

PCOS

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Keto nuts pancakes	Garlic -tomato chicken with brown rice	Shrimps with grilled vegetables	Keto choco cake	Iced Tea (apple, cinnamon)
TUESDAY	Egg muffins with olives	Zucchini pasta & bolognese with beef	Healthy chicken poke bowl	Fruits cup	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Chicken & mushroom GF crepe	Fish with Mediterranean salad	Eggplant rolls with chicken	Mixed nuts	Citrus (strawberries, orange, lemon)
THURSDAY	GF- Vanilla waffles with peach sauce	Chicken Quinoa risotto	Za'atar Roasted Chicken with cauliflower mashed	Stuffed Olives	Iced Tea (apple, cinnamon)
FRIDAY	Egg roll	Salmon zucchini pasta	Tahini chicken with roasted veggies	GF- Pistachio cake	Strawberry infused water (strawberries, basil, lime)
SATURDAY	French omelette with GF-bread	Garlic - basil baked fish with brown rice	Mediterranean stuffed chicken with garden salad	Ginger cookies	Sunset. (carrot, orange, apple)
SUNDAY	Almond chia pudding	Moroccan chicken -couscous	Mini quinoa burger with salad	Protein balls	Purpose Tea (mint, cucumber, lemon)