

SUNHILLPURE.COM

# PCOS DIET PLAN



*Eat Healthy  
with a protein boost*

Calories: 1250 per day

# Meal 1

## Breakfast

### Spinach Omelette

- 2 Egg whites and 1 whole egg
- 50g spinach
- 1 tomato and some onion
- Salt, pepper, chilli to taste
- Mix well and cook the ommelte with 1tablespoon of oil
- Sprinkle 1 tablespoon of flaxseeds powder or sesame seeds
- Once ready sprinkle 1 tablespoon of pumpkin or sunlfower seeds
- Eat with 1 slice of bran bread
- Tea with out sugar



## Meal 2

# Lunch

## Chicken and Salad

- You can make salad for a 4 days as follows:
- Boil 1 large potato, 1 capsicum, 4 eggs, 4 spring onions, 250 grams of peas and corns
- cook 300grams of boneless chicken in 1 tablespoon oil by adding spices of your choice
- Mix cooked meat with boiled eggs and salad ingredients.
- Cut 2 cucumbers and add to the salad. Sprinkle with salt and pepper and add a spoon of your favorite sauce



## Meal 3

# Dinner

## Chicken Mince

- 120g chicken mince
- 1 tablespoon coconut or olive oil
- Spices of your choice
- Add onion, green chilli, coriander and tomatoes
- Eat with 1 slice of bread or small bowl or rice preferably brown rice or with a small roti



## Meal 4

# Anytime

## Smoothie

- 100 gram celery or parsley
- or 100g berries (blueberry, strawberry etc)
- 1 cucumber
- 1 small lemon
- blend it all together and drink



*Thank you*



[sunhillpure.com](http://sunhillpure.com)