

# 20 MEAL PLAN FOR PMS

A Complete Set of  
Breakfast, Snacks, Lunch, and Dinner



## Disclaimer

The information provided in this eBook, including meal plans, recipes, and dietary suggestions, is for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment.

Before making any changes to your diet or lifestyle, especially if you have pre-existing medical conditions, allergies, or are taking medications, please consult a qualified healthcare provider or registered dietitian.

The meal plans and recommendations are designed for general educational purposes and may not be suitable for everyone. Individual needs and tolerances vary, and results may differ. The author and publisher are not responsible for any adverse reactions, outcomes, or health issues that may arise from following the suggestions in this eBook.

By using this eBook, you agree to take full responsibility for your health decisions. Always prioritize your well-being and seek personalized guidance when needed.

# Table Contents

<b>Disclaimer .....</b>	<b>1</b>
<b>Day 1 .....</b>	<b>3</b>
<b>Day 2 .....</b>	<b>3</b>
<b>Day 3 .....</b>	<b>4</b>
<b>Day 4 .....</b>	<b>4</b>
<b>Day 5 .....</b>	<b>4</b>
<b>Day 6 .....</b>	<b>5</b>
<b>Day 7 .....</b>	<b>5</b>
<b>Day 8 .....</b>	<b>6</b>
<b>Day 9 .....</b>	<b>6</b>
<b>Day 10 .....</b>	<b>6</b>
<b>Day 11 .....</b>	<b>7</b>
<b>Day 12 .....</b>	<b>7</b>
<b>Day 13 .....</b>	<b>7</b>
<b>Day 14 .....</b>	<b>8</b>
<b>Day 15 .....</b>	<b>8</b>
<b>Day 16 .....</b>	<b>9</b>
<b>Day 17 .....</b>	<b>9</b>
<b>Day 18 .....</b>	<b>9</b>
<b>Day 19 .....</b>	<b>10</b>
<b>Day 20 .....</b>	<b>10</b>

Here's a **20-day meal plan for PMS**, with each day containing a complete set of breakfast, snacks, lunch, and dinner.

This plan focuses on foods that can alleviate PMS symptoms, including magnesium-rich foods, healthy fats, calcium, and fiber while avoiding excess salt, sugar, and processed foods.

---

### Day 1

- **Breakfast:** Oatmeal with almond milk, chia seeds, sliced banana, and cinnamon.
  - **Snack:** Handful of almonds and a small apple.
  - **Lunch:** Grilled salmon, quinoa, and steamed broccoli.
  - **Snack:** Greek yogurt with a sprinkle of sunflower seeds.
  - **Dinner:** Lentil soup with whole-grain bread and a side spinach salad.
- 

### Day 2

- **Breakfast:** Whole-grain toast with avocado, poached egg, and cherry tomatoes.
- **Snack:** Sliced cucumbers with hummus.
- **Lunch:** Turkey wrap with spinach, hummus, and avocado; a side of carrot sticks.
- **Snack:** A pear and a handful of walnuts.
- **Dinner:** Baked cod with roasted sweet potatoes and sautéed green beans.

---

### Day 3

- **Breakfast:** Smoothie bowl with spinach, almond milk, frozen berries, and granola topping.
- **Snack:** Handful of pumpkin seeds and a clementine.
- **Lunch:** Grilled chicken salad with mixed greens, avocado, cucumber, and lemon vinaigrette.
- **Snack:** Baby carrots with guacamole.
- **Dinner:** Stir-fried tofu with brown rice and steamed bok choy.

---

### Day 4

- **Breakfast:** Scrambled eggs with sautéed spinach and a slice of whole-grain toast.
- **Snack:** Low-fat cottage cheese with sliced pineapple.
- **Lunch:** Quinoa salad with chickpeas, cucumbers, and tahini dressing.
- **Snack:** Dark chocolate (85%) and a few strawberries.
- **Dinner:** Grilled chicken breast with mashed cauliflower and roasted Brussels sprouts.

---

### Day 5

- **Breakfast:** Greek yogurt with blueberries, chia seeds, and a drizzle of honey.
- **Snack:** A boiled egg and a small handful of almonds.

- **Lunch:** Lentil stew with a side of whole-grain bread.
  - **Snack:** Sliced celery with almond butter.
  - **Dinner:** Baked salmon with roasted zucchini and wild rice.
- 

## Day 6

- **Breakfast:** Steel-cut oatmeal with almond butter, sliced pear, and flaxseeds.
  - **Snack:** A kiwi and a handful of sunflower seeds.
  - **Lunch:** Grilled shrimp with roasted vegetables and quinoa.
  - **Snack:** Handful of trail mix (no added sugar).
  - **Dinner:** Black bean and sweet potato chili with whole-grain cornbread.
- 

## Day 7

- **Breakfast:** Whole-grain English muffin with almond butter and sliced banana.
  - **Snack:** Handful of cashews and a small orange.
  - **Lunch:** Tuna salad on a bed of arugula with cherry tomatoes and cucumbers.
  - **Snack:** Dark chocolate and a small handful of dried apricots.
  - **Dinner:** Stir-fried tofu with soba noodles, mushrooms, and spinach.
-

## Day 8

- **Breakfast:** Smoothie with spinach, frozen mango, banana, almond milk, and chia seeds.
  - **Snack:** A boiled egg and a handful of pistachios.
  - **Lunch:** Grilled chicken with a roasted vegetable medley.
  - **Snack:** Greek yogurt with sliced kiwi and pumpkin seeds.
  - **Dinner:** Baked cod, mashed sweet potatoes, and steamed broccoli.
- 

## Day 9

- **Breakfast:** Chia seed pudding with almond milk, raspberries, and granola topping.
  - **Snack:** Handful of walnuts and a pear.
  - **Lunch:** Turkey and avocado wrap with a side of cucumber slices.
  - **Snack:** Sliced carrots with hummus.
  - **Dinner:** Lentil curry with basmati rice and roasted cauliflower.
- 

## Day 10

- **Breakfast:** Oatmeal with almond milk, sliced banana, and cinnamon.
- **Snack:** Low-fat Greek yogurt with blueberries.
- **Lunch:** Grilled salmon salad with mixed greens, avocado, and olive oil dressing.

- **Snack:** Handful of pumpkin seeds and a small apple.
  - **Dinner:** Baked chicken with roasted sweet potatoes and sautéed green beans.
- 

## Day 11

- **Breakfast:** Whole-grain avocado toast with chili flakes and a poached egg.
  - **Snack:** Sliced cucumbers and guacamole.
  - **Lunch:** Lentil and kale soup with whole-grain bread.
  - **Snack:** Dark chocolate and dried cranberries.
  - **Dinner:** Stir-fried tofu with brown rice and snap peas.
- 

## Day 12

- **Breakfast:** Greek yogurt with sliced kiwi, walnuts, and chia seeds.
  - **Snack:** A boiled egg and a small handful of almonds.
  - **Lunch:** Tuna salad on a bed of spinach with a lemon vinaigrette.
  - **Snack:** Celery sticks with almond butter.
  - **Dinner:** Grilled shrimp with quinoa and roasted Brussels sprouts.
- 

## Day 13

- **Breakfast:** Smoothie bowl with frozen berries, almond milk, and granola topping.
- **Snack:** A small handful of cashews and a mandarin orange.



- **Lunch:** Black bean salad with quinoa, roasted sweet potatoes, and avocado.
  - **Snack:** Low-fat Greek yogurt with chia seeds.
  - **Dinner:** Grilled salmon with mashed cauliflower and steamed spinach.
- 

## Day 14

- **Breakfast:** Steel-cut oatmeal with almond butter, flaxseeds, and sliced pear.
  - **Snack:** A handful of trail mix and a small apple.
  - **Lunch:** Grilled chicken wrap with spinach and hummus.
  - **Snack:** Carrot sticks with hummus.
  - **Dinner:** Lentil curry with basmati rice and roasted green beans.
- 

## Day 15

- **Breakfast:** Scrambled eggs with sautéed spinach and a slice of whole-grain toast.
  - **Snack:** A handful of walnuts and a kiwi.
  - **Lunch:** Turkey and avocado salad with a lemon olive oil dressing.
  - **Snack:** Handful of almonds and a small orange.
  - **Dinner:** Grilled salmon, quinoa, and roasted zucchini.
-

## Day 16

- **Breakfast:** Chia pudding with almond milk, raspberries, and a sprinkle of granola.
  - **Snack:** Greek yogurt with pumpkin seeds.
  - **Lunch:** Grilled shrimp and roasted vegetable quinoa salad.
  - **Snack:** Dark chocolate (85%) and a small handful of dried apricots.
  - **Dinner:** Stir-fried tofu with soba noodles and sautéed mushrooms.
- 

## Day 17

- **Breakfast:** Oatmeal with blueberries, almond butter, and a drizzle of honey.
  - **Snack:** A boiled egg and a handful of cashews.
  - **Lunch:** Tuna salad with mixed greens, cucumbers, and cherry tomatoes.
  - **Snack:** Celery sticks with almond butter.
  - **Dinner:** Lentil and kale stew with whole-grain bread.
- 

## Day 18

- **Breakfast:** Whole-grain toast with almond butter and sliced banana.
- **Snack:** A small handful of pistachios and an orange.
- **Lunch:** Grilled chicken salad with arugula, avocado, and sunflower seeds.
- **Snack:** Low-fat cottage cheese with pineapple.

- **Dinner:** Baked salmon with roasted sweet potatoes and green beans.
- 

## Day 19

- **Breakfast:** Smoothie with spinach, almond milk, frozen mango, and flaxseeds.
  - **Snack:** A boiled egg and a small apple.
  - **Lunch:** Quinoa salad with chickpeas, cucumbers, and a tahini dressing.
  - **Snack:** Baby carrots with hummus.
  - **Dinner:** Baked cod with mashed sweet potatoes and steamed spinach.
- 

## Day 20

- **Breakfast:** Scrambled eggs with avocado slices and whole-grain toast.
- **Snack:** A handful of trail mix (no added sugar) and a clementine.
- **Lunch:** Grilled turkey burger on a whole-grain bun with a side of salad.
- **Snack:** Dark chocolate and a handful of walnuts.
- **Dinner:** Stir-fried tofu with bok choy, snap peas, and quinoa.