grilled fish/chicken with millet/quinoa + roasted veggies**
  ~30g protein · ~7g fiber · Very Low GI

- **Paneer bhurji with millet khichdi**
  ~24g protein · ~7g fiber · Low GI

- **Kadhi with jowar roti and stir-fried vegetables**
  ~14g protein · ~8g fiber · Low GI

**Full recipes for these meals are all listed in the Recipe Appendix



Lunch Meal Ideas

Eating meals on time and replenshing your energy is extremely important!

- **Methi thepla with curd and sprout salad**
  ~12g protein · ~9g fiber · Low GI

- **Grilled paneer & vegetable skewers, mint chutney and quinoa**
  ~26g protein · ~7g fiber · Low GI

- **Nicoise-style salad with tinned tuna, boiled eggs, olives, and steamed green beans**
  ~30g protein · ~7g fiber · Very Low GI

- **Moong dal soup with a side of roasted sweet potato and sautéed greens**
  ~16g protein · ~10g fiber · Low-Medium GI

**Full recipes for these meals are all listed in the Recipe Appendix



Dinner Meal Ideas

Keep dinner light on carbs and richer in protein and veggies!

- **Palak paneer + 1 bajra roti + small salad**
  ~22g protein · ~8g fiber · Low GI

- **Baked/pan-grilled fish with roasted vegetables**
  ~28g protein · ~6g fiber · Very Low GI

- **Chana masala with quinoa**
  ~18g protein · ~10g fiber · Low GI

- **Black bean and vegetable bowl with guacamole and curd**
  ~18g protein · ~14g fiber

**Full recipes for these meals are all listed in the Recipe Appendix



Dinner Meal Ideas

Insulin sensitivity is naturally lower in the evening!

- **Baked chicken with roasted root vegetables and green salad**
  ~32g protein · ~8g fiber · Very Low GI

- **Masoor dal tadka with roasted broccoli and one ragi roti**
  ~18g protein · ~11g fiber · Very Low GI

- **Stir-fried tofu with garlic, ginger, sesame and brown rice**
  ~22g protein · ~6g fiber · Low GI

- **Egg curry with one jowar roti and cucumber raita**
  ~24g protein · ~6g fiber · Low GI

**Full recipes for these meals are all listed in the Recipe Appendix



SMART SWAPS

Upgrades, not bans

INSTEAD OF

White rice

Maida (all-purpose flour)

White bread

Fruit juice

Sugary chai (2-3 tsp sugar)

Deep-fried snacks (samosa, chips, chakli)

Flavoured yogurt

Packaged breakfast cereal

Refined vegetable oil (repeat-heated)

Full-fat milk in large amounts

TRY THIS

Jowar, bajra, or foxtail millet
Lower GI, 3-4x more fiber, steadier blood sugar

Besan, ragi flour, or whole wheat
More protein, more fiber, lower GI

Multigrain or sourdough
Slower digestion, better blood sugar control

Whole fruit
Fiber is intact — slows sugar absorption significantly

Spearmint or cinnamon chai with less sugar
Spearmint has RCT evidence for reducing testosterone

Roasted chana, makhana, or boiled eggs
Removes inflammatory trans fats from repeated heating

Plain curd or Greek yogurt + fresh fruit
No hidden sugar, more probiotics, better gut support

Rolled oats or moong dal chilla
Avoids ultra-processed sugars that spike insulin fast

Cold-pressed mustard oil or small ghee
Better fatty acid profile, less inflammation

Curd, paneer in moderation, or A2 milk
High dairy intake may raise androgen levels in some PMOS types



Tips for Healthy Eating

- **Stay Hydrated**
  Drink atleast 1.5-2 liters of water everyday
- **Plan Your Meals**
  Saves time, reduces stress during the week
- **Control Portion Sizes**
  using smaller plates or bowls can help
- **Cook at Home More Often**
  Control over ingredients, portion sizes
- **Eat Mindfully**
  Pay attention to your meals w/o distractions
- **Limit Processed Foods, Sugary Drinks, and Unhealthy Snacks**
  additives, high sodium content and calories

Cheat days are okay! Consistency is what matters!

Our Evidence

Every recommendation in this guide is graded below. Where the research is strong, we say so. Where it is reasoned from nutrition science rather than a PMOS-specific trial, we say that too.
No exaggeration.

STRONG

High Fiber intake is directly linked to lower insulin resistance, lower testosterone and reduces LDL cholesterol in women

Source: Cutler et al., Food Science & Nutrition, 2019 — https://pmc.ncbi.nlm.nih.gov/articles/PMC6475723/
Source: Frontiers in Nutrition, 2025 — https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2025.1578459/full

STRONG

A low-GI diet improves insulin sensitivity in women with PMOS — beyond weight loss

Source: Marsh et al., American Journal of Clinical Nutrition (AJCN), 2010 — https://ajcn.nutrition.org/article/S0002-9165(23)01884-1/fulltext

STRONG

High-protein diets reduce fasting insulin and insulin resistance (HOMA-IR)

Source: Wang et al., Nature: Nutrition & Diabetes, Feb 2024 — https://www.nature.com/articles/s41387-024-00269-9

Our Clinical Data

After 4 months of consistent use:

96% of women saw hormones return to baseline
100% of women had normal periods
4 kgs average weight loss
89% reduction in cyst size and number



DISCLAIMER & FURTHER INFORMATION

This guide can be treated as a standalone or can also be used as a nutritional companion to Durva Life's PMOS/PCOS products.

Please note that this guide is NOT a replacement for the products and is NOT a substitue for medical advice.
Always consult your doctor before making major dietary changes, especially if you have thyroid conditions, diabetes, or are on other medication.

All Durva Life products are AYUSH approved and OTC (over-the-counter). Clinical data referenced above comes from Durva Life's CTRI-registered trials or peer-reviewed literature linked directly in the evidence section.



Questions? Feel free to contact us: care@durva.life | +91-8291683252 | @durvalife

RECIPE APPENDIX

Quick and easy instructions on how to make all of the recipes we have shared in our guide



Breakfast Meal Recipes

1. Moong Dal Chilla with Curd + Flaxseed

1. Soak 1/2 cup yellow moong dal for 2 hours, then blend with a splash of water, a slice of ginger, and 1 green chili into a smooth batter.
2. Mix in a pinch of salt and hing (asafoetida), letting the consistency match a thin pancake batter.
3. Heat a non-stick tawa, pour a ladle of batter, and spread it thinly in a circular motion.
4. Drizzle a few drops of oil on the edges and cook on medium heat until golden brown, then flip and cook the other side.
5. Serve hot with a bowl of plain curd topped with 1 tablespoon of ground flaxseeds.

2. Ragi Dosa with Sambar + Coconut Chutney

1. Whisk 1/2 cup ragi flour, 2 tablespoons rice flour, 2 tablespoons curd, salt, and water into a smooth, thin batter; let it rest for 15 minutes.
2. Heat a tawa and pour the batter from the outside inward (do not spread it like a regular dosa; let it fill the pan like a lace crepe).
3. Drizzle oil around the edges and cook on medium-high heat until the bottom is crisp and lifts easily.
4. Prepare quick sambar by boiling arhar dal with mixed vegetables, sambar powder, and tamarind pulp.
5. Blend fresh coconut, roasted chana dal, green chili, and salt with water, then serve alongside the dosa.

Breakfast Meal Recipes

3. Thick Curd/Greek Yogurt with Berries, Chia Seeds + Walnuts

1. Scoop 1 cup of plain thick curd or Greek yogurt into your serving bowl.
2. Wash a handful of mixed berries (blueberries, strawberries, or raspberries) and gently pat them dry.
3. Sprinkle 1 tablespoon of chia seeds evenly over the top of the yogurt.
4. Roughly chop 4-5 walnut halves and add them to the bowl for crunch.
5. Toss the berries on top and serve immediately, letting the chia seeds soften slightly as you eat.

4. Vegetable Oats Upma with Roasted Peanuts

1. Dry roast 1/2 cup of rolled oats in a pan for 3-4 minutes until aromatic, then set aside.
2. Heat 1 teaspoon of oil, splutter mustard seeds, curry leaves, and green chilies, then roast a tablespoon of raw peanuts until crunchy.
3. Add finely chopped onions, carrots, beans, and peas, sautéing for 3 minutes until slightly softened.
4. Pour in 1 cup of water, add salt to taste, and bring the mixture to a boil.
5. Stir in the roasted oats, lower the heat, cover, and let it simmer for 3 minutes until the water is fully absorbed.

Lunch Meal Recipes

1. Dal + Jowar/Bajra Roti + Sabzi + Cucumber Salad

1. Cook 1/2 cup of yellow or red lentils with turmeric, salt, and tomato, finishing with a simple cumin-garlic tadka.
2. Sauté your choice of seasonal green vegetables (like okra or beans) with basic spices to make a dry sabzi.
3. Knead jowar or bajra flour with warm water into a soft dough, flatten it gently between your palms or roll it out, and cook on a hot tawa.
4. Slice a whole cucumber into a separate bowl and dress it with lemon juice and black pepper.
5. Serve the meal together, making sure to eat the entire cucumber salad first before starting the warm food.

2. Rajma with Brown Rice + Raita

1. Pressure cook 1/2 cup of soaked kidney beans (rajma) until completely soft.
2. Sauté ginger, garlic, onions, and tomato puree in a pan with cumin, coriander, and garam masala, then add the cooked rajma and simmer for 15 minutes.
3. Boil 1/2 cup of washed brown rice in 1 cup of water until fluffy and fully cooked.
4. Whisk 1/2 cup of curd with grated cucumber or boondi, roasted cumin powder, and salt to make the raita.
5. Plate the hot rajma over the brown rice and serve the chilled raita on the side.

Lunch Meal Recipes

3. Grilled Fish or Chicken with Millet/Quinoa + Roasted Veggies

1. Marinate 150g of chicken breast or fish fillet with lemon juice, garlic paste, olive oil, salt, herbs, and paprika for 20 minutes.
2. Toss chopped broccoli, zucchini, and bell peppers in oil, salt, and pepper, then roast at 200°C for 15 min.
3. Cook 1/4 cup of rinsed millet/quinoa in 1/2 cup boiling water until all water is absorbed, grains are fluffy.
4. Heat a grill pan and cook the chicken for 5-6 minutes per side (or fish for 3-4 minutes per side) until completely cooked through.
5. Arrange the grilled protein, fluffy grains, and roasted vegetables side-by-side on a plate.

4. Paneer Bhurji with Millet Khichdi

1. Dry roast 1/4 cup millet and 2 tablespoons moong dal, then pressure cook them together with 1.5 cups water, turmeric, and salt for 3 whistles.
2. Heat a teaspoon of oil in a separate pan and sauté chopped onions, ginger, and green chilies.
3. Add tomatoes, turmeric, and chili powder, cooking until the tomatoes soften into a paste.
4. Crumble 100g of fresh paneer directly into the vegetable pan, mix well, and cook for just 2-3 minutes.
5. Stir fresh coriander into both dishes and serve the warm, savory paneer alongside the millet khichdi.

Lunch Meal Recipes

5. Kadhi with Jowar Roti and Stir-Fried Vegetables

1. Whisk 2 tablespoons of besan into 1 cup of sour curd and 1.5 cups of water until completely smooth without any lumps.
2. Heat oil, add mustard seeds, fenugreek seeds, ginger, and green chilies, then pour in the curd mixture and simmer on low heat for 15 minutes.
3. Stir-fry a mix of cabbage, carrots, and capsicum in a separate pan with minimal oil and a pinch of salt.
4. Knead jowar flour with warm water, shape into a flat roti, and cook it on a hot tawa until puffed.
5. Serve the hot, thickened kadhi with the jowar roti and a side of crunchy stir-fried veggies.

6. Methi Thepla with Curd and Sprout Salad

1. Mix 1/2 cup whole wheat flour, 1/4 cup finely chopped fresh methi (fenugreek) leaves, yogurt, ginger-chili paste, turmeric, and oil into a soft dough.
2. Roll out the dough into thin, even circles using a rolling pin and dry flour.
3. Cook the thepla on a hot tawa, applying a few drops of oil on each side until golden spots appear.
4. Toss steamed sprouts with chopped onions, green chilies, coriander, and lemon juice to assemble the salad.
5. Serve the warm, spiced theplas with a bowl of fresh curd and the tangy sprout salad.

Lunch Meal Recipes

7. Grilled Paneer and Veg Skewers with Mint Chutney and Quinoa

1. Cut 120g paneer, bell peppers, and onions into 1-inch cubes, then toss them in yogurt, ginger-garlic paste, and tandoori masala.
2. Thread the marinated paneer and vegetables alternatingly onto wooden or metal skewers.
3. Cook 1/4 cup of quinoa in 1/2 cup of water until fluffy, then fluff gently with a fork.
4. Place the skewers on a hot grill pan or oven rack, turning occasionally until the edges of the paneer are charred and vegetables are tender.
5. Blend mint, coriander, green chili, and lemon juice into a smooth chutney and serve everything hot.

8. Nicoise-Style Salad with Tuna, Eggs, Olives + Green Beans

1. Hard-boil 2 eggs, peel them, and cut them into clean halves or quarters.
2. Steam a handful of trimmed fresh green beans for 3-4 minutes until tender-crisp, then plunge them into cold water to preserve the color.
3. Whisk olive oil, lemon juice, minced garlic, salt, and black pepper together to create dressing.
4. Arrange a bed of salad greens in a bowl, then top with drained tinned tuna, the boiled eggs, steamed beans, and kalamata olives.
5. Drizzle the prepared vinaigrette dressing over the salad just before serving.

Lunch Meal Recipes

9. Moong Dal Soup with Roasted Sweet Potato + Sautéed Greens

1. Pressure cook 1/3 cup of yellow moong dal with water, turmeric, ginger, and salt, then blend or whisk it into a smooth soup.
2. Toss cubed sweet potato in oil, salt, and pepper, then roast at 200°C for 20 minutes until caramelized and tender.
3. Warm a teaspoon of ghee in a pot, add cumin seeds, pour in the blended dal soup, and simmer for 5 minutes.
4. Sauté spinach or kale in a separate pan with a touch of garlic and oil until wilted but vibrant green.
5. Pour the hot soup into a bowl and serve it alongside the roasted sweet potatoes and hot greens.

Dinner Meal Recipes

1. Palak Paneer + 1 Bajra Roti + Small Salad

1. Blanch 2 cups of spinach leaves in boiling water for 2 minutes, plunge them into cold water, and blend into a smooth puree with a green chili.
2. Sauté chopped onions, ginger, garlic, & tomato puree in a teaspoon of oil with cumin, turmeric, & garam masala.
3. Pour in spinach puree, add splash of water, & simmer for 5 minutes before stirring in 100g of cubed paneer.
4. Knead bajra flour with warm water, roll or pat it out, and cook on a hot tawa until both sides are well done.
5. Toss a small side salad of sliced cucumbers, radishes, and tomatoes with lemon juice to serve alongside the hot curry and roti.

2. Baked/Pan-Grilled Fish with Roasted Vegetables

1. Marinate a 150g fish fillet with olive oil, lemon juice, minced garlic, salt, and black pepper for 10 minutes.
2. Chop zucchini, bell peppers, and broccoli into bite-sized pieces and toss them with a little olive oil, salt, and dried herbs.
3. Arrange the seasoned vegetables and the fish fillet side-by-side on a baking tray.
4. Bake at 200°C for 12–15 minutes until the fish flakes easily with a fork and the vegetables are tender-crisp.
5. Serve hot directly from the oven for a clean, light, grain-free dinner.

Dinner Meal Recipes

3. Chana Masala with Quinoa

1. Pressure cook 1/2 cup of soaked chickpeas (chana) until completely tender.
2. Sauté chopped onions, ginger-garlic paste, and tomato puree in a pan with chana masala powder, turmeric, and a pinch of chili powder.
3. Toss the cooked chickpeas into the spice base with a splash of their cooking water and simmer for 10 minutes, lightly mashing a few chickpeas to thicken the gravy.
4. Rinse 1/4 cup of quinoa, bring it to a boil in 1/2 cup of water, then lower the heat, cover, and let it simmer for 15 minutes until fluffy.
5. Serve the warm, spiced chana masala directly over the bed of fluffy quinoa.

4. Black Bean and Vegetable Bowl with Guacamole and Curd

1. Rinse and drain 1/2 cup of canned or thoroughly boiled black beans and set them aside.
2. Sauté chopped bell peppers, sweet corn, and onions in a skillet with cumin powder, paprika, and salt for 3–4 minutes until tender but crunchy.
3. Mash half a ripe avocado with a squeeze of lime juice, a pinch of salt, and finely chopped coriander to make a quick guacamole.
4. Assemble the bowl by placing the black beans and sautéed vegetables side-by-side over shredded lettuce.
5. Top the bowl with a generous scoop of the fresh guacamole and a dollop of chilled, thick curd.

Dinner Meal Recipes

5. Baked Chicken with Roasted Root Veggies + Green Salad

1. Marinate a 150g chicken breast with olive oil, rosemary, garlic, salt, and pepper.
2. Chop carrots, turnips, and radishes into uniform pieces, tossing them with olive oil, salt, and thyme.
3. Place the chicken and root vegetables on a baking tray and bake at 200°C for 25-30 minutes until the chicken reaches 165°F.
4. Toss mixed salad greens, cucumber slices, and cherry tomatoes with a splash of lemon juice and olive oil.
5. Slice the baked chicken and serve it warm with the caramelized root vegetables and fresh side salad.

6. Masoor Dal Tadka with Roasted Broccoli + Ragi Roti

1. Boil 1/2 cup of red masoor dal with water, turmeric, and salt until completely soft and creamy.
2. Toss broccoli florets with olive oil, salt, and garlic powder, then roast at 200°C for 12-15 minutes until the edges are crispy.
3. Prepare a tadka by heating ghee and frying cumin seeds, chopped garlic, onions, tomatoes, and a pinch of chili powder, then stir it into the dal.
4. Knead ragi flour with warm water, pat or roll it out into a flat circle, and cook on a hot tawa until thoroughly done.
5. Plate the rich, smoky dal next to the charred broccoli and serve with the warm ragi roti.

Dinner Meal Recipes

7. Stir-Fried Tofu with Garlic, Ginger, Sesame + Brown Rice

1. Cook 1/4 cup of brown rice in 1/2 cup of water until tender, then keep it covered.
2. Press 150g of firm tofu to remove excess moisture, then cut it into even, bite-sized cubes.
3. Heat sesame oil in a wok or large pan and sear the tofu cubes until golden on all sides, then remove them from the pan.
4. In the same pan, stir-fry minced garlic, grated ginger, broccoli, and snap peas for 3 minutes, then toss the tofu back in with a splash of soy sauce.
5. Serve the savory stir-fried tofu and vegetables hot over the bed of cooked brown rice.

8. Egg Curry with Jowar Roti + Cucumber Raita

1. Hard-boil 2 eggs, peel them, prick them lightly with a fork, and sear them in a pan with a pinch of turmeric until skin is blistered.
2. Sauté chopped onions, ginger-garlic paste, and tomato puree with cumin, coriander, and garam masala until oil separates, then add water to create a gravy.
3. Drop the seared eggs into the simmering curry base and let them cook together on low heat for 5-7 minutes.
4. Mix grated cucumber, roasted cumin powder, and salt into fresh curd to form the raita.
5. Prepare a fresh jowar roti with warm water on the tawa and serve it warm alongside the egg curry and chilled raita.