

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)