



Prepared By

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

Under the aegis of

CALICUT MEDICAL COLLEGE ALUMNI

LEAN PCOD/PCOS REVERSAL GUIDE:

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

Sugerilla

ATTENTION: A QUICK NOTE ON PCOD VS. PCOS

Both PCOD and PCOS 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 PCOD is simply the older, outdated term, while PCOS is the current medical term.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.



Dr.Safwan T.K

Cofounder Of Sugerilla
DNB Nephrology (Aster MIMS, Kozhikode)
MBBS (Govt. Medical College, Kozhikode)



Dr. Thasleem Shareef

Cofounder Of Sugerilla
Former Medical Officer (Central Health Service)
MBBS (Govt. Medical College, Kozhikode)

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 ജീവിതശൈലിരോഗമാണ്
- 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 കൂടാനും കുറയ്ക്കാനും ഒക്കെ Use ആക്കേണ്ട ഒന്നാണ്. എന്നാൽ അതു മാത്രമല്ല ലക്ഷ്യം. ദിവസവും ഉള്ള Body Activity Hormones നന്നായി പ്രവർത്തിക്കാൻ ആവശ്യമാണ്
- 7) പെട്ടെന്ന് Weight കുറയ്ക്കാനും കൂട്ടാനും 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 ദീനചര്യ 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



Dr Rincy M Basheer

MBBS MS DNB

Obstetrician & Gynecologist

Booking Number: 9645880444



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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 MICROSIFT 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



7. SUNLIGHT EXPOSURE

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 WITHOUT MEDICINE, PREGNANCY, STRESS MANAGEMENT, WEIGHT LOSS ETC ACHIEVED THROUGH 15 MINUTE MICROSHIFT SYSTEM™ 🙌

12 years thotte periods irregular aayrnnu...Athayath starting muthal... lppol 30 years aayi enikk... first time 3 months difference aayyrmnu..pinna 5,6 okke aay..pinna 1 year okke difference vannu.. medicine kond mathram periods aavum...first time aan 2 months correct aaytt medicine onnum koodaathe periods aavunnath..alhamdulillah 😊 enikk Ath oru miracle pole thanne aayrnnu 10:47

same as 35...but today I think after 5 years I got my periods exactly after 28 days,it's like a miracle happened today... From past five years I think I always got my periods nearly after 50 days..... I am so grateful to the entire team... 22:02

And this time surprisingly I didn't experienced any PMS.. 22:04

Enik eppozhum medicine eduthal mathrame periods vararollu.eppozhum angne aayappol oru maduppayii pinne medicine edukkadhe periods varan vendi Kure diet okke cheydhirnnu. nyt oke Food kazhikkandirikkum angne okke.ennittum periods vanilla. Aa time I aanu sugerilla insta page kandaha.verudhe adhil msg ayachu.enik periods aavum enonnum Valiya pradheeksha undayrnnilla .karanam njn Kure diet nokiyadhanu.pinne grpl join aayappo kittiya instruction food I onnum Valiya oru control kandilla .karanam ellavarum parayunnadh kettittund pcod Ulla aalkkar choru kazhikkan Padilla ennokke bt idhil angne onnum paranjilla .so enik Valiya pradheeksha onnum illayrnnu .bt ippo njn periods aayi .appozhanu mansilayadh njn verudhe cheydha diet okke seriyaya reedhi allayrnnu ennu. Verudhe pattini kidakkana pole aayrnnu. Ee grpl ninum kittiya instructions I food ellam Namukk aavasyathinu kazhich kond thanne aayrnnu. Iniyum idh continue cheydhhal improve aavum enn oru confidence okke und .

Good morning, friends . Today, I am very happy to share good news

3maasathil koodudal aayi njn medicin onnum edukadhe . Koraach korach lifestyle changes okke varuthy follow up cheyunnu . Periods regular aayi varund . But this month vannilla so, verde oru doubtinte porth test cheyd nokkiyad aan . It's conceive. 09:18

Good evening sir,

Kazhija 2 years medicine eduthittaan njn periods aavàar. Pakshe e pravashyam enikkath vendivannilla. Inn morning (19/06/2025) njn medicine edukkaathe periods aayi. Enikk etramaatram Athil sadosham undenn parayaan kazhiyunnilla.

March 22 aayirnnu endhe last periods (After taking medicine). Body weak aayi vannappol veendum medicine edukkendi varum enn vijaarichu. Ennittum diet follow cheythu. ennum nadakkaanum ellaam sredichu.

Thank you so much Team SUGERILLA 🙌 19:27

Hai everybody,, after 2 years i got my periods today, without medication. 15:54

Im very thankful to this team... Thank you 15:55

എന്നെ സംബന്ധിച്ച് ഈ പ്രോഗ്രാം സ്പെഷ്യൽ ആണ് കാരണം ഞാൻ ഇപ്പോ പ്രെഗ്നന്റ് ആണ് 10:12


+91 [redacted]
 1) Doctors ഒക്കെ ഭയങ്കര caring aayittaann ഓരോ കാര്യങ്ങളും paranju തരുന്നത്
 2) doubt ചോദിച്ചാൽ പെട്ടെന്ന് reply കിട്ടുന്നുണ്ട്
 3) Main focus for food control Easy ആയിട്ട് over stressed ആവാതെ follow ചെയ്യാൻ പറുന്ന diet plan. ഞമ്മളെ badjet അനുസരിച്ചാണ് ഓരോ diet
19:12


+91 [redacted]
 Stress and anxiety cmpltly change aayii ennuvacha ottum illa ipo
 Pinne skin colour nalla change ondu
 Ellaam ipo better aayikondu varuvaa
Edited 11:14


+91 [redacted]
 Decrease in food cravings
 Low gastric problems
 Less fatigue
 No mood swings
 Lightened pigmentation around neck
 Face and skin feel soft
08:21

+91 [redacted]
 I got my periods today after 9 months...
 Thank you @Dr Thasleem @Dr Safwan @Dr.N
 I was not expecting my periods as my weight is fluctuating and the change is just in grams only...
 Thank you team for helping me...
 My waist has changed from 46 to 39 , although my weight is fluctuating my body has become toned...
08:40


+91 [redacted]
 I got my period yesterday after seven months, and the best part is that I had no pain! Normally, I experience severe pain during my periods, but this time was different. I followed all your advice, including yoga and dietary changes. For the past week, I reduced my carbohydrate intake in the morning and at night, which I believe helped a lot. Most importantly, I practiced yoga consistently and with dedication. This experience has shown me that consistency, hope, and motivation are the keys to success. Thank you so much for your guidance!
12:48


+91 [redacted]
 ur mental support to everyone gives me a motivation like if any one ask or they concern about their period weight stuck etc.. U give them a strong support like, dont get tensed period will come no need to be tensed it will happen some thing like that, sir i oly got periods after taking medicine only but last two months feb n march i goty periods without medicines, thank u so muchhhhhh.... My stress level got dropped again thankuuuuuuuhhhh
13:24

THESE SUCCESS STORIES PROVE IT'S POSSIBLE TO BEAT PCOS—JOIN OUR CHALLENGE AND YOU CAN TOO!

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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