



ENERGY
MEAL
PLANS

PCOS
(1300kcal - 1500kcal)

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate banana overnight Oats	Tomato- basil shrimps GF- pasta	Healthy chicken balls with veggies	Fruits cup	Iced Tea (apple, cinnamon)
TUESDAY	Egg Frittata	Beef -Broccoli & Quinoa Bowl	Sauteed chicken with veggies	GF- Chocolate cake	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Green crepes	Sesame fish with white beans	Healthy chicken rolls up with salad	GF- cookies	Citrus (strawberries, orange, lemon)
THURSDAY	Cheese omlette with grilled veggies	Red sauce chicken zucchini noodles	Greek Chicken with veggies	Roasted nuts	Iced Tea (apple, cinnamon)
FRIDAY	Protein overnight oats chia pudding	Herbs grilled salmon with quinoa	Chicken moussaka with chickpeas	GF- muffins	Pineapple boost (pineapple, cucumber, ginger, lemon)
SATURDAY	Mexican omelette	Chicken Fajita with veggies	Stuffed portobello mushroom	Rice cake with - peanut butter	Citrus (strawberries, orange, lemon)
SUNDAY	Banana peanut butter oats porridge	Dijon Mustard chicken with cauliflower rice	Chicken zucchini noodles	Mixed Fruits cup	Purpose Tea (mint, cucumber, lemon)