



PCOS Diet

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PCOS Diet

HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

Packed with fiber, low glycemic ingredients and hormone-balancing nutrients - Our 7-Day PCOS Diet is designed to address common concerns of women struggling with Polycystic Ovarian Syndrome including excess body weight, insulin resistance, acne, and high blood pressure.

To combat insulin-resistance, all ingredients have a low glycemic load. Carbs are always paired with fat and protein, and meals are scheduled every 2-3 hours to ensure level blood sugar. We have included ingredients that are loaded with powerful hormone-balancing nutrients like indole-3-carbinol and calcium-d-glucarate. You will find an abundance of cruciferous vegetables and lean proteins, along with anti-inflammatory chia seeds and turmeric. This plan is also grain-free so that carbohydrates are derived from only the most nutrient-dense sources.

This program was created by a Registered Dietician with the following key considerations:

LOW GLYCEMIC INDEX FOODS

Eating the proper amount and type of carbohydrate is important to help balance insulin levels. This gluten-free, dairy-free meal plan uses low glycemic foods to optimize blood sugars, hormone levels, and weight management. Carbohydrate sources are paired with fats and protein to create a steady release of energy throughout the day.

HIGH FIBER

Getting enough dietary fiber may reduce insulin resistance and hyperandrogenemia in women with PCOS. Following a high-fiber, sugar-free, grain-free plan can also help to improve hormone abnormalities associated with PCOS. This plan provides up to 35 grams of fiber daily from vegetables, quinoa, hummus, nuts, and seeds.

HEALTHY FATS & PROTEIN

Omega-3 fatty acids provide beneficial effects on PCOS, including hormonal balance, anti-obesity, and anti-inflammatory effects. In combination with a low glycemic diet, getting enough daily protein may help provide



endocrine and metabolic benefits. This program incorporates omega-3 fats from salmon, walnuts, and chia seeds and up to 25% of daily calories from protein.

ANTI-INFLAMMATORY FOODS

This meal plan contains polyphenols and antioxidants to lower chronic inflammation in PCOS. It includes polyphenols found in cloves, apples, walnuts, spinach, and kale. The polyphenol curcumin in turmeric is incorporated as it is a powerful anti-inflammatory agent. Essential fat-soluble antioxidants like vitamin A and vitamin E reduce oxidative stress. This meal plan is packed with vitamin A sources like sweet potato, carrots, and salmon, and incorporates vitamin E through a daily dose of olive oil, nuts, and seeds.

LIVER SUPPORT

The liver is a key organ for regulating hormone balance, chemical levels in the blood, glucose and protein balance, making immune factors, and breaking down and excreting harmful substances. Indoles, including indole-3-Carbinol, is essential to liver support and can be found in cruciferous vegetables like broccoli, cabbage, cauliflower, and kale.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS



You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Apple with Almond Butter



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Smoked Salmon Wrapped Avocado



DINNER
Mediterranean Goddess Bowl

TUE



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Apple with Almond Butter



LUNCH
Mediterranean Goddess Bowl



SNACK 2
Smoked Salmon Wrapped Avocado



DINNER
Cajun Chicken, Sweet Potatoes & Kale

WED



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Hummus Dippers



LUNCH
Cajun Chicken, Sweet Potatoes & Kale



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries

THU



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Hummus Dippers



LUNCH
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
15 Minute Shrimp & Cabbage Stir Fry

FRI



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Apple with Almond Butter



LUNCH
15 Minute Shrimp & Cabbage Stir Fry



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
Sausage, Broccoli & Cabbage Stir Fry

SAT



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
Sausage, Broccoli & Cabbage Stir Fry



SNACK 2
Hummus Dippers



DINNER
Cheesy Cauliflower & Broccoli Casserole

SUN



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Hummus Dippers



DINNER
Cheesy Cauliflower & Broccoli Casserole

MON

FAT 56% **CARBS 28%** **PROTEIN 16%**

Calories 1422 Cholesterol 446mg
Fat 94g Sodium 2412mg
Carbs 105g Vitamin A 10355IU
Fiber 32g Vitamin C 113mg
Sugar 31g Calcium 582mg
Protein 61g Iron 17mg

TUE

FAT 54% **CARBS 27%** **PROTEIN 19%**

Calories 1493 Cholesterol 544mg
Fat 94g Sodium 2197mg
Carbs 108g Vitamin A 17751IU
Fiber 31g Vitamin C 137mg
Sugar 29g Calcium 584mg
Protein 73g Iron 13mg

WED

FAT 54% **CARBS 17%** **PROTEIN 29%**

Calories 1204 Cholesterol 986mg
Fat 74g Sodium 2805mg
Carbs 53g Vitamin A 26512IU
Fiber 17g Vitamin C 253mg
Sugar 13g Calcium 489mg
Protein 89g Iron 12mg

THU

FAT 52% **CARBS 21%** **PROTEIN 27%**

Calories 1581 Cholesterol 819mg
Fat 97g Sodium 1844mg
Carbs 86g Vitamin A 19754IU
Fiber 36g Vitamin C 305mg
Sugar 22g Calcium 1319mg
Protein 112g Iron 16mg

FRI

FAT 50% **CARBS 26%** **PROTEIN 24%**

Calories 1540 Cholesterol 822mg
Fat 91g Sodium 2045mg
Carbs 109g Vitamin A 8335IU
Fiber 39g Vitamin C 283mg
Sugar 43g Calcium 1478mg
Protein 98g Iron 18mg

SAT

FAT 47% **CARBS 35%** **PROTEIN 18%**

Calories 1321 Cholesterol 457mg
Fat 73g Sodium 1709mg
Carbs 125g Vitamin A 22480IU
Fiber 39g Vitamin C 406mg
Sugar 44g Calcium 570mg
Protein 62g Iron 18mg

SUN

FAT 51% **CARBS 33%** **PROTEIN 16%**

Calories 1319 Cholesterol 372mg
Fat 79g Sodium 1592mg
Carbs 116g Vitamin A 24767IU
Fiber 39g Vitamin C 291mg
Sugar 40g Calcium 536mg
Protein 58g Iron 18mg



FRUITS

- 5 Apple
- 2 Avocado
- 1 1/4 Lemon

BREAKFAST

- 2/3 cup Almond Butter

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1 tbsp Cajun Spice
- 1/4 cup Cashews
- 1/2 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1/2 tsp Cinnamon
- 1 tsp Dried Thyme
- 1 tsp Garlic Powder
- 1/4 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1/4 tsp Oregano
- 1/8 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 2 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 1 tsp Turmeric
- 1/4 cup Walnuts

VEGETABLES

- 1 1/2 cups Asparagus
- 5 cups Baby Spinach
- 4 cups Broccoli
- 1 cup Butternut Squash
- 4 Carrot
- 1 1/2 heads Cauliflower
- 7 stalks Celery
- 1/2 Cucumber
- 6 Garlic
- 8 cups Green Cabbage
- 4 cups Kale Leaves
- 1/4 cup Parsley
- 2 cups Purple Cabbage
- 2 tbsps Red Onion
- 2 Sweet Potato
- 1/2 Tomato
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion

BOXED & CANNED

- 1/2 cup Quinoa

BAKING

- 1/8 tsp Ground Cloves
- 1/3 cup Nutritional Yeast
- 1 tsp Stevia Powder
- 2 tbsps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 8 ozs Extra Lean Ground Chicken
- 1 1/2 cups Hummus
- 1 lb Shrimp
- 3 1/2 ozs Smoked Salmon

CONDIMENTS & OILS

- 3 tbsps Apple Cider Vinegar
- 3 1/2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Tahini

COLD

- 17 Egg
- 2 1/2 cups Unsweetened Almond Milk

OTHER

- 3 cups Water

SAVE **\$15** ON YOUR FIRST MONTH OF
NUTRITION COACHING

Behavior-Based Food Habits & Accountability

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

Using small, consistent actions, you can build the habits you need to look and feel better for life.

“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions***
-  **Optional Access to Meal Planning App for Recipe DIY***
-  **Your Choice of 4 7-Day RD-Created Meal Plans***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

Breakfast Cauliflower Casserole

3 SERVINGS 1 HOUR



INGREDIENTS

1/2 head Cauliflower (chopped into florets)
7 Egg
1/2 cup Unsweetened Almond Milk
1 tsp Garlic Powder
1 tbsp Nutritional Yeast
1 tsp Sea Salt
1 cup Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	213	Cholesterol	434mg
Fat	12g	Sodium	1025m...
Carbs	8g	Vitamin A	1651IU
Fiber	3g	Vitamin C	50mg
Sugar	2g	Calcium	174mg
Protein	19g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
- 03 In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
- 04 Pour mixture into a baking dish and bake for 45 minutes.
- 05 Remove from oven and let cool slightly before serving. Enjoy!

NOTES

MORE GREENS

Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

DON'T LIKE CAULIFLOWER

Use steamed broccoli instead.

STORAGE

Store in an airtight container up to three days. Reheat before serving.

Carrot Cake Chia Pudding

2 SERVINGS 3 HOURS



INGREDIENTS

1 Carrot (medium, grated)
1/2 tsp Cinnamon
1/8 tsp Ground Cloves
1/4 tsp Ground Ginger
1 tsp Stevia Powder (to taste)
2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/4 cup Walnuts (chopped)
2 tbsps Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	415	Cholesterol	0mg
Fat	32g	Sodium	184mg
Carbs	30g	Vitamin A	5597IU
Fiber	16g	Vitamin C	2mg
Sugar	2g	Calcium	751mg
Protein	12g	Iron	5mg

DIRECTIONS

- 01 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 3 to 4 days.

EXTRA CREAMY

Replace half of the almond milk with full-fat canned coconut milk.

Avocado Sweet Potato Toast with Poached Egg

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	360	Cholesterol	372mg
Fat	24g	Sodium	185mg
Carbs	22g	Vitamin A	9908IU
Fiber	9g	Vitamin C	12mg
Sugar	4g	Calcium	88mg
Protein	16g	Iron	3mg

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

EGG-FREE

Skip the eggs and top with hemp seeds instead.

Apple with Almond Butter

5 SERVINGS 5 MINUTES



INGREDIENTS

5 Apple
2/3 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

Hummus Dippers

4 SERVINGS 15 MINUTES



INGREDIENTS

1 Yellow Bell Pepper
1 Carrot
4 stalks Celery
1 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	11g	Sodium	305mg
Carbs	15g	Vitamin A	2834IU
Fiber	5g	Vitamin C	87mg
Sugar	2g	Calcium	55mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

NOTES

HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

MIX IT UP

Substitute in different veggies like cucumber or zucchini.

Cream of Celery & Asparagus Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 3 stalks Celery (chopped)
- 1 1/2 Garlic (cloves, minced)
- 2 cups Water
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 cups Asparagus (woody ends snapped off)
- 1/4 cup Hemp Seeds
- 2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	222	Cholesterol	0mg
Fat	17g	Sodium	671mg
Carbs	12g	Vitamin A	3847IU
Fiber	5g	Vitamin C	17mg
Sugar	5g	Calcium	131mg
Protein	10g	Iron	6mg

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

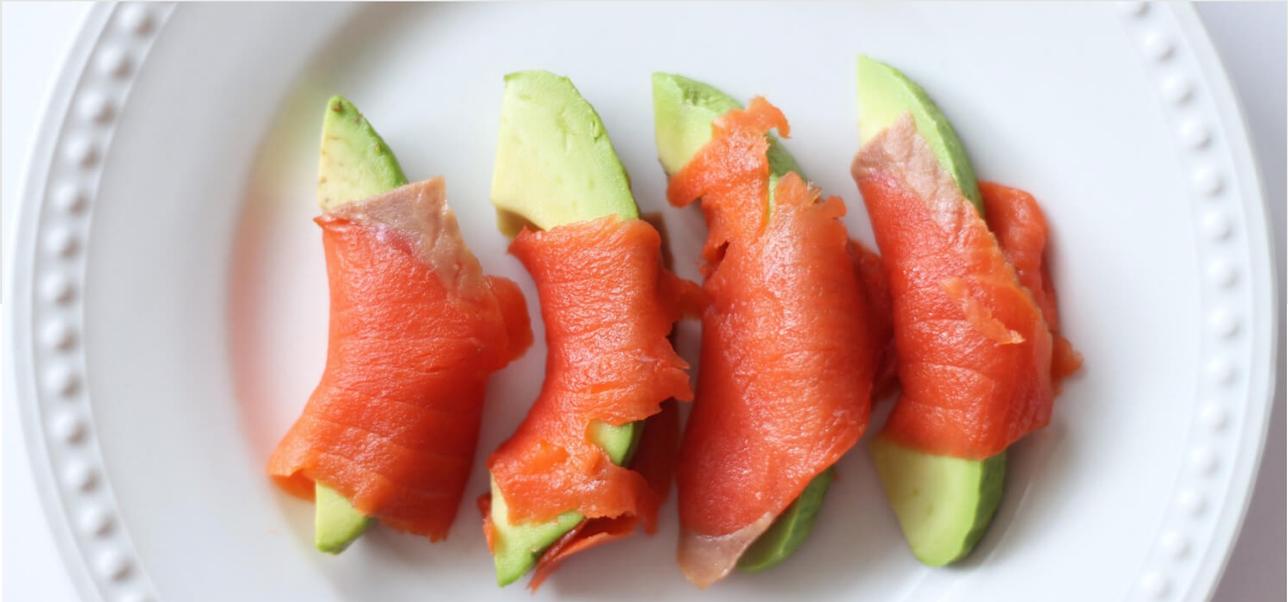
Set aside a few spears of asparagus, roast before serving and use as a garnish.

NO SPINACH

Use kale, swiss chard or any leafy green.

Smoked Salmon Wrapped Avocado

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Avocado
3 1/2 ozs Smoked Salmon (sliced)

DIRECTIONS

01 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

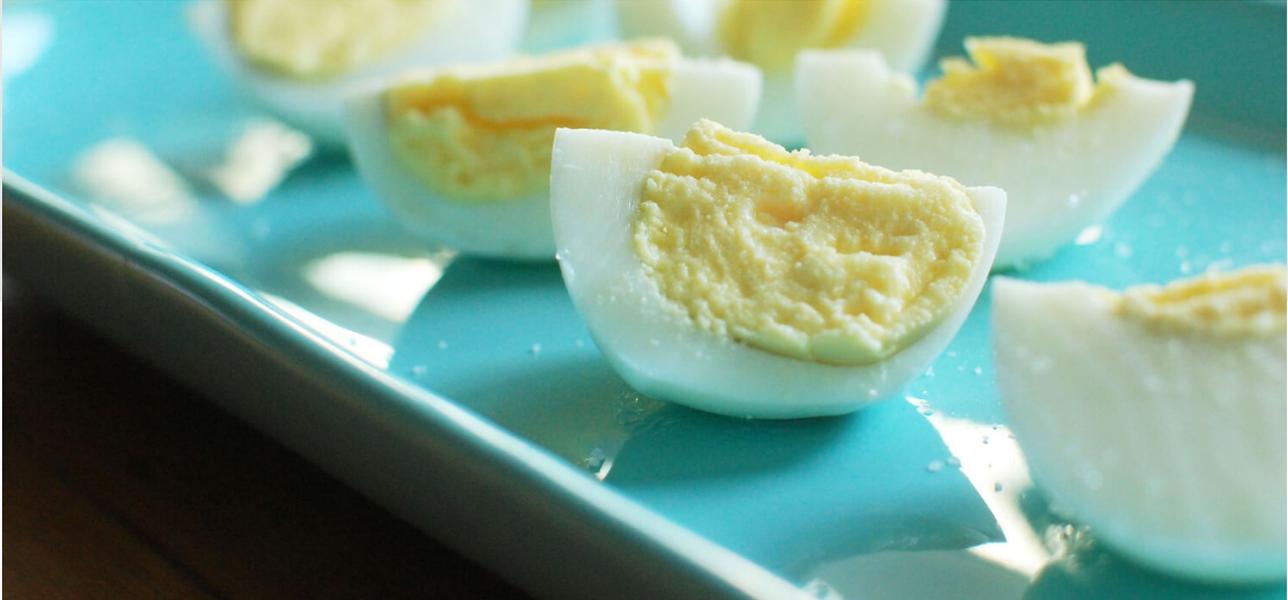
NUTRITION

AMOUNT PER SERVING

Calories	219	Cholesterol	12mg
Fat	17g	Sodium	343mg
Carbs	9g	Vitamin A	190IU
Fiber	7g	Vitamin C	10mg
Sugar	1g	Calcium	18mg
Protein	11g	Iron	1mg

Salt n' Vinegar Hard Boiled Eggs

3 SERVINGS 35 MINUTES



INGREDIENTS

6 Egg
3/4 tsp Sea Salt (divided)
3 tbsps Apple Cider Vinegar (divided)

NUTRITION

AMOUNT PER SERVING

Calories	146	Cholesterol	372mg
Fat	10g	Sodium	733mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	57mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Mediterranean Goddess Bowl

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
3/4 cup Water
2 cups Baby Spinach
1 1/2 tsps Tahini
2 tbsps Extra Virgin Olive Oil
1/4 tsp Oregano
1/4 tsp Black Pepper
1/4 Lemon (juiced)
1/2 Tomato (diced)
2 tbsps Red Onion (finely diced)
1/2 Cucumber (diced)
1/4 cup Parsley (finely chopped)
1/2 cup Hummus
1 1/2 tsps Chili Powder

NUTRITION

AMOUNT PER SERVING

Calories	481	Cholesterol	0mg
Fat	30g	Sodium	369mg
Carbs	45g	Vitamin A	4568IU
Fiber	9g	Vitamin C	28mg
Sugar	3g	Calcium	140mg
Protein	14g	Iron	6mg

DIRECTIONS

- 01 Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
- 02 Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
- 03 In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
- 04 Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

NOTES

ON-THE-GO

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

Cajun Chicken, Sweet Potatoes & Kale

2 SERVINGS 35 MINUTES



INGREDIENTS

1 Sweet Potato (medium, diced into 1/2 inch thick pieces)
1 1/2 tps Extra Virgin Olive Oil
1 tbs Cajun Spice (divided)
1 1/2 tps Coconut Oil (divided)
8 ozs Extra Lean Ground Chicken
4 cups Kale Leaves (sliced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	293	Cholesterol	98mg
Fat	17g	Sodium	456mg
Carbs	15g	Vitamin A	11243IU
Fiber	4g	Vitamin C	41mg
Sugar	3g	Calcium	133mg
Protein	22g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
- 02 Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
- 03 Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
- 04 Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
- 05 Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

NOTES

NO GROUND CHICKEN

Use any type of ground meat.

VEGAN & VEGETARIAN

Use lentils or chickpeas instead of chicken.

STORAGE

Store in an airtight container in the fridge up to 3 days.



One Pan Chicken, Golden Cauliflower & Carrot Fries

2 SERVINGS 40 MINUTES



INGREDIENTS

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided three ways)
8 ozs Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	382	Cholesterol	82mg
Fat	24g	Sodium	286mg
Carbs	14g	Vitamin A	10244...
Fiber	5g	Vitamin C	75mg
Sugar	6g	Calcium	70mg
Protein	29g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 02 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 03 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 04 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 05 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 06 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 07 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

NOTES

LOW FODMAP

Use zucchini instead of cauliflower.

15 Minute Shrimp & Cabbage Stir Fry

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
1 lb Shrimp (raw, peeled and deveined)
3 Garlic (cloves, minced)
1 Lemon (juiced)
1/2 tsp Red Pepper Flakes
8 cups Green Cabbage (finely sliced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	468	Cholesterol	365mg
Fat	20g	Sodium	336mg
Carbs	26g	Vitamin A	539IU
Fiber	10g	Vitamin C	141mg
Sugar	12g	Calcium	386mg
Protein	52g	Iron	4mg

DIRECTIONS

- 01 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 02 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 03 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

NOTES

MORE CARBS

Serve with brown rice or quinoa.

LEFTOVERS

Store in an airtight container in the fridge up to 2 days.

Sausage, Broccoli & Cabbage Stir Fry

2 SERVINGS 25 MINUTES



INGREDIENTS

5 ozs Chicken Sausage
1/2 Yellow Onion (small, diced)
1/2 Garlic (clove, minced)
2 cups Broccoli (chopped into small florets)
2 cups Purple Cabbage (finely sliced)
1 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	224	Cholesterol	85mg
Fat	11g	Sodium	788mg
Carbs	21g	Vitamin A	1560IU
Fiber	5g	Vitamin C	132mg
Sugar	9g	Calcium	165mg
Protein	14g	Iron	6mg

DIRECTIONS

- 01 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 02 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.

Cheesy Cauliflower & Broccoli Casserole

2 SERVINGS 1 HOUR



INGREDIENTS

1 cup Butternut Squash (peeled, seeded and cubed)
1/2 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1/4 cup Water
1/2 head Cauliflower (medium, chopped into florets)
2 cups Broccoli (chopped into florets)
1/4 cup Cashews
1/4 cup Nutritional Yeast
1/4 tsp Sea Salt
1/8 tsp Paprika

NUTRITION

AMOUNT PER SERVING

Calories	280	Cholesterol	0mg
Fat	9g	Sodium	427mg
Carbs	36g	Vitamin A	8079IU
Fiber	12g	Vitamin C	167mg
Sugar	9g	Calcium	143mg
Protein	19g	Iron	6mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 03 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 04 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsps at a time.)
- 05 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 06 Bake for 40 minutes. Serve immediately. Enjoy!

NOTES

SAVE TIME

Buy frozen, pre-sliced butternut squash cubes.

MORE PROTEIN

Serve with roasted chicken or top with bacon.

MORE CARBS

Serve with brown rice macaroni or quinoa.

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the PCOS Diet and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the shrimp and sausage.	You'll be reminded later on in the week when to set them out to thaw.
		Make the Breakfast Cauliflower Casserole.	Follow the recipe and move onto other tasks while it bakes. Once finished, divide between containers, let cool and store in fridge.
		Make the Cream of Celery and Asparagus Soup.	Follow the recipe. Once finished, divide between containers. Let cool and store half in the fridge and half in the freezer for later on in the week.
		Make the Smoked Salmon Wrapped Avocado snacks.	Divide into containers. Seal and store in the fridge.
		Make Apple with Almond Butter snacks.	Portion almond butter into mini containers and leave the apples at room temperature.
1 Mon		Pack your meals if you are on-the-go.	Breakfast Cauliflower Casserole, Apple with Almond Butter, Cream of Celery and Asparagus Soup and Smoked Salmon Wrapped Avocado.

		Make Mediterranean Goddess Bowl for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
2 Tue		Pack your meals if you are on-the-go.	Breakfast Cauliflower Casserole, Apple with Almond Butter, Mediterranean Goddess Bowl and Smoked Salmon Wrapped Avocado.
		Make Cajun Chicken, Sweet Potatoes & Kale for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Make Hummus Dipper snack jars.	Divide hummus between jars and top with veggies. Seal and store in the refrigerator.
		Hard boil eggs.	For your Salt 'n Vinegar Hard Boiled Egg snacks.
3 Wed		Pack your meals if you are on-the-go.	Breakfast Cauliflower Casserole, Hummus Dippers, Cajun Chicken, Sweet Potatoes & Kale and Salt 'n Vinegar Hard Boiled Eggs.
		Make One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Make Carrot Cake Chia Pudding.	Divide between containers and store in the fridge.
		Take shrimp and sausage out of the freezer.	Let thaw in the fridge for dinners on Thursday and Friday.

4 Thu		Pack your meals if you are on-the-go.	Carrot Cake Chia Pudding, Hummus Dippers, One Pan Chicken, Golden Cauliflower & Carrot Fries, and Salt 'n Vinegar Hard Boiled Eggs.
		Make the 15 Minute Shrimp & Cabbage Stir Fry for dinner.	Transfer the leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Make Apple with Almond Butter snacks.	Portion almond butter into mini containers and leave the apples at room temperature.
5 Fri		Pack your meals if you are on-the-go.	Carrot Cake Chia Pudding, Apple with Almond Butter, 15 Minute Shrimp & Cabbage Stir Fry, and Salt 'n Vinegar Hard Boiled Eggs.
		Make Sausage, Broccoli & Cabbage Stir Fry for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
6 Sat		Make Avocado Sweet Potato Toast with Poached Egg for breakfast.	Have one portion and store the leftover in a container in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Avocado Sweet Potato Toast with Poached Egg, Apple with Almond Butter, Sausage, Broccoli & Cabbage Stir Fry and Hummus Dippers.

		Make the Cheesy Cauliflower & Broccoli Casserole for dinner.	Transfer leftovers into a container and store in the refrigerator for dinner tomorrow.
		Take one serving of the Cream of Celery and Asparagus Soup out of the freezer.	Let thaw in the fridge overnight for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Avocado Sweet Potato Toast with Poached Egg, Apple with Almond Butter, Cream of Celery and Asparagus Soup, and Hummus Dippers.
		Enjoy leftover Cheesy Cauliflower & Broccoli Casserole for dinner.	Reheat in a toaster oven or skillet. Enjoy!

WAIVER

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