



30 DAYS

BREAKFAST MEAL PLANNER

TO SUPPORT *irregular periods*

BALANCE
HORMONES
NATURALLY

- HIGH PROTEIN & FIBER
- HORMONE BALANCING
- SIMPLE TO COOK & PREP
- REAL FOOD REAL RESULTS

DAY	BREAKFAST	DAY	BREAKFAST	DAY	BREAKFAST
1	Chia Seed Pudding with Fruits & Nuts	11	Vegetable Dalia with Moong Dal	21	Oats Pancakes with Banana
2	Oats Upma with Vegetables	12	Ragi Dosa with Sambar	22	Idli with Sambar & Peanut Chutney
3	Moong Dal Chilla with Mint Chutney	13	Paneer Bhurji with Whole Wheat Toast	23	Moong Sprouts Chaat with Lemon
4	Vegetable Poha with Peanuts	14	Quinoa Porridge with Nuts & Raisins	24	Ragi Porridge with Banana
5	Ragi Porridge with Dates & Nuts	15	Stuffed Moong Dal Chilla with Curd	25	Vegetable Dosa with Coconut Chutney
6	Sprouts Salad with Lemon	16	Veg Oats Omelette with Toast	26	Besan Veg Pancake with Mint Chutney
7	Besan Chilla with Coriander Chutney	17	Bajra Upma with Vegetables	27	Oats & Moong Dal Cheela with Curd
8	Overnight Oats with Seeds & Berries	18	Greek Yogurt with Fruits & Seeds	28	Smoothie with Spinach & Fruits
9	Idli with Sambar & Coconut Chutney	19	Methi Thepla with Curd	29	Upma with Mixed Vegetables
10	Smoothie Bowl with Fruits & Flaxseeds	20	Poha with Sprouts & Pomegranate	30	Ragi Malt with Nuts & Dates

A NOURISHING START
BALANCES YOUR HORMONES
& SETS YOUR DAY RIGHT.

- BENEFITS FOR YOU
- Supports Hormone Balance
 - Regulates Menstrual Cycle
 - Improves Mood & Energy
 - Reduces Bloating & Inflammation

- 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

BALANCE
HORMONES
NATURALLY

• DAYS •

LUNCH MEAL PLANNER

— TO SUPPORT —

irregular periods

HIGH PROTEIN
& FIBER

HORMONE
BALANCING

1 SIMPLE TO COOK
& PREP

REAL FOOD
REAL RESULTS

DAY	LUNCH	DAY	LUNCH	DAY	LUNCH
1	Moong Dal + Brown Rice + Cucumber Salad + Ghee	11	Tofu Bhurji + Brown Rice + Cabbage Stir Fry	21	Vegetable Pulao + Raita + Ridge Gourd Kootu
2	Chana Dal + Red Rice + Beans Poriyal	12	Green Moong Dal + Spinach Dal + Rice	22	Soya Chunk Curry + Brown Rice + Beans Poriyal
3	Paneer Bhurji + Millet Rice + Beetroot Salad	13	Chole (Chickpea Curry) + Rice + Beans Poriyal	23	Paneer Capsicum Stir Fry + Millet Rice + Carrot Salad
4	Rajma + Brown Rice + Vegetable Sambar	14	Soya Granules Masala + Millet Rice + Vegetable Poriyal	24	Chana Dal + Rice + Cabbage Poriyal
5	Tofu Stir Fry + Millet Rice + Cabbage Poriyal	15	Moth Bean Curry + Brown Rice + Pumpkin Poriyal	25	Rajma Masala + Brown Rice + Mixed Vegetable Stir Fry
6	Chickpea Curry + Rice + Keerai Masiyal	16	Paneer Palak + Rice + Keerai Poriyal	26	Tofu Bhurji + Millet Rice + Spinach Poriyal
7	Moong Sprouts Salad + Lemon Rice + Curd	17	Chickpea Sundal + Brown Rice + Cucumber Salad	27	Lentil & Veg Pulao + Chow Chow Kootu
8	Paneer Tikka Bowl + Red Rice + Carrot Beans Poriyal	18	Tofu Curry + Rice + Beetroot Poriyal	28	Paneer Makhani + Brown Rice + Broccoli/Beans
9	Masoor Dal + Brown Rice + Drumstick Sambar	19	Dal Tadka + Millet + Cucumber Salad	29	Soya Granules Pulao + Pumpkin Poriyal
10	Lemon Rice + Peanut Chutney + Mixed Veggies	20	Moong Khichdi + Curd + Spinach Stir Fry	30	Moong Dal Chilla + 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



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30

BALANCE
HORMONES
NATURALLY

• DAYS •

DINNER MEAL PLANNER

— TO SUPPORT —

irregular periods

HIGH PROTEIN & FIBER
 HORMONE BALANCING
 SIMPLE TO COOK & PREP
 REAL FOOD REAL RESULTS

DAY	DINNER	DAY	DINNER	DAY	DINNER
1	Moong Dal Soup + Vegetable Stir Fry	11	Tofu Curry + Brown Rice	21	Rajma Curry + Millet Rice
2	Paneer Bhurji + Cabbage Stir Fry	12	Green Moong Dal Soup + Stir Fried Veggies	22	Soya Chunk Curry + Beans Poriyal
3	Mixed Veg Soup + Millet Khichdi	13	Chickpea Curry + Millet Roti	23	Paneer Tikka Bowl + Sautéed Veggies
4	Tofu Stir Fry + Beetroot Salad	14	Paneer Capsicum Stir Fry + Cucumber Salad	24	Chana Dal + Spinach Stir Fry
5	Chana Dal Soup + Lauki Stir Fry	15	Moth Bean Soup + Pumpkin Stir Fry	25	Tofu Burji + Mixed Veg Stir Fry
6	Vegetable Pulao + Cucumber Raita	16	Vegetable Clear Soup + Foxtail Millet Upma	26	Vegetable Soup + Peanut Chutney + Roti
7	Palak Soup + Paneer Cubes Stir Fry	17	Chole (Chickpea Curry) + Cabbage Poriyal	27	Dal Palak + Cucumber Salad
8	Masoor Dal Soup + Carrot Beans Poriyal	18	Tofu & Veg Stir Fry + Brown Rice	28	Paneer Makhani + Brown Rice
9	Soya Granules Stir Fry + Chapati	19	Dal Tadka + Bottle Gourd Stir Fry	29	Masoor Dal Soup + Broccoli Stir Fry
10	Lentil Soup + Roasted Veggies	20	Moong Khichdi + Carrot Cucumber Salad	30	Mixed Veg Curry + Ragi Roti

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
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30-DAY Grocery List

FOR BREAKFAST, LUNCH & DINNER MEAL PLANNER

BALANCE HORMONES NATURALLY



GRAINS & MILLETS

- Brown Rice – 4 kg
- Red Rice – 1 kg
- White Rice – 2 kg
- Foxtail Millet – 1 kg
- Little Millet – 1 kg
- Pearl Millet (Bajra) – 500 g
- Finger Millet (Ragi) Flour – 1 kg
- Whole Wheat Flour – 3 kg
- Rolled Oats – 2 kg
- Dalia (Broken Wheat) – 1 kg
- Quinoa – 500 g



PULSES & LEGUMES

- Green Moong – 2 kg
- Whole Black Chickpeas – 1 kg
- Kabuli Chickpeas – 2 kg
- Rajma – 2 kg
- Chana Dal – 2 kg
- Toor Dal – 2 kg
- Masoor Dal – 1 kg
- Urad Dal – 1 kg
- Moth Beans – 1 kg
- Soya Chunks – 2 kg
- Soya Granules – 1 kg



PROTEIN FOODS

- Paneer – 4–5 kg
(buy fresh weekly)
- Tofu – 3–4 kg
- Greek Yogurt/Curd – 8–10 kg
(buy weekly)
- Milk – as needed



NUTS & SEEDS

- Almonds – 1 kg
- Walnuts – 500 g
- Peanuts – 1 kg
- Pumpkin Seeds – 500 g
- Sunflower Seeds – 500 g
- Flax Seeds – 500 g
- Chia Seeds – 500 g
- Sesame Seeds – 500 g



VEGETABLES (Buy fresh weekly)

- Spinach
- Amaranth Leaves
- Drumstick
- Beetroot
- Carrot
- Cabbage
- Cauliflower
- Broccoli
- Capsicum
- Tomato
- Onion
- Cucumber
- Bottle Gourd
- Ridge Gourd
- Pumpkin
- Chow Chow
- Green Beans
- Ladies Finger
- Brinjal
- Radish
- Sweet Potato
- Potato
- Green Peas
- Mixed Vegetables
- Curry Leaves
- Coriander Leaves
- Mint Leaves
- Ginger, Garlic, Green Chillies, Lemon



FRUITS

- Banana
- Apple
- Orange
- Papaya
- Pomegranate
- Guava
- Berries (optional)
- Dates
- Raisins



HEALTHY FATS

- Cold-Pressed Sesame Oil
- Groundnut Oil
- Coconut Oil
- Cow Ghee



SPICES

- Turmeric
- Cumin
- Coriander Powder
- Red Chilli Powder
- Black Pepper
- Mustard Seeds
- Fennel Seeds
- Garam Masala
- Curry Powder
- Hing (Asafoetida)
- Cinnamon
- Cardamom
- Cloves
- Bay Leaf
- Salt
- Rock Salt



PANTRY ESSENTIALS

- Tamarind
- Coconut
- Coconut Chutney Ingredients
- Peanut Chutney Ingredients
- Sambar Powder
- Rasam Powder
- Jaggery
- Apple Cider Vinegar (optional)



WEEKLY FRESH ITEMS

- Paneer
- Tofu
- Milk
- Curd
- Fresh vegetables
- Fruits
- Curry leaves, Coriander, Mint
- Lemon

WHY THIS GROCERY LIST?

Simple ingredients.
Balanced meals.
Better hormones.
Stronger you!

BENEFITS OF EATING CLEAN & BALANCED



Supports
Hormone
Balance



Regulates
Menstrual
Cycle



Improves
Mood &
Energy



Reduces
Bloating &
Inflammation

TIPS TO FOLLOW

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