

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.

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.

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

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

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

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

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

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

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

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.