

7-Day Meal Plan



PCOS DIET

Day	Breakfast	Lunch	Dinner	Snack
Monday	300 kcal • Chia pudding (2 tbsp chia + ½ cup unsweetened almond milk)• Topped with	460 kcal • Grilled chicken breast (4 oz)• Quinoa (½ cup cooked)• Steamed broccoli (½ cup)	480 kcal • Baked salmon (4 oz)• Roasted sweet potatoes (½ cup)• Zucchini sautéed in olive oil (½ cup)	160 kcal • 1 boiled egg + 5 almonds
Tuesday	430 kcal • Scrambled eggs (2) with spinach (½ cup) and tomatoes• 1 slice sprouted grain	430 kcal • Turkey lettuce wraps (4 oz turkey, avocado slices, cucumbers)• Side of carrot sticks (½)	460 kcal • Grilled shrimp (4 oz)• Brown rice (½ cup)• Steamed green beans (½ cup)	170 kcal • Unsweetened Greek yogurt (½ cup) + cinnamon
Wednesday	340 kcal • Overnight oats with almond milk (½ cup oats)• Topped with blueberries (¼)	430 kcal • Grilled tofu (4 oz)• Stir-fried bok choy + mushrooms (½ cup)• Cauliflower rice (½ cup)	470 kcal • Baked chicken thigh (4 oz)• Mashed sweet potato (½ cup)• Steamed kale (½ cup)	160 kcal • Apple slices + 1 tbsp almond butter
Thursday	330 kcal • Smoothie with spinach, avocado (¼), frozen berries (½ cup), chia seeds, and	450 kcal • Grilled salmon (4 oz)• Couscous (½ cup)• Mixed greens with lemon-olive oil	470 kcal • Zucchini noodles with turkey meatballs (4 oz) and tomato basil sauce	150 kcal • Boiled edamame (½ cup)
Friday	320 kcal (slightly adjusted for balance)• Greek yogurt (½ cup) with pumpkin seeds (1 tbsp) and	460 kcal • Tuna salad (3 oz tuna, olive oil, celery, red onion) over greens• Side of hummus and	470 kcal • Grilled chicken breast (4 oz)• Roasted Brussels sprouts + carrots (½ cup)• Quinoa (½ cup)	150 kcal • 1 hard-boiled egg + 1 clementine
Saturday	330 kcal • Avocado toast (1 slice sprouted grain bread, ¼ avocado) + 1 poached egg	440 kcal • Lentil salad with olive oil, parsley, cherry tomatoes, cucumbers• Topped with feta	480 kcal • Baked cod (4 oz)• Steamed broccoli (½ cup)• Mashed cauliflower (½ cup)	150 kcal • Handful of walnuts (≈10 halves)
Sunday	330 kcal • Oatmeal (½ cup) with cinnamon and chopped almonds (1 tbsp)• Sliced pear on the side	460 kcal • Grilled turkey burger (no bun)• Side salad with olive oil dressing• Roasted sweet potato wedges (½ cup)	470 kcal • Stuffed bell pepper with quinoa, beans, lean ground turkey (4 oz total)	130 kcal • Cottage cheese (¼ cup) with blueberries