

PCOS

(1300kcal - 1500kcal)

| | BREAKFAST | LUNCH | DINNER | SNACK | DRINKS |
|-----------|---------------------------|---|--|------------------------------|---|
| MONDAY | GF blueberry pancakes | Grilled shrimps with quinoa | Tuscan chicken with veggies | Flax seed crackers | Iced Tea (apple, cinnamon) |
| TUESDAY | GF spanish tortilla | Hebrs salmon with sweet potato & salad | Chicken cilantro lime salad | Raspberry bars | Lemon mint (lemon, mint) |
| WEDNESDAY | Mocha overnight oats | Chicken moussaka with cauliflower rice | Black - bean fish with broccoli mashed | Seasoned cauliflower florets | Citrus (strawberries, orange, lemon) |
| THURSDAY | GF egg burrito | Grilled chicken with lentil & green beans | Falafel & hummus salad | Lemon tart | Iced Tea (apple, cinnamon) |
| FRIDAY | Mango chia pudding | Hot edamame quinoa salad | Grilled salmon with roasted veggies | Brownie | Cucumber mint infused water (mint, lemon, orange) |
| SATURDAY | Egg muffins with GF bread | Chicken with tomato basil GF- pasta | Vegetarian shawarma | GF sliders | Sunset (carrot, orange, apple) |
| SUNDAY | GF green crepes | Lemon corriander chicken with quinoa | Chicken garlic herbs with green salad | Fruit parfait | Purpose Tea (mint, cucumber, lemon) |