

PCOS

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	GF- Blueberries pancakes	Lemon shrimps with olives	Chicken mustard with roasted veggies	GF-Chocolate brownie	Iced Tea (apple, cinnamon)
TUESDAY	Pesto egg omelette	Grilled salmon with eggplant rollatini	Chicken kale salad	Whole grains crackers with tuna	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Berries protein chia - flaxseeds pudding	Sesame fish with broccoli mashed	Feta - Lentil salad	GF-Orange cake	Citrus (strawberries, orange, lemon)
THURSDAY	Egg spinach muffins	Chicken quinoa stir fry	Chinese style chicken zucchini noodles	Fresh Fruits cup	Iced Tea (apple, cinnamon)
FRIDAY	Mocha almond protein overnight oats	Chimichurri Salmon with sweet potato wedges	Pulled chicken with cauliflower rice	Roasted nuts	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	Mexican Omelette	Chicken pesto with zucchini pasta	Chicken primavera salad	Protein chocolate granola bar	Citrus (strawberries, orange, lemon)
SUNDAY	Vanilla chia - flaxseeds pudding	Lemon coriander chicken with quinoa pilaf	Triple beans salad	Cranberries oats cookies	Purpose Tea (mint, cucumber, lemon)