

7-Day PCOS Diet Plan

Day 1

- **Breakfast:** Blueberry chia seed pudding with almond milk
- **Snack:** Apple with almond butter spread
- **Lunch:** Grilled salmon with brown rice
- **Snack:** Carrot and cucumber sticks with hummus
- **Dinner:** Turkey stir-fry with mixed vegetables

Day 2

- **Breakfast:** Spinach and mushroom omelette
- **Snack:** Handful of pumpkin seeds
- **Lunch:** Grilled chicken breast with roasted sweet potato and green beans
- **Snack:** Small bowl of berries
- **Dinner:** Baked cod with marinara zucchini noodles

Day 3

- **Breakfast:** Overnight oats with chia seeds, flaxseed, and unsweetened almond milk
- **Snack:** Boiled eggs with avocado slices
- **Lunch:** Quinoa salad with chickpeas, cucumber, tomato, olive oil, lemon
- **Snack:** Celery sticks with tahini
- **Dinner:** Grilled beef strips with asparagus and cauliflower rice

Day 4

- **Breakfast:** Frozen berries smoothie
- **Snack:** Handful of walnuts or almonds
- **Lunch:** Baked chicken thighs with roasted Brussels sprouts and quinoa
- **Snack:** Edamame with sea salt
- **Dinner:** Salmon with roasted carrots and sautéed kale

Day 5

- **Breakfast:** Scrambled eggs with spinach and avocado
- **Snack:** Small handful of sunflower seeds
- **Lunch:** Grilled turkey burger with lettuce wrap and side salad
- **Snack:** Cucumber slices with guacamole
- **Dinner:** Grilled shrimp with spaghetti squash and garlic olive oil

Day 6

- **Breakfast:** Chia, flaxseed porridge with mixed berries
- **Snack:** Roasted chickpeas

- **Lunch:** Lentil and vegetable soup
- **Snack:** Pear slices with almond butter
- **Dinner:** Baked chicken breast with roasted zucchini and cauliflower mash

Day 7

- **Breakfast:** Protein smoothie bowl
- **Snack:** Brazil nuts (selenium boost for hormone health)
- **Lunch:** Grilled salmon with wild rice and steamed green beans
- **Snack:** Hummus with bell pepper slices
- **Dinner:** Grass-fed beef stir-fry with broccoli and bok choy