

## Sample Menu PCOS Meal Plan

### BREAKFAST

### LUNCH

### DINNER

Mon



Gluten Free  
Egg & Guac Toast



Beef  
Bibimbap



Creamy Sundried  
Tomato Chicken

TUE



Gluten Free Strawberry  
& Banana Waffle



Spicy & Tangy  
Burrito Bowl



Steak  
Power Bowl

WED



Coffee  
Overnight Oats



Kung Pao  
Chicken



Chicken  
Machboos

THU



Scrambled Egg &  
Kale Spinach



Gluten Free  
Chicken Sandwich



Chicken  
shawarma bowl

FRI



Mango Oats &  
Chia Bowl



Chicken & Mango  
Poke Bowl



Gluten Free  
Spaghetti Bolognese

SAT



Vanilla Pancakes with  
Strawberry Sauce



Chicken & Veggies  
with Rice Noodles



Chicken  
Cobb Salad

\*Sample menu images are provided for illustrative purpose. Actual items may vary.

## Sample Menu Snacks

AM

PM

Mon



Luscious Blueberry Smoothie



Multi Seed Crackers & Guac Sauc

TUE



Chocolate Cinnamon Balls



Texas Chopped Salad

WED



Chicken Nuggets



Sweet Corn Soup

THU



Quinoa Fattoush



Mango Banana Smoothie

FRI



Broccoli & Leek Soup



Peanut Butter Cups

SAT



Vanilla & Cranberry Balls



Roasted Cauliflower with Tahini Dip

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