

# Diet Plan for PCOS Weightloss

Day	Breakfast	Snack	Lunch	Dinner
1	Greek yogurt (½ cup) with 1 tbsp chia seeds and 4-5 blueberries	1 apple	Grilled chicken breast with mixed greens and 1 tsp olive oil	Zucchini noodles with marinara and ½ cup mushrooms
2	Smoothie with ½ cup spinach, ¼ avocado, and water	1 orange	Lentil soup with a small side salad (no dressing)	Grilled tofu with steamed broccoli
3	1 boiled egg and 1 slice whole-grain toast	6-8 almonds	Grilled salmon with steamed spinach (no added oils)	Cauliflower rice with ½ cup mixed vegetables
4	Chia pudding with 1 tbsp chia seeds, ½ cup almond milk	1 kiwi	Turkey lettuce wraps with cucumber slices	Baked cod with green beans
5	1 scrambled egg with spinach (no oil)	Cucumber slices with 1 tbsp hummus	Chickpea salad (¼ cup) with tomatoes, cucumber, and lemon	Grilled shrimp with roasted bell pepper
6	Smoothie with ¼ cup berries, 1 tbsp flaxseed, and water	1 apple	Baked chicken breast with a side of steamed asparagus	Mixed veggie stir-fry with mushrooms and zucchini (no oil)
7	Cottage cheese (¼ cup) with a few raspberries	1 orange	Tuna salad (¼ cup) with mixed greens, cucumber, and lemon	Zucchini noodles with marinara sauce
8	Oatmeal (¼ cup) with water and a few berries	Celery sticks with 1 tbsp almond butter	Grilled chicken with steamed cauliflower	Baked tofu with roasted zucchini
9	Smoothie with ½ cup spinach, ¼ banana, and water	6-8 walnuts	Turkey lettuce wrap with 1 slice tomato	Grilled salmon with steamed broccoli
10	Smoothie with ½ cup spinach, ¼ avocado, and water	1 kiwi	Lentil soup with a small green salad (no dressing)	Stir-fried tofu with mushrooms and peppers (no oil)