

PCOS Diet: 3 Day Meal Plan

Meal	Day 1	Day 2	Day 3
Breakfast	<ul style="list-style-type: none">• 1 serving plain oatmeal with peanut butter or nuts	<ul style="list-style-type: none">• 1 serving whole wheat waffle with peanut butter	<ul style="list-style-type: none">• 1 serving avocado toast with ricotta• 1 mandarin orange
Lunch	<ul style="list-style-type: none">• 1 serving whole wheat pita stuffed with chicken breast, shredded cheese, lettuce, tomato, and light sour cream• 1 serving side salad (mixed greens with dressing on the side)• 1 fruit of your choice	<ul style="list-style-type: none">• 1 serving individual-size whole grain pizza• 1 serving side salad	<ul style="list-style-type: none">• 1 serving whole grain wrap with deli meat, cheese, lettuce, tomato, and light mayo• 1 cup strawberries
Dinner	<ul style="list-style-type: none">• 1 serving healthy chicken parmesan (baked breaded chicken with tomato sauce and reduced-fat cheese)• 1 serving whole wheat pasta• 1 serving fresh spinach salad with vinaigrette	<ul style="list-style-type: none">• 1 serving chicken quesadilla (whole wheat tortilla with chicken, cheese, salsa, light sour cream, and avocado slices)• 1 serving side salad	<ul style="list-style-type: none">• 1 serving pita pizza (whole wheat pita with tomato sauce, cheese, and lean meat)• 1 serving side salad
Snacks	<ul style="list-style-type: none">• 1 serving whole-grain toast with nut butter	<ul style="list-style-type: none">• 1 serving cheese or tuna with whole-grain crackers	<ul style="list-style-type: none">• 1 serving veggie sticks with hummus