



Day 1 - Keto PCOS Meal Plan

Breakfast:

Scrambled eggs with spinach and avocado

Lunch:

Grilled chicken salad with olive oil and nuts

Dinner:

Baked salmon with roasted broccoli

Snack:

Celery with almond butter



Day 2 - Keto PCOS Meal Plan

Breakfast:

Chia seed pudding with coconut milk

Lunch:

Zucchini noodles with ground turkey and marinara

Dinner:

Stuffed bell peppers with cheese

Snack:

Boiled eggs



Day 3 - Keto PCOS Meal Plan

Breakfast:

Keto smoothie with spinach, avocado, and MCT oil

Lunch:

Cobb salad with turkey, egg, and avocado

Dinner:

Beef stir-fry with broccoli

Snack:

Cucumber slices with cream cheese



Day 4 - Keto PCOS Meal Plan

Breakfast:

Omelet with mushrooms and cheddar

Lunch:

Lettuce wraps with tuna salad

Dinner:

Chicken thighs with cauliflower mash

Snack:

Olives and cheese



Day 5 - Keto PCOS Meal Plan

Breakfast:

Greek yogurt (unsweetened) with chia seeds

Lunch:

Shrimp and avocado salad

Dinner:

Pork chops with sautéed spinach

Snack:

Handful of walnuts



Day 6 - Keto PCOS Meal Plan

Breakfast:

Fried eggs with sautéed kale

Lunch:

Keto chicken soup

Dinner:

Lamb chops with roasted asparagus

Snack:

Almonds



Day 7 - Keto PCOS Meal Plan

Breakfast:

Bacon and avocado

Lunch:

Grilled salmon with side salad

Dinner:

Zucchini lasagna

Snack:

Cheese sticks