



**PCOS**  
(1300kcal - 1500kcal)

6th - 12th April

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
<b>MONDAY</b>	Berries baked oatmeal	Mediterranean shrimp zucchini pasta	Falafel with green salad	Keto - cake	Summer Berry (raspberries, banana, soy milk)
<b>TUESDAY</b>	Sausages with eggs	Creamy chicken mushroom - baby marrow with brown rice	Balsamic chicken with roasted veggies	Olives	Banana Bliss (banana, oats, flax seeds, peanut butter, soy milk)
<b>WEDNESDAY</b>	GF healthy banana pancakes	Spanish fish stew with cauliflower mashed	Chicken & Edamame - Quinoa risotto	Peanut butter Nuts Bar	Tropical (mangoes, coconut, passion fruit, soy milk)
<b>THURSDAY</b>	Egg Frittata	Moroccan Chicken with Lentil	Chicken shawarma bowl	GF orange muffins	Strawberry Twist (soy milk, peanut butter, banana, strawberry)
<b>FRIDAY</b>	Berries - almonds chia pudding	Lemon Garlic Salmon with roasted veggies & quinoa	Basil - Chicken with zucchini pasta	GF- Berries bar	Chocolate Shake (chocolate, soy milk)
<b>SATURDAY</b>	Scottish potato scones with beans and egg	Fish piccata with cauliflower rice	Beet- quinoa kebab	Keto brownie	Summer Berry (raspberries, banana, soy milk)
<b>SUNDAY</b>	Banana oats porridge	Lemon & black pepper chicken bulgur	Roasted chickpeas salad	Protein balls	Mango Banana (mango, banana, soy milk)