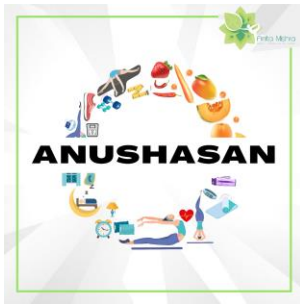




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PCOD CRAVING GUIDE KIT

Cravings are normal. The key is to manage them smartly without stress or guilt.

Cravings Begin (Normal & Okay!)

Here are the steps to follow to overcome your cravings



1. Plan Ahead? (Did I prep a snack?)

Yes: Proceed to Step 2: Portion Smart.

No: Then take **action:** Prep a healthy snack NOW! (No late-night fridge raids!)



2. Portion Smart (Mindful Eating!)

Plate it well! (No eating from the container!)

Enjoy slowly! (Savor each bite!)

Move On! (No guilt attached!)



3. 80/20 Balance (Overall Diet Check!)

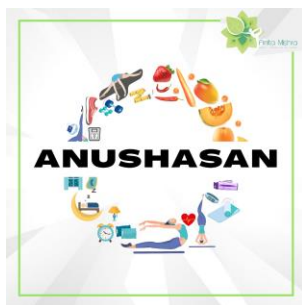
80%: Wholesome, Nutritious Meals (Fuel!)

20%: Mindful Indulgence (Cravings!)



Cravings Managed Smartly!

Key Takeaway: The entire process is built on managing cravings without stress or guilt.



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Craving Type	Potential Signal	Smart PCOD-Friendly Swaps
Sweet 🍬	Low Magnesium / Iron	- Sesame-jaggery chikki - Ragi laddoo - Chia-Oat pudding with fruit - Dark Chocolate
Salty 🧂	Stress or low Electrolytes	- Spiced puffed amaranth - Masala corn on the cob - Cheese Popcorn
Carby 🍞	Low Serotonin or Blood Sugar dips	- Stir-fried konjac noodles with veggies - Oats & banana pancakes (jaggery-sweetened) - Moong/Besan dal Chilla - Paneer Biryani - Veg Paratha + Seed based chutney - Quinoa & veggie pulao
Dairy 🥛	Low Calcium / Vitamin D	- Coconut yogurt parfait - Mango sorbet with coconut milk - Almond-cashew smoothie with cocoa - Haldi Milk with pinch of pepper
Crunchy/Fried 🍟	Fatigue / low Healthy Fats	- Veggie rice-paper rolls - Moong dal chilla with paneer - Baked smashed potatoes + herb dip - Air-fried Rajmah kebabs/cutlet
Caffeine ☕	Stress / Adrenal Fatigue	- Coconut cold brew (low sugar) - Herbal mint lemonade - Green tea with ginger & lemon - Hot Chocolate - Chamomile Tea + Protein cracker - Green Tea + Til Chikki

PCOD is about balance, not restriction. Plan smart, plate smart and keep cravings in check without guilt.