

# PCOS Weekly Meal Planner

Date



Weekday	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Sunday	Frittata	Vegetable Crudities	Quinoa Vegetable Burgers and Salad	small amount of nuts	Turkey or bean Bolognese with millet	celery with nut butter
Monday	Nut and seed Muesli with berries and almond milk	Apple	Zucchini (Courgette) noodles with tomato and red pepper sauce.	vegetable Crudities	Roasted Vegetable with lean grilled meat or nut roast	Chia Seed Pudding
Tuesday	scrambled egg on sprouted grain bread	2 oat crackers with nut butter	Falafel Salad	Pomegranate seeds	Quinoa and vegetable Pilaff	air popped popcorn
Wednesday	Protein Smoothie	Blueberries	Mixed Vegetable Soup	Small Piece of 85-90% Chocolate	Egg Fried Cauliflower rice with stir fried veg	Apple and nut butter
Thursday	Cinnamon oatmeal	Small Amount of mixed seeds	Tuna Salad	Small Green Smoothie	Sprouted alfalfa and sprouts salad with baked sweet potato of millet pilaf	Kale Chips
Friday	Millet Porridge and stewed fruit compote	Banana with a few almonds	Roasted Chickpea and Carrot Soup	Fruit Salad	Wild rice	a few Brazil nuts
Saturday	Breakfast Grill - scrambled egg, mushroom, sausage, beans	orange or a couple of satsumas	Avocado on Sprouted Grain Toast	Edamame	Grilled Garlic Chicken Breasts with Sweet potato and salad	Banana or mango ice cream (Blend frozen fruit with a little low fat coconut milk)