



30

• DAYS •

MEALPLAN

— TO SUPPORT —

irregular
PERIODS

♡
BALANCE
HORMONES
NATURALLY

✓
EASY RECIPES
HORMONE BALANCING
NUTRIENT RICH
100% WOMEN
FOCUSED
♡

NOURISH YOUR BODY. BALANCE YOUR HORMONES.
GET YOUR CYCLE BACK ON TRACK.



SUPPORTS
HORMONE
BALANCE



REGULATES
MENSTRUAL
CYCLE



IMPROVES
MOOD &
ENERGY



REDUCES
BLOATING &
CRAMPS

✨ REAL FOOD. REAL RESULTS. YOU, AT YOUR BEST. ✨



30 DAYS MEAL PLAN TO SUPPORT IRREGULAR PERIODS



Nourish • Balance • Heal Naturally



High Protein | High Fiber | Budget-Friendly | Quick Recipes



Welcome

Your hormones love consistent nourishment. This 30-day breakfast meal plan is packed with protein, fiber, iron, healthy fats, and essential nutrients to help support menstrual health, reduce cravings, keep you full longer, and promote overall hormone balance.



Small daily habits can make a big difference in your menstrual health.

Balanced
Nutrition
Better
Hormones

30 DAYS MEAL PLAN

— ♥ TO SUPPORT ♥ — IRREGULAR PERIODS

SIMPLE • AFFORDABLE • PRACTICAL • HORMONE-FRIENDLY



BALANCE
HORMONES
NATURALLY



Hormone
Balance



Better
Energy



Reduces
Cramps



Mood
Support



Clearer
Skin

BREAKFAST

DAY 1

Boiled Peanut Salad

150g boiled peanuts +
onion + tomato + salt +
pepper + lemon 

DAY 2

3 Scrambled Eggs + Buttermilk

Scramble eggs in butter with pepper
& turmeric. Serve with buttermilk
 to + salt + pepper + lemon 

DAY 3

Ragi Adai (3)

Ragi flour + onion + curry
leaves + cumin + water.
Cook until crisp.

DAY 4

Ragi Flakes Bowl

Ragi flakes + milk +
banana + chia seeds +
almonds 

DAY 5

Black Channa Chaat

150g boiled black channa
+ veggies + lemon +
pepper

DAY 6

Moong Sprout Salad

Sprouts + cucumber +
carrot + onion + lemonon
+ pepper

DAY 7

Besan Chilla + Curd

150g boiled black channa
+ veggies + lemon +
pepper

DAY 8

Oats Egg Omelette

3 eggs + oats + onion +
capsicum

DAY 9

Paneer Bhurji

150g paneer sautéed with
onion & tomatomon +
pepper

DAY 10

Greek Yogurt Bowl

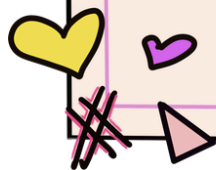
Yogurt + fruits +
flaxseeds + pumpkin
seeds

DAY 11



Peanut Sundal

Boiled peanuts tempered
with mustard & curry
leaves

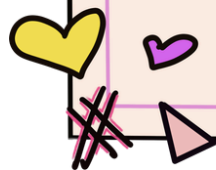


DAY 12



Green Gram Sundal

Boiled green gram +
coconut + curry leaves

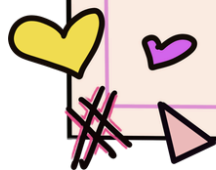


DAY 13



Soya Chunks Stir Fry

Boiled soya chunks +
vegetables

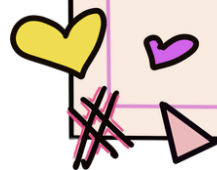


DAY 14



Egg Sandwich

Whole wheat bread +
boiled eggs + cucumber

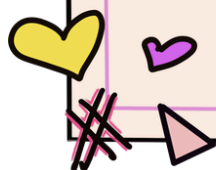


DAY 15



red rice poha + Eggs

Vegetable poha + 2 boiled
eggs

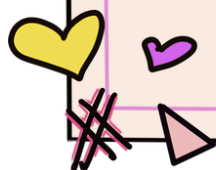


DAY 16



Mixed Dal Adai

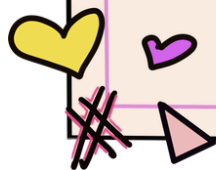
Mixed dal batter(masoor
dal, moong dal) +
drumstick leaves



DAY 17

Peanut Butter Toast

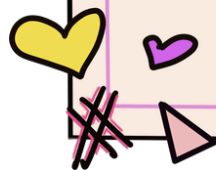
Whole wheat toast +
peanut butter + banana



DAY 18

Curd Oats Bowlter

Toast
Oats + curd + carrot +
cucumber + peanutstter +
banana



DAY 19

Rajma Salad

Boiled rajma + onion +
cucumber + lemon



DAY 20

Egg Millet Bowl

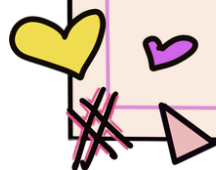
Cooked millet + eggs +
vegetables



DAY 21

Protein Smoothie

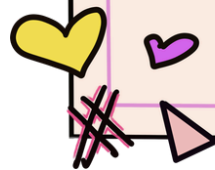
Milk + curd + oats + banana
+ peanut butter



DAY 21

Chickpea Scramble

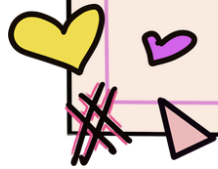
Mashed chickpeas sautéed
with onion & spices



DAY 22

Moong Dal Cheela

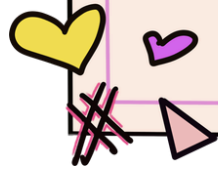
Soaked moong dal
blended with spices



DAY 23

Horse Gram Sundal

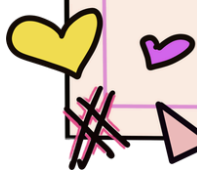
Boiled horse gram +
coconut



DAY 23

Ragi Dosa + Egg Omelette

2 dosa + 2 egg omelette



DAY 24

Egg Millet Bowl

Cooked millet + eggs +
vegetables



DAY 25

Raagi Smoothie

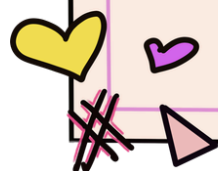
Milk + Raagi + banana +
peanut butter



DAY 26

Paneer Stuffed Roti

Whole wheat roti stuffed
with paneer



DAY 27

Egg & Peanut Bowl

2 eggs + boiled peanuts +
veggies

DAY 28

Mixed Bean Salad

Rajma + black channa +
green gram

DAY 29

Overnight Oats

Oats + milk + chia + apple +
almonds

DAY 30

Vegetable Poha + Eggs

Vegetable poha topped with
2 boiled eggs millet + eggs +
vegetables

 Hormone Healing Essentials

 Drink 2–3 liters of water daily.

 Add 1 tablespoon of seeds every day:

 Pumpkin Seeds

 Flaxseeds

 Sunflower Seeds

 Chia Seeds

 Include leafy greens 3–4 times per week.

 Eat a Vitamin C-rich fruit daily (orange, guava, kiwi, amla).

 Aim for 7–9 hours of sleep.

 Move your body for 20–30 minutes every day.





30

BALANCE
HORMONES
NATURALLY

• DAYS •

LUNCH MEAL PLANNER

TO SUPPORT

irregular periods



HIGH PROTEIN
& FIBER



HORMONE
BALANCING



SIMPLE TO COOK
& PREP



REAL FOOD
REAL RESULTS

DAY	LUNCH	DAY	LUNCH	DAY	LUNCH
1	Grilled Chicken + Brown Rice + Spinach Poriyal	11	Egg Bhurji + Brown Rice + Cabbage Stir Fry	21	Fish Fry + Rice + Ridge Gourd Kootu
2	Fish Curry + Red Rice + Beans Poriyal	12	Grilled Fish + Spinach Dal + Rice	22	Chicken Gravy + Brown Rice + Beans Poriyal
3	Pepper Chicken + Millet Rice + Cucumber Salad	13	Chicken Sukka + Rice + Beans Poriyal	23	Vegetable Omelette + Millet Rice + Carrot Salad
4	Egg Curry + Brown Rice + Vegetable Sambar	14	Egg Masala + Millet Rice + Vegetable Poriyal	24	Fish Curry + Rice + Cabbage Poriyal
5	Fish Fry + Millet Rice + Cabbage Poriyal	15	Fish Fry + Brown Rice + Pumpkin Poriyal	25	Pepper Chicken + Brown Rice + Mixed Vegetable Stir Fry
6	Chicken Curry + Rice + Keerai Masiyal	16	Chicken Kulambu + Rice + Keerai Poriyal	26	Egg Curry + Millet Rice + Spinach Poriyal
7	3 Egg Omelette + Brown Rice + Beetroot Poriyal	17	Egg Podimas + Brown Rice + Ladies Finger Fry	27	Grilled Fish + Rice + Chow Chow Kootu
8	Chicken Stir Fry + Red Rice + Carrot Beans Poriyal	18	Fish Curry + Rice + Beetroot Poriyal	28	Chicken Roast + Brown Rice + Broccoli/Beans
9	Fish Curry + Brown Rice + Drumstick Sambar	19	Garlic Chicken + Millet + Cucumber Salad	29	Egg Bhurji + Rice + Pumpkin Poriyal
10	Lemon Pepper Chicken + Millet + Mixed Veggies	20	Boiled Eggs (3) + Brown Rice + Spinach Dal	30	Fish Curry + Millet Rice + Mixed Vegetable Poriyal

NOURISH YOUR BODY.
BALANCE YOUR HORMONES.
GET YOUR CYCLE
BACK ON TRACK.

BENEFITS FOR YOU



Supports
Hormone
Balance



Regulates
Menstrual
Cycle



Improves
Mood &
Energy



Reduces
Bloating &
Cramps

TIPS TO HEAL

 Drink 2-3L Water Daily

 Sleep 7-8 Hours

 Add Seeds Daily

 Stay Active

 Manage Stress



REAL FOOD. REAL RESULTS. YOU, AT YOUR BEST.



30 DAYS LUNCH MEAL PLAN

GROCERY LIST

HIGH PROTEIN • HIGH FIBER • HORMONE BALANCING



PROTEIN (NON-VEG)

- ☐ Chicken (1.5 – 2 kg)
- ☐ Fish (1.5 kg)
- ☐ Eggs (30 nos)



WHOLE GRAINS & MILLETS

- ☐ Brown Rice (2 kg)
- ☐ Red Rice (1 kg)
- ☐ Millet (Foxtail / Little Millet / Pearl Millet) (1 kg)
- ☐ Ragi Flour (500 g)



PULSES & DAL

- ☐ Toor Dal (500 g)
- ☐ Moong Dal (500 g)
- ☐ Urad Dal (250 g)
- ☐ Chana Dal (250 g)



VEGETABLES

- ☐ Spinach / Keerai (2 bunches)
- ☐ Beans (500 g)
- ☐ Carrot (4–5 nos)
- ☐ Cabbage (1 medium)
- ☐ Beetroot (3–4 nos)
- ☐ Ladies Finger (250 g)
- ☐ Drumstick (2–3 nos)
- ☐ Pumpkin (250 g)
- ☐ Ridge Gourd (2–3 nos)
- ☐ Chow Chow (1–2 nos)
- ☐ Cucumber (2–3 nos)
- ☐ Tomato (6–8 nos)
- ☐ Onion (1 kg)



DAIRY (OPTIONAL)

- ☐ Curd (1 kg)
- ☐ Buttermilk (1 ltr)



HERBS & GREENS

- ☐ Coriander Leaves (2 bunches)
- ☐ Curry Leaves (2 sprigs)
- ☐ Mint Leaves (1 bunch)
- ☐ Green Chillies (10–15 nos)



AROMATICS

- ☐ Garlic (2 bulbs)
- ☐ Ginger (200 g)



COOKING ESSENTIALS

- ☐ Cooking Oil (1 ltr)
- ☐ Ghee (250 ml)



SPICES

- ☐ Turmeric Powder
- ☐ Red Chilli Powder
- ☐ Coriander Powder
- ☐ Cumin Seeds
- ☐ Mustard Seeds
- ☐ Black Pepper
- ☐ Fenugreek Seeds
- ☐ Garam Masala



NUTS & SEEDS (OPTIONAL)

- ☐ Almonds (100 g)
- ☐ Walnuts (100 g)
- ☐ Pumpkin Seeds (100 g)
- ☐ Flaxseeds (100 g)
- ☐ Chia Seeds (100 g)
- ☐ Sunflower Seeds (100 g)



OTHER ESSENTIALS

- ☐ Lemon (6–8 nos)
- ☐ Tamarind (100 g)
- ☐ Coconut (2 nos)
- ☐ Salt (as needed)



TIPS FOR A HEALTHY YOU



Drink 2–3L Water Daily



Eat More Whole Foods



Stay Active Every Day



Sleep 7–8 Hours



Manage Stress & Be Kind to You

REAL FOOD. REAL RESULTS. YOU, AT YOUR BEST.

30 DAYS

Quick, Lite & Practical

DINNER MEAL PLAN

TO SUPPORT IRREGULAR PERIODS

HIGH PROTEIN

HIGH FIBER

HORMONE BALANCE

LIGHT & EASY

SIMPLE & QUICK

DAY	DINNER	RECIPE / HOW TO MAKE (QUICK & SIMPLE)	DAY	DINNER	RECIPE / HOW TO MAKE (QUICK & SIMPLE)
1	Chicken Veg Stir Fry + Chapati	Stir fry chicken with veggies, serve with 2 chapatis.	16	Soya Paratha + Curd	Stuff soya paratha & serve with curd.
2	Fish Curry + Red Rice (Mini Portion) + Salad	Quick fish curry, serve with small red rice & cucumber salad.	17	Fish Curry + Millet Rice (Small)	Light fish curry, serve with small portion millet rice.
3	Egg Bhurji + Chapati	Scramble eggs with spices & serve with 2 chapatis.	18	Egg Drop Soup + Steamed Broccoli	Make egg drop soup & serve with steamed broccoli.
4	Paneer Paratha + Mint Yogurt	Stuff paneer in whole wheat dough, cook & serve with mint yogurt.	19	Millet Idly + Chicken Keema	Steam idly & serve with spicy chicken keema.
5	Green Gram Dosa + Chicken Keema	Make green gram dosa & serve with spicy chicken keema.	20	Chicken Stir Fry + Chapati	Quick chicken stir fry, serve with 2 chapatis.
6	Millet Idly + Egg Curry	Steam millet idly & serve with quick egg curry.	21	Paneer Paratha + Mint Chutney	Stuff paneer paratha & serve with mint chutney.
7	Soya Paratha + Cucumber Raita	Stuff soya in paratha dough, cook & serve with raita.	22	Green Gram Dosa + Fish Curry (Light)	Make dosa & serve with easy fish curry.
8	Chicken Soup + Veg Stir Fry	Boil chicken with veggies & light spices, serve hot.	23	Pasta (Veg + Egg) + Salad	Cook pasta with veggies & scrambled eggs.
9	Millet Dosa + Fish Fry (Pan)	Make millet dosa & serve with pan-fried fish.	24	Egg Bhurji + Chapati	Scramble eggs with veggies, serve with 2 chapatis.
10	Egg White Omelette + Chapati	Make omelette with veggies, serve with 2 chapatis.	25	Chicken Soup + Steamed Carrots	Light chicken soup with steamed carrots.
11	Chicken Clear Soup + Boiled Veggies	Boil chicken with herbs & serve with steamed veggies.	26	Soya Paratha + Raita	Stuff soya paratha & serve with raita.
12	Pasta (Whole Wheat) + Chicken & Veggies	Cook pasta, toss with grilled chicken & veggies.	27	Millet Dosa + Chicken Curry (Light)	Make dosa & serve with light chicken curry.
13	Paneer Paratha + Salad	Stuff paneer, cook paratha & serve with fresh salad.	28	Fish Stir Fry + Chapati	Pan fry fish with spices, serve with 2 chapatis.
14	Green Gram Dosa + Egg Bhurji	Make green gram dosa & serve with spicy egg bhurji.	29	Egg Muffin (2) + Salad	Bake egg muffins with veggies, serve with salad.
15	Chicken Veg Soup + Chapati	Boil chicken with veggies, serve with 2 chapatis.	30	Chicken Veg Pasta + Garlic Bread (Small)	Cook pasta with chicken & veggies, serve with small garlic bread.

BENEFITS OF THIS PLAN

Supports hormone balance

High in protein & fiber

Helps reduce bloating & cramps

Aids in healthy weight

Keeps you full & energized

QUICK TIPS

Use minimal oil & light cooking methods.

Add more veggies in every meal.

Drink 2-3L water daily.

Include seeds (flax, chia, pumpkin) daily.

♡♡ 30 DAYS Quick, Lite & Practical DINNER MEAL PLAN

♡ TO SUPPORT IRREGULAR PERIODS ♡

🌿 GROCERY CHECKLIST 🌿



HIGH
PROTEIN



HIGH
FIBER



HORMONE
BALANCING



LIGHT
& EASY



QUICK
TO COOK



PROTEIN (NON-VEG)

- ☐ Chicken (1.5 – 2 kg)
- ☐ Fish (1 – 1.5 kg)
- ☐ Eggs (30 nos)



PLANT PROTEIN

- ☐ Soya Chunks (100 g)
- ☐ Green Gram (Whole Moong) (500 g)



DAIRY

- ☐ Paneer (500 g)
- ☐ Curd (1 kg)
- ☐ Milk (1 L)



GRAINS, MILLETS & FLOURS

- ☐ Whole Wheat Flour (2 kg)
- ☐ Ragi Flour (500 g)
- ☐ Jowar Flour (500 g)
- ☐ Bajra Flour (500 g)
- ☐ Oats (500 g)
- ☐ Brown Rice (1 kg)
- ☐ Millet (Foxtail/Little Millet/Barnyard Millet) (1 kg)



PULSES & DAL

- ☐ Moong Dal (500 g)
- ☐ Toor Dal (500 g)
- ☐ Masoor Dal (250 g)
- ☐ Chana Dal (250 g)



VEGETABLES

- ☐ Spinach / Greens (2 bunches)
- ☐ Cabbage (1 medium)
- ☐ Carrot (4–5 nos)
- ☐ Broccoli (1 head)
- ☐ Cauliflower (1 small)
- ☐ Cucumber (2–3 nos)
- ☐ Capsicum (2–3 nos)
- ☐ Tomato (6–8 nos)
- ☐ Onion (1 kg)
- ☐ Garlic (2 bulbs)
- ☐ Ginger (150 g)
- ☐ Beetroot (2–3 nos)
- ☐ Beans (250 g)
- ☐ Zucchini (2 nos)



HEALTHY CARBS

- ☐ Whole Wheat Pasta (250 g)
- ☐ Millet Pasta (250 g)
- ☐ Quinoa (250 g)
- ☐ Oats Noodles (optional) (250 g)



HERBS & GREENS

- ☐ Coriander Leaves (2 bunches)
- ☐ Mint Leaves (1 bunch)
- ☐ Curry Leaves (2 sprigs)
- ☐ Green Chillies (10–15 nos)



SPICES & SEASONINGS

- ☐ Turmeric Powder
- ☐ Red Chilli Powder
- ☐ Coriander Powder
- ☐ Cumin Seeds
- ☐ Mustard Seeds
- ☐ Black Pepper
- ☐ Garam Masala
- ☐ Oregano (for pasta)
- ☐ Chaat Masala (optional)



HEALTHY FATS & OILS

- ☐ Olive Oil / Groundnut Oil (1 L)
- ☐ Ghee (250 ml)
- ☐ Coconut Oil (250 ml)



NUTS, SEEDS & EXTRAS

- ☐ Flaxseeds (100 g)
- ☐ Chia Seeds (100 g)
- ☐ Pumpkin Seeds (100 g)
- ☐ Sunflower Seeds (100 g)
- ☐ Almonds (100 g)



OTHERS

- ☐ Lemon (6–8 nos)
- ☐ Low Sodium Soy Sauce
- ☐ Vinegar
- ☐ Tomato Puree (1 small pack)
- ☐ Pepper (whole)
- ☐ Salt (as needed)



MEAL PREP
MADE EASY! ♡



Stock your
proteins
in advance



Chop & store
veggies for
the week



Boil & store
eggs for
quick meals



Use minimal oil
& simple
spices



Keep it light,
fresh &
balanced



♡ REAL FOOD. REAL RESULTS. YOU, AT YOUR BEST. ♡