

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

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	English Breakfast	Thai Shrimps egg noodles	Za'atar chicken with lentil & roasted veggies	Cheese Cake	Iced Tea (apple, cinnamon)
TUESDAY	Healthy Chicken sandwich	Cilantro Salmon with couscous	Chicken eggplant rollatini with veggies	Blueberries muffins	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	DF- red velvet waffles	White fish balls zucchini pasta	Roasted chicken- chickpeas bowl	Energy sesame granola bar	Citrus (strawberries, orange, lemon)
THURSDAY	Corean omlette	Garlic Parmesan Fish Baked with cauliflower rice	Chicken Broccoli Stir Fry	Mini Sliders	Iced Tea (apple, cinnamon)
FRIDAY	Banana protein Overnights oats	Grilled herbs salmon with roasted potato	Spinach stuffed chicken breast	Strawberries tart	Pineapple boost (pineapple,)
SATURDAY	Spinach scrambled eggs with veggies	Moroccan Chicken With Bulger	Crusted Sesame chicken with quinoa salad	Choco chips cookies	Citrus (strawberries, orange, lemon)
SUNDAY	GF-Berries chia Pudding	Turkey meatballs with sweet mashed potato	Chicken zucchini rolls	Energy balls	Purpose Tea (mint, cucumber, lemon)