



Prepared By

**DIVISION OF LIFESTYLE DISEASE
REVERSAL AND RESEARCH, SUGERILLA**

Under the aegis of

CALICUT MEDICAL COLLEGE ALUMNI

LEAN PCOS/PCOD REVERSAL GUIDE:

**A COMPREHENSIVE DIET AND LIFESTYLE BLUEPRINT
BASED ON 15 MINUTE MICROSHIFT SYSTEM™**

Sugerilla

ATTENTION: A QUICK NOTE ON PCOS VS. PCOD

Both PCOS and PCOD are the same.

You may have heard the terms PCOS (Polycystic Ovary Syndrome) and PCOD (Polycystic Ovarian Disease) used to describe your condition. While social media and other sources often present them as different, they are in fact the same. PCOD is simply the older, outdated term, while PCOS is the current medical term. Going forward in this guide, we will use only the term PCOS to ensure clarity and consistency.

Congratulations

You've already taken a powerful first step toward taking full ownership of your health. The Lean PCOS-specialized diet plan you're about to follow is based on the 15 Minute MicroShift System™- a scientifically designed approach developed over 3 years of medical research and clinical trials by Sugerilla's panel of qualified doctors. This method is not just about temporary relief. It's a long-term, root-cause solution to PCOS and other lifestyle diseases.

Our mission is bold and clear: To make 1 crore women fit in the next 5 years and eliminate the top 6 lifestyle diseases from millions vulnerable people among their family and friends.

To ensure lasting transformation, we urge you to strictly follow the specially crafted instructions given in this guide, which are also designed around the 15 Minute MicroShift System™. These steps are essential for a lifelong reversal of lifestyle diseases-including PCOS.

Also, don't miss out on joining our PCOS Reversal Challenge, where you'll receive clear, phase-wise guidance under expert supervision to completely reverse PCOS and reclaim your health-with our full support, every step of the way.



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BE POSITIVE, BE HEALTHY, BEAT PCOS

Dr Rincy M Basheer

PCOS എല്ലാർക്കും സുപരിചിതമായ 'രോഗം' അല്ല, ഒരവസ്ഥ ആണിപ്പോൾ. 10ൽ 3 സ്ത്രീകൾക്ക് ഇപ്പോൾ PCOS ഉണ്ട്. ആദ്യമായി, ഇത് പൂർണ്ണമായും Reverse ചെയ്യാൻ കഴിയുന്ന ഒന്നാണ് എന്ന് മനസ്സിലാക്കുക.

നിങ്ങളറിയേണ്ടത്:-

- 1) ഇതൊരു അന്ധാശയരോഗമല്ല, ഒരു ജീവിതശൈലീരോഗമാണ്
- 2) മരുന്നുകളല്ല, ജീവിതശൈലി മാറ്റൽ മാത്രമാണ് ഇവിടുത്തെ ശാശ്വതപരിഹാരം
- 3) Stress ഒഴിവാക്കാൻ പരമ പ്രധാനം. എപ്പോഴും Positive ആയിട്ടിരിക്കാൻ ശ്രമിക്കുക
- 4) ജോലിഭാരം കാരണമുള്ള ഉറക്കക്കുറവ് ഒഴിവാക്കുക. ദിവസവും 8 മണിക്കൂർ Quality Sleep ഉണ്ടാക്കണം
- 5) മനസ്സ് ശാന്തമാക്കാൻ യോഗ, മെഡിറ്റേഷൻ എന്നിവയൊക്കെ ദിവസേന ശീലമാക്കുക
- 6) Diet, Exercise എന്നിവ തടി കുടാനും കുറയ്ക്കാനും ഒക്കെ Use ആക്കേണ്ട ഒന്നാണ്. എന്നാൽ അതു മാത്രമല്ല ലക്ഷ്യം. ദിവസവും ഉള്ള Body Activity Hormones നന്നായി പ്രവർത്തിക്കാൻ ആവശ്യമാണ്
- 7) പെട്ടെന്ന് Weight കുറയ്ക്കാനും കുടാനും നോക്കാതെ ജീവിതകാലം മുഴുവൻ പാലിക്കാൻ പറ്റുന്ന ഒരു ആരോഗ്യകരമായ ശൈലി തിരഞ്ഞെടുക്കുക എന്നതാണ് പരമപ്രധാനം

8) വീട്ടിലുള്ള ഭക്ഷണവസ്തുക്കൾ Balanced ആക്കിയും Preparation രീതി Healthy ആക്കിയും ആകട്ടെ DIET നോക്കുന്നത്

9) PROTEIN വളരെ അത്യാവശ്യമായ ഒന്നാണ്. അതിന്റെ അളവ് കൂട്ടിയാൽ മാത്രമേ Weight loss ശാശ്വതമാകൂ

10) നിങ്ങൾക്ക് ചെയ്യാൻ പറ്റുന്ന Exercise എന്തുമാവട്ടെ, അതിൽ Consistency ഉണ്ടാവണം. അതൊരു ദിനചര്യ ആവണം

11) നിങ്ങൾ കാലങ്ങളായി Unhealthy Lifestyle കൊണ്ടുണ്ടാക്കിയ ഒരു രോഗാവസ്ഥ, നാലുമാസം കൊണ്ട് Revert ചെയ്യാൻ പറ്റുമായിരിക്കും. പക്ഷെ അത് അങ്ങനെ തന്നെ മുന്നോട്ട് പോകണമെങ്കിൽ Healthy Lifestyle ജീവിതകാലം മുഴുവൻ കൂടെയുണ്ടാവണം

PCOS- ഇത് മാറ്റേണ്ടത് ഡോക്ടറല്ല , രോഗി തന്നെയാണ്.
ഡോക്ടർ കൂടെയുണ്ടാകും, ഒരു വഴികാട്ടിയായി, എപ്പോഴും....

BE POSITIVE, BE HEALTHY, BEAT PCOS



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UNDERSTANDING LEAN PCOS

While Polycystic Ovary Syndrome (PCOS) is often associated with weight gain, a significant number of individuals who are within the normal or underweight range also has PCOS, known as "lean PCOS". Lean PCOS is often caused by a combination of factors including chronic stress, inflammation, and nutritional deficiencies. It is characterized by the same hormonal imbalances like high androgens (male hormones), irregular periods, and/or cysts on the ovaries, but without the metabolic complications related to weight. Understanding this key difference is crucial because it means traditional treatments for PCOS will not work for you.

Traditional advice for managing PCOS often includes strict, low-calorie diets and intense exercise regimens. For lean PCOS patients, these methods are counterproductive and can worsen symptoms like acne, facial hair growth etc. Restricting calories or food groups is a form of physical stress on the body, which can spike cortisol levels and often leads to nutritional deficiencies. This, in turn, can further disrupt your hormonal balance and increase androgen production, making your symptoms worse. Similarly, intense workouts like HIIT or long-distance running also cause a significant rise in cortisol. Instead of helping, they can fuel the very stress response that is at the heart of your condition.

Since lean PCOS is often driven by stress and nutritional deficiencies, the most effective treatment is to focus on addressing these root causes. Instead of restrictive diets, focus on nourishing your body with balanced meals rich in nutrients that support hormone health. Instead of punishing, high-intensity workouts, opt for gentle, restorative exercises like yoga, or walking to reduce stress. The goal is to work with your body, not against it. By prioritizing stress reduction and proper nutrition, you can help regulate your hormones and find true balance

15 MINUTE MICROSHIFT SYSTEM™: A NEW WAY TO REVERSE PCOS

PCOS have seen a sharp increase in incidence among women of reproductive age. Traditional approaches often rely on weight loss, calorie restriction, or intensive exercise, which fail to address the root causes in many patients. In response to this gap, Sugerilla, through its panel of qualified medical professionals, developed the 15 Minute MicroShift System™– a scientifically grounded, holistic protocol for the reversal of lifestyle diseases, with a special emphasis on both obese and lean PCOS. This method is the result of 3 years of research and clinical observation involving over 10,000 patients.

KEY DISCOVERIES FROM THE RESEARCH

Through comprehensive data analysis and patient evaluation, the Sugerilla research team uncovered several critical findings regarding PCOS:

- Reversal of PCOS is not equivalent to weight loss
- Calorie deficit diets are insufficient to reverse PCOS
- Malnutrition (not getting the right nutrients) is a major reason why women get PCOS. This includes women who are overweight, underweight, or even at a normal weight
- Even women who look healthy on the outside can have PCOS if they're not getting proper nutrients
- For Lean PCOS, improving nutrition and building muscle mass is essential for effectively managing the condition.
- PCOS can be reversed without intense workouts
- You don't need to spend hours everyday or change your entire lifestyle. Just spending 15 minutes a day doing simple tasks can make a big difference
- Excluding mental health and sleep quality from treatment plans leads to failure

HOW THE 15 MINUTE MICROSHIFT SYSTEM™ WORKS

- **Just 15 Minutes a Day**– You don't need hours in the gym or strict meal plans. All it takes is 15 minutes of simple "MicroShifts" a day.
- **Focus on What Matters Most** – Instead of making big lifestyle changes, you just need to fix the few small things to target the root cause of PCOS.
- **No Strict Diets, No Medicines** – As long as you apply this system, you don't have to give up your favorite foods. It works with your body, not against it.
- **Results That Last** – This system activates your body's natural healing switch, making the reversal permanent instead of temporary.

WHY THE 15 MINUTE MICROSHIFT SYSTEM™ WORKS

1. **MicroShift effect** – Your body reacts more to small, well-timed changes than to big drastic ones. That's why short bursts of the right action give better results than hours of random effort.
2. **15-minute reset**– PCOS is fueled by hormonal imbalance. A 15-minute sequence at the right time of the day can improve how your cells respond to hormones and will balance it naturally.
3. **Behavioral Psychology**– Your mind is aligned in a way that healthy actions happen automatically without needing constant willpower.
4. **Compounding effect** – Tiny changes build up daily to restore balance faster than crash diets or hard workouts.

READY TO BEGIN?

The 15 Minute MicroShift System™ is a sustainable, science-backed approach to reversing PCOS and lifestyle diseases by addressing root causes like hormonal imbalances. The diet plan you are about to follow applies this system. Therefore, unlike traditional methods that focus on strict diets with restrictions or counting calories, this diet shows you what to eat to ensure you are well-nourished, creating the ideal state for lasting PCOS reversal. Begin your journey by following the diet and instructions below.

EVERYDAY FOOD CHOICES

PRE-BREAKFAST

- NUTS- BADAM/ WALNUT/PISTACHIO/
GROUND NUT (ALL NUTS EXCEPT CASHEW)
- DRY FRUITS
- SOAKED BLACK RAISINS
- BOILED EGGS
- OVERNIGHT OATS
- WATER WITH BLACK CUMIN/ CHIA SEEDS



BREAKFAST

YOU CAN EAT ANY OF THE COMMON
BREAKFAST DISHES LIKE PUTTU-KADALA/
DOSA-CHUTNEY etc

LUNCH

- FISH CURRY/ CHICKEN CURRY
- SOYA CHUNKS
- PANEER
- CURD/ YOGURT
- COWPEAS(വൻപയർ)/ GREEN
GRAM(ചെറുപയർ)/ HORSE GRAM(മുതിര)



EVERYDAY FOOD CHOICES

SNACKS

- MASALA TEA (WITH LOW SUGAR)
- COFFEE (WITH LOW SUGAR)
- MILK (WITH LOW SUGAR)
- MILK SHAKE WITH FRUITS AND NUTS
- MIXED NUTS



PRE- DINNER

- SOUP OF YOUR CHOICE
- MIXED FRUIT BOWL
- MIXED VEGETABLE BOWL
- AVOCADO SALAD
- PEANUT BUTTER SMOOTHIE

DINNER

- FISH CURRY/ CHICKEN CURRY
- SOYA CHUNKS
- PANEER
- CHICKEN SALAD
- EGG SALAD
- STEEL CUT OATS



HOW TO PREPARE YOUR WEEKLY MEAL PLAN ?

DAY	PREBREAKFAST (6AM- 7AM)	BREAKFAST (8AM- 10AM)	LUNCH (12PM- 2PM)	PREDINNER (4PM- 6PM)	DINNER (7PM- 9PM)
1	HANDFUL OF NUTS + 3 GLASSES OF WATER WITH BLACK CUMIN	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + FISH/CHICKEN CURRY	PEANUT BUTTER SMOOTHIE (WITH NO SUGAR)	STEEL CUT OATS
2	6 SOAKED BLACK RAISINS IN TWO GLASS OF WATER	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + QUARTER PLATE ANY LEAFY VEGETABLE + ANY NON VEG ITEMS	2 FULL BOILED EGGS	HALF PLATE RICE + SOYA CHUNKS
3	2 FULL BOILED EGGS	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + PANEER + YOGURT	MILK SHAKE WITH FRUITS AND NUTS	CHAPPATHI + PANEER
4	HANDFUL OF NUTS + 6 SOAKED BLACK RAISINS	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + HALF PLATE COW PEAS/GREEM GRAM/ HORSE GRAM	BOWL OF FRUITS + YOGURT	STEEL CUT OATS
5	2 FULL BOILED EGGS	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + FISH/CHICKEN CURRY + CURD	AVOCADO SALAD	CHAPPATHI+ FISH/CHICKEN CURRY
6	OVERNIGHT OATS	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + SOYA CHUNKS+ CURD	PEANUT BUTTER SMOOTHIE (WITH NO SUGAR)	CHICKEN/EGG SALAD
7	CHEAT DAY				

WE HAVE PROVIDED ABOVE A SAMPLE OF A WEEKLY MEAL PLAN. SUBSTITUTE FOOD ITEMS PROVIDED IN THE “EVERYDAY FOOD CHOICES” SECTION AS PER YOUR LIKING AND PREPARE A “7 TO 14 WEEK MEAL PLAN” AND FOLLOW IT TO THE BEST OF YOUR ABILITIES

FOODS YOU SHOULD LIMIT

(BETTER TO EAT THESE FOODS ONLY IN MINIMAL QUANTITY)



SUGARY DRINKS

- PAYASAM
- FRUIT JUICES
- SODA DRINKS
- ENERGY DRINKS LIKE RED BULL



REFINED CARBOHYDRATES

- WHITE BREAD
- KUBOOS
- PAROTTA
- BISCUITS



FRIED AND PROCESSED FOODS

- DEEP-FRIED SNACKS LIKE MURUKKU
- INSTANT NOODLES (EG: MAGGI)
- PACKAGED CHIPS LIKE LAYS
- BOTTLED PICKLES



FOODS HIGH IN FAT

- MAYONNAISE
- CHOCOLATE AND SWEETS
- PASTRIES AND CAKES
- ICE CREAM

SPECIAL INSTRUCTIONS



1. STAY HYDRATED

**DRINK AT LEAST 2.5 LITERS OF WATER DAILY.
HAVE A GLASS BEFORE EACH MEAL AND
FINISH YOUR WATER BY EVENING**



2. WALK AFTER MEALS

**WALK FOR AT LEAST 5 MINUTES AFTER
EVERY MEAL TO HELP WITH DIGESTION**



3. DINNER TIMING

**EAT DINNER 3 TO 4 HOURS BEFORE BEDTIME
TO IMPROVE DIGESTION AND SLEEP**



4. NO PHONES BEFORE SLEEP

**AVOID USING YOUR MOBILE PHONE RIGHT
BEFORE SLEEPING FOR BETTER REST**



5. DO NOT SKIP MEALS

**THIS CAN CAUSE BLOOD SUGAR DROPS AND
TRIGGER A STRESS RESPONSE**



6. PRIORITIZE PROTEIN

**EACH TIME YOU EAT, PRIORITIZE A HIGH-
QUALITY PROTEIN SOURCE**



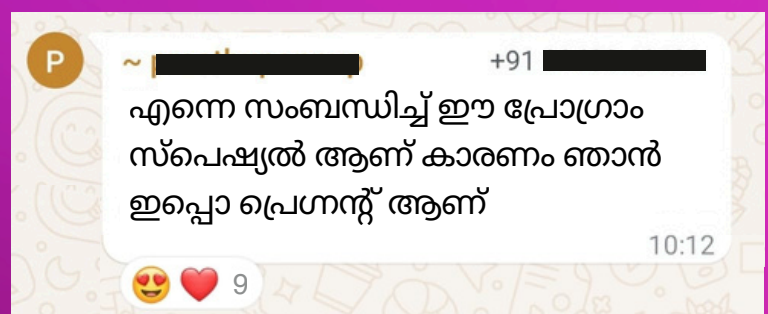
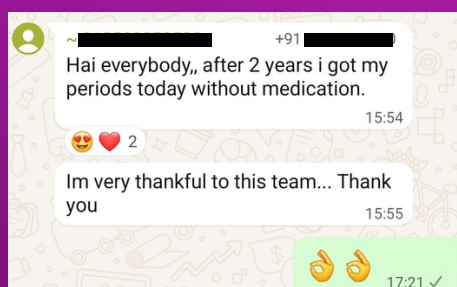
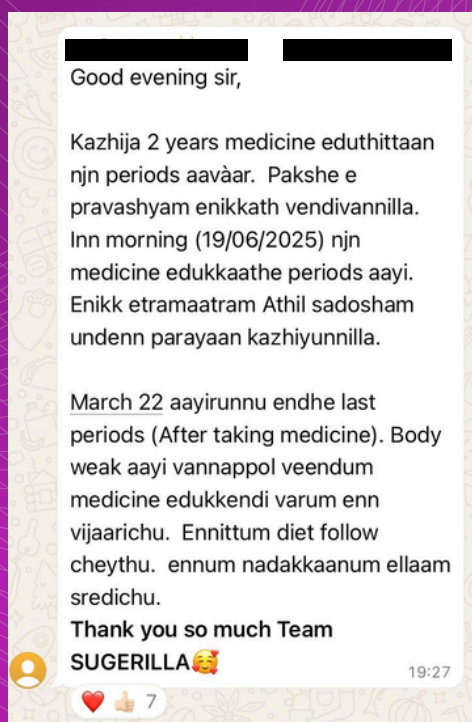
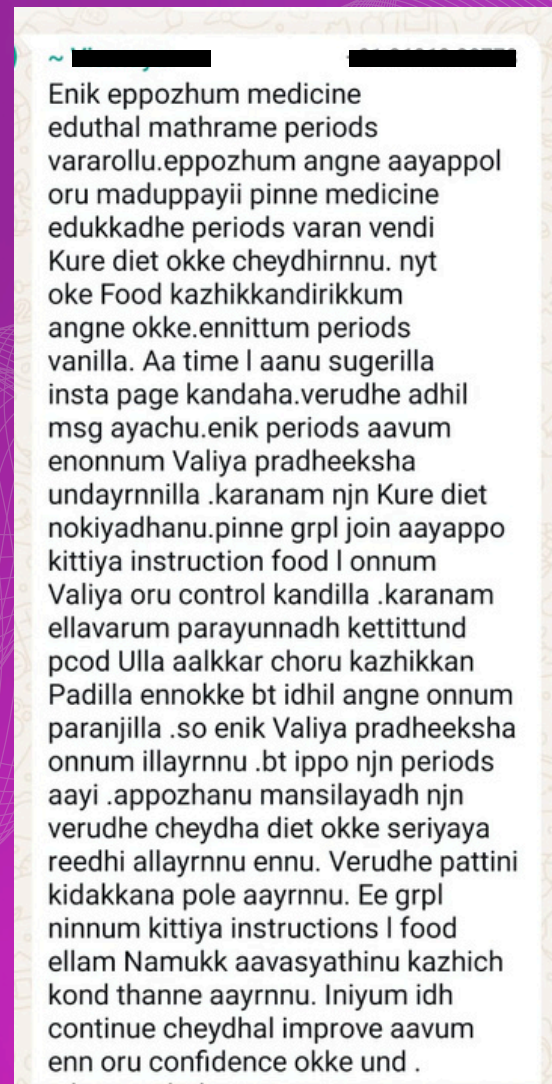
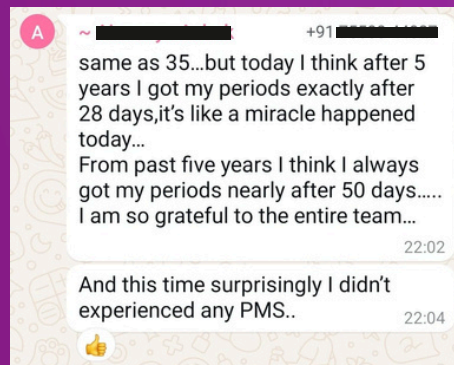
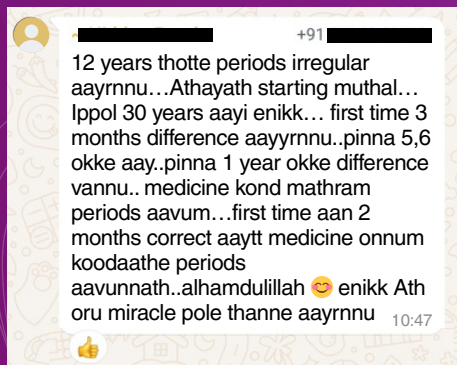
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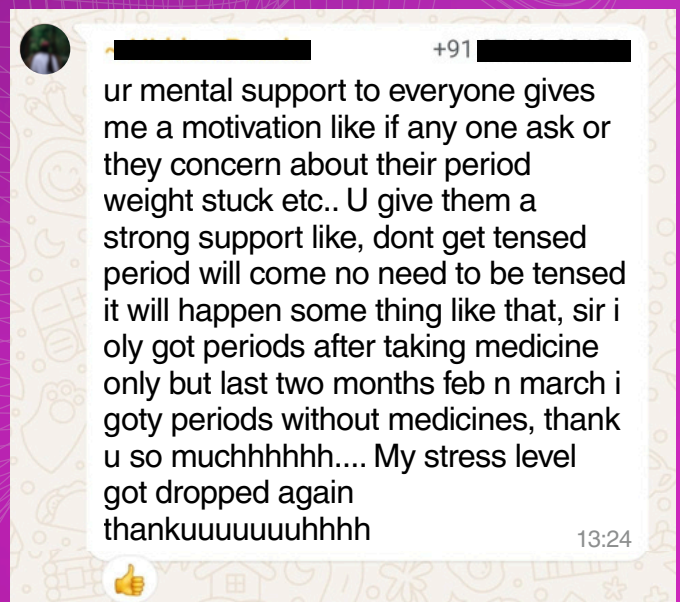
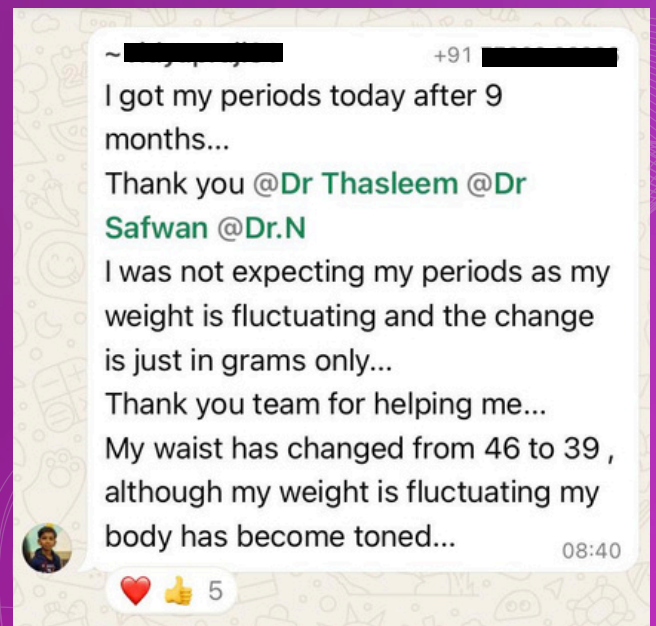
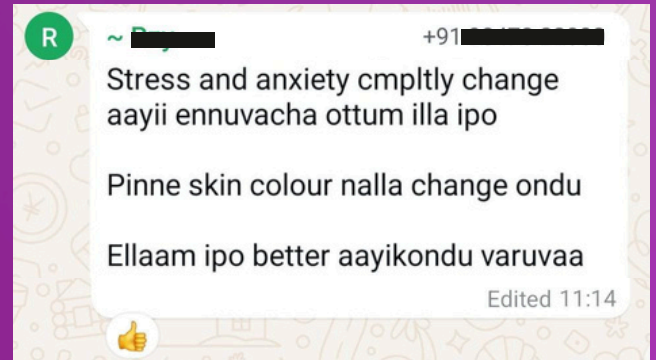
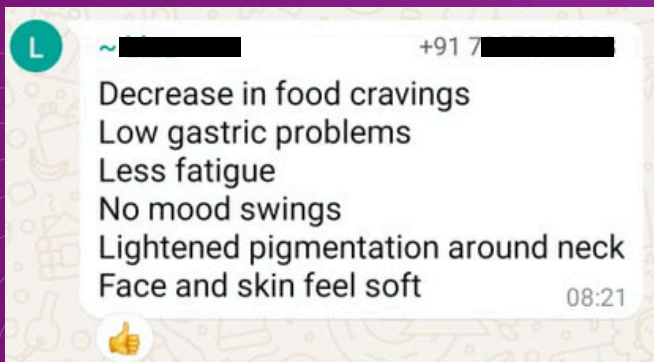
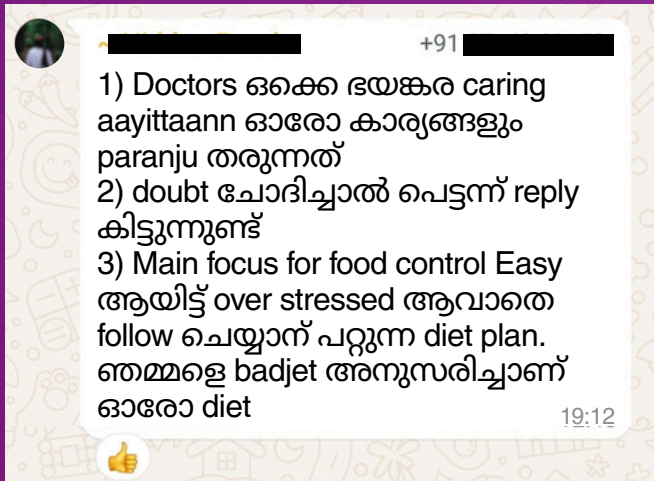
**EXPOSE YOUR FACE AND BODY TO NATURAL
SUNLIGHT FOR AT LEAST 5-10 MINUTES
EVERYDAY**

TAKE THE NEXT STEP ON YOUR PCOS JOURNEY AND JOIN OUR PCOS REVERSAL CHALLENGE

GET STEP-BY-STEP GUIDANCE FROM EXPERT DOCTORS TO REVERSE PCOS AND
START SEEING VISIBLE RESULTS IN JUST ONE WEEK!!

SEE HOW OUR MANY CLIENTS FROM THE LAST CHALLENGE TALKS ABOUT THEIR
POSITIVE EXPERIENCES INCLUDING REGULAR PERIODS,PREGNANCY,STRESS
MANAGEMENT,WEIGHT LOSS ETC ACHIEVED THROUGH 15 MINUTE MICROSHIFT
SYSTEM™👉





THESE SUCCESS STORIES PROVE IT'S POSSIBLE TO BEAT PCOS—JOIN OUR CHALLENGE AND YOU CAN TOO! CHECK OUT ALL THE AMAZING SERVICES WE OFFER BELOW 🙌

HERE'S WHAT YOU WILL GET INSIDE OUR CHALLENGE :-



Personalized Reversal Plans

Support PCOS reversal with easy-to-follow structured plans tailored to your body and lifestyle.



Personalized Meal Plans

Correct your nutritional status with non-restrictive, easy-to-follow personalized meal plans



Daily Support From Experts

Clear your doubts with personal help from our doctors, psychologists & trainers



Daily Guided Support

Stay mentally strong and stress-free with daily expert guidance and weekly interactive sessions



Exclusive App For PCOS

Take control of your healing journey with Sugerilla's all-in-one app designed for consistency and results.



Gentle Yoga Sessions

Balance hormones & support your recovery with our recorded PCOS yoga sessions with lady trainer



Follow-Ups & Assessments

Stay on track with regular reviews to monitor your improvement and make necessary changes



Fast Support System

Receive quick help from Sugerilla's team of coaches whenever you need assistance.



Deep Community Support

Feel understood and stay motivated with access to a judgment-free and powerful PCOS community



Bonus; Psychology Consultation

Support your mental and emotional health with one-on-one consultation with our psychologists



Bonus: Awareness Classes

Understand your condition better with short, simplified classes and frequently asked questions



Bonus: PCOS Healing Recipes

Delicious, easy-to-make recipes crafted to support your PCOS reversal without feeling restricted

YOU'RE EXHAUSTED—PHYSICALLY, EMOTIONALLY, AND SILENTLY FIGHTING A BATTLE NO ONE SEES. THE IRREGULAR PERIODS, THE FACIAL HAIR, THE MOOD SWINGS, THE FEAR THAT MOTHERHOOD MAY NEVER HAPPEN. IT'S OVERWHELMING. YOU'VE TRIED EVERYTHING, YET NOTHING FEELS LIKE IT TRULY WORKS. BUT DON'T LOSE HOPE. THERE IS A WAY TO HEAL, AND IT STARTS WITH YOU. JOIN SUGERILLA'S PCOS/PCOD REVERSAL CHALLENGE TODAY ITSELF

CLICK HERE TO TO KNOW MORE ABOUT THE CHALLENGE 📌

[I WANT TO REVERSE MY PCOS/PCOD](#)

..AND ONE FINAL TIP TO BEAT YOUR PCOS

TIRED OF THE ENDLESS PCOS ADVICE THAT ONLY LEAVES YOU MORE CONFUSED? WE GET IT. THAT'S WHY WE'RE CREATING ONE TRUSTED SPACE WHERE YOU'LL FIND EVERYTHING YOU NEED—REAL FACTS, EXPERT TIPS, LIFESTYLE GUIDANCE, AND INSPIRING STORIES—ALL IN ONE PLACE. NO MORE JUMPING FROM PAGE TO PAGE. FOLLOW US ON YOUTUBE AND INSTAGRAM SO YOU NEVER HAVE TO SECOND-GUESS YOUR NEXT STEP AGAIN



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