

## PCOS Diet Plan - 2025-04-14 16:26:54

### FRIDAY

Breakfast (~400 kcal): Omelette with Vegetables and Whole Wheat Toast | 25g P, 20g C, 20g F  
Dinner (~560 kcal): Grilled Chicken with Roasted Vegetables and Brown Rice | 45g P, 40g C, 20g F  
Evening Snack (~160 kcal): Roasted Chickpeas with Garlic and Coriander | 10g P, 20g C, 10g F  
Lunch (~500 kcal): Mixed Vegetable and Bean Salad with Quinoa | 20g P, 40g C, 20g F  
Mid-Morning Snack (~140 kcal): Cucumber and Mint Juice with Walnuts | 3g P, 15g C, 10g F

### MONDAY

Breakfast (~420 kcal): Tomato Omelette with Spinach and Whole Wheat Toast | 30g P, 30g C, 20g F  
Dinner (~520 kcal): Bhindi Masala with Quinoa and Mixed Vegetables | 20g P, 40g C, 20g F  
Evening Snack (~170 kcal): Roasted Chickpeas with Cumin and Coriander | 10g P, 20g C, 10g F  
Lunch (~550 kcal): Chana Masala with Brown Rice and Mixed Vegetables | 25g P, 60g C, 20g F  
Mid-Morning Snack (~150 kcal): Carrot and Beetroot Juice with Walnuts | 4g P, 20g C, 10g F

### SATURDAY

Breakfast (~380 kcal): Avocado and Spinach Smoothie with Almond Milk | 15g P, 30g C, 25g F  
Dinner (~520 kcal): Bhindi Masala with Quinoa and Mixed Vegetables | 20g P, 40g C, 20g F  
Evening Snack (~160 kcal): Makhana with Cumin and Coriander | 8g P, 15g C, 8g F  
Lunch (~600 kcal): Palak Paneer with Brown Rice and Mixed Vegetables | 30g P, 50g C, 25g F  
Mid-Morning Snack (~130 kcal): Carrot and Ginger Juice with Chia Seeds | 3g P, 20g C, 5g F

### SUNDAY

Breakfast (~400 kcal): Omelette with Vegetables and Whole Wheat Toast | 25g P, 20g C, 20g F  
Dinner (~540 kcal): Grilled Chicken with Roasted Vegetables and Quinoa | 40g P, 30g C, 20g F  
Evening Snack (~180 kcal): Rice Cakes with Avocado and Tomato | 5g P, 25g C, 10g F  
Lunch (~500 kcal): Mixed Vegetable and Bean Salad with Quinoa | 20g P, 40g C, 20g F  
Mid-Morning Snack (~130 kcal): Cucumber and Mint Juice with Pumpkin Seeds | 3g P, 15g C, 5g F

### THURSDAY

Breakfast (~400 kcal): Egg and Spinach Scramble with Whole Wheat Toast | 25g P, 20g C, 20g F  
Dinner (~500 kcal): Baked Salmon with Quinoa and Mixed Vegetables | 35g P, 30g C, 20g F  
Evening Snack (~180 kcal): Rice Cakes with Avocado and Tomato | 5g P, 25g C, 10g F  
Lunch (~520 kcal): Chickpea and Spinach Curry with Brown Rice | 25g P, 50g C, 20g F  
Mid-Morning Snack (~150 kcal): Pineapple and Coconut Water Smoothie with Chia Seeds | 5g P, 30g C, 10g F

### TUESDAY

Breakfast (~380 kcal): Avocado Toast with Poached Eggs and Cherry Tomatoes | 20g P, 20g C, 25g F  
Dinner (~580 kcal): Chicken Tikka Masala with Quinoa and Mixed Vegetables | 45g P, 30g C, 25g F  
Evening Snack (~160 kcal): Makhana with Cumin and Coriander | 8g P, 15g C, 8g F

Lunch (~600 kcal): Palak Paneer with Brown Rice and Mixed Vegetables | 30g P, 50g C, 25g F

Mid-Morning Snack (~140 kcal): Cucumber and Mint Raita with Almonds | 5g P, 10g C, 10g F

## **WEDNESDAY**

Breakfast (~400 kcal): Oatmeal with Banana and Almonds | 15g P, 60g C, 15g F

Dinner (~540 kcal): Grilled Chicken with Roasted Vegetables and Quinoa | 40g P, 30g C, 20g F

Evening Snack (~120 kcal): Cucumber and Tomato Salad with Feta-Free Dressing | 5g P, 10g C, 5g F

Lunch (~500 kcal): Mixed Vegetable Biryani with Raita | 20g P, 60g C, 20g F

Mid-Morning Snack (~130 kcal): Carrot and Ginger Juice with Pumpkin Seeds | 3g P, 20g C, 5g F