

# 7-Day PCOS Keto Meal Plan That Won't Feel Restrictive

I've included **practical meals, portions, and realistic swaps** to make it sustainable for women with PCOS.

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Eating keto with PCOS doesn't mean you have to survive on eggs and bacon every day. The key is **balance, variety, and flexibility**. This 7-day plan focuses on **low-carb, nutrient-dense foods**, enough protein, healthy fats, and fiber to **support hormone balance, energy, and satiety**.

**Tip:** Adjust portions to your own calorie needs, activity level, and insulin response. Use this plan as a **template** rather than a strict rulebook.

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## Day 1

**Breakfast:** Veggie omelet with spinach, mushrooms, and feta + 1/4 avocado

**Snack:** 10 almonds + 1/2 cup blueberries

**Lunch:** Grilled chicken salad with leafy greens, olive oil, and pumpkin seeds

**Snack:** Celery sticks + 2 tbsp almond butter

**Dinner:** Baked salmon with roasted broccoli and cauliflower

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## Day 2

**Breakfast:** Greek yogurt (unsweetened) + chia seeds + small handful raspberries

**Snack:** 1 boiled egg + cucumber slices

**Lunch:** Zucchini noodles with shrimp and pesto

**Snack:** 1 oz cheese + a few walnuts

**Dinner:** Stir-fried tofu with green beans, sesame oil, and mushrooms

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## Day 3

**Breakfast:** Keto smoothie: unsweetened almond milk + spinach + protein powder + 1/2 avocado

**Snack:** 1 boiled egg + 1/4 cup sliced bell peppers

**Lunch:** Grilled turkey burger + side salad with olive oil vinaigrette

**Snack:** 10 macadamia nuts + 1/4 cup blueberries

**Dinner:** Roasted chicken thighs with sautéed zucchini and asparagus

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## Day 4

**Breakfast:** Scrambled eggs with smoked salmon + 1/4 avocado

**Snack:** Cucumber slices + guacamole

**Lunch:** Tuna salad with celery, mayo, and leafy greens

**Snack:** 1 boiled egg + handful of walnuts

**Dinner:** Beef stir-fry with broccoli, bell peppers, and coconut aminos

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## Day 5

**Breakfast:** Cottage cheese + chia seeds + small handful raspberries

**Snack:** 10 almonds + cucumber slices

**Lunch:** Grilled chicken Caesar salad (skip croutons, add extra olive oil)

**Snack:** 1 oz cheese + celery sticks

**Dinner:** Baked cod with roasted Brussels sprouts and olive oil drizzle

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## Day 6

**Breakfast:** Keto pancakes (almond flour) with 1/4 cup blueberries + 2 boiled eggs

**Snack:** 1/4 cup macadamia nuts + 1/2 cup strawberries

**Lunch:** Egg salad lettuce wraps

**Snack:** 1 boiled egg + sliced cucumber

**Dinner:** Grilled lamb chops + roasted cauliflower and spinach sauté

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## Day 7

**Breakfast:** Veggie frittata with zucchini, mushrooms, and feta

**Snack:** 1/4 avocado + 10 almonds

**Lunch:** Salmon salad with leafy greens, olive oil, and pumpkin seeds

**Snack:** 1 boiled egg + celery sticks

**Dinner:** Baked chicken breast + sautéed kale and roasted asparagus

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## Tips to Make It Feel Less Restrictive

- **Swap freely:** Replace proteins with your favorites (salmon ↔ chicken ↔ tofu).
- **Add flavor:** Use herbs, spices, and healthy oils liberally.
- **Carb timing:** If you exercise, place slightly more carbs around workouts.
- **Hydrate & supplement:** Drink water, and consider magnesium, potassium, or omega-3s if needed.