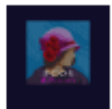


# PCOS

# Nutrition Guide



*PCOS Millennials*



**Y**ou know that feeling when you've tried every diet out there, but nothing seems to work?

With so many strict plans and “quick fixes” out there, it's hard to know what actually works.

Say hello to our PCOS Nutrition Guide — made especially for Filipinas. It includes a 7-day meal plan, grocery list, and a simple guide to foods to enjoy and avoid.

No more confusing, rigid rules. Just real, practical support to help you feel better and more in control.

It's time to take care of your body — in a way that finally feels right for you.



**Resa Nabor**

Founder of PCOS Millennials

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# What is PCOS?

Polycystic Ovarian Syndrome, **PCOS**, is a condition that adversely affects a woman's reproductive hormones. Each case of PCOS is different and its causes are not fully understood.

Common signs and symptoms of PCOS include -

- Irregular or missed periods
- Fertility struggles
- Unwanted hair growth on face and body
- Hair loss
- Oily, Acne-prone skin
- Changes in skin pigment
- Frequent mood changes
- Pelvic pain
- Weight gain, specifically around the midsection



If you're experiencing the above symptoms, your doctor will administer tests to determine if you have PCOS. If you are diagnosed with the condition, work with your doctor and a **nutritionist for PCOS** to make lifestyle changes to continue to live a normal life.

## What Science Has Taught us

- PCOS can lead to higher levels of androgens (male hormones), which increases the risk of heart disease, high cholesterol, and Type 2 Diabetes in women.
- Balancing your hormones is one of the most effective ways to manage PCOS symptoms and support fertility. This can be done by eating nutrient-dense, high-fiber foods and addressing blood sugar imbalances.
- Even a modest weight loss of just 5–10%, achieved through regular movement and a PCOS-friendly diet, can significantly improve common symptoms.

## Facts to Remember about PCOS

- PCOS is the leading cause of female infertility
- PCOS is the number one health condition women face today, with more than 1 in 5 suffering from its symptoms. According to the American Society for Reproductive Medicine, the prevalence of infertility in women with PCOS is between 70-80%. PCOS causes hormone levels to become irregular, which makes it hard for women to become pregnant. PCOS can also increase the risk of miscarriage.

## There are NO known causes of PCOS

Research suggests that PCOS **may be caused from both genetic components and environmental influence**. PCOS is believed to be caused from one or more gene mutations and is hereditary. **Environmental influences** such as having a sedentary lifestyle, smoking, and excessive alcohol consumption may put you at higher risk of developing PCOS.

## PCOS can be diagnosed without the presence of cysts on ovaries

Doctors will perform a series of **blood tests, ultrasounds, and a symptom analysis to diagnose PCOS**. Although PCOS stands for Polycystic Ovarian Syndrome, many professionals are working to change the terminology. Women can be diagnosed with or without the presence of cysts on ovaries. Due to the complexity and unknown cause of PCOS, Doctors will diagnose a patient if they present a combination of one or more symptoms commonly associated with the condition.

## Obesity is correlated with PCOS

In addition to hormone imbalance, women with PCOS experience **insulin insensitivity**. Insulin moves sugar (glucose) from the bloodstream into cells for energy. Women with insulin insensitivity due to PCOS are not able to convert sugar to energy, resulting in higher levels of insulin in the bloodstream. Higher levels of insulin cause an increase in androgen production and an increase in appetite. These factors can be correlated (but not a cause) of weight gain

## Who Can Help Me with a PCOS Diet?

*Team up with your Primary Care Physician, OB/GYN, Endocrinologist and **Nutritionist for PCOS!***

Start with your Primary Care Physician and OB/GYN. Be prepared to discuss your signs and symptoms, as well as your family's reproductive medical history. If they believe that your condition may be PCOS, ask them to refer you to an endocrinologist. **Endocrinologists specialize in hormone-related disorders.**

Your Primary Care Physician, OB/GYN and Endocrinologist will conduct a symptom assessment and review your blood work to check hormone levels and make a diagnosis. Your OB/GYN may also perform an ultrasound on your ovaries to detect cysts or follicles symptomatic of PCOS.

If it turns out that you do have PCOS, consider working with a **nutritionist for PCOS** to build an eating routine that will alleviate symptoms. Whether it be for increasing your energy, losing weight, or infertility linked to PCOS, a dietitian is a valuable part of your care team.



# What is a PCOS Diet?

Working with a dietitian for PCOS to promote healthy eating habits can alleviate your PCOS symptoms.

Research suggests lifestyle change to be the **FIRST line of treatment** for women dealing with PCOS. Women who achieve weight loss of as little as 5-10% of their body weight experience a **significant improvement in ovulation rates**. Before speaking with our PCOS dietitians to build a PCOS Diet, discuss your specific diagnosis and treatment plan with your doctor in detail. Bring all of this information to our PCOS dietitians so that we can build a PCOS Diet tailored specifically to you. Our recommendations will vary depending on the presence and severity of your specific symptoms.



## The Basics

- **Choose High Quality, High Fiber Carbohydrates**

Women with PCOS are more likely to be diagnosed with type 2 diabetes than women who do not have PCOS. Similar to a **diabetic diet**, it is important for women with PCOS to consume **high quality, high fiber carbohydrates**. This will aid in stabilizing your blood sugar levels.

- **Eat a Balanced Diet**

Consuming a well-balanced PCOS Diet will help to keep your body in a neutral, homeostatic state. A balanced PCOS Diet allows insulin to function properly by bringing glucose to your cells for energy. This process results in less insulin in your bloodstream, ultimately decreasing androgen production and alleviating your **PCOS symptoms**.

- **Follow a Consistent Routine and Regular Meal Times**

Do not skip meals. Skipping meals can crash your **blood sugar levels**, leading to food cravings and overindulgence. Keeping a routine will allow your blood sugar levels to stabilize. Stable blood sugar aids in the proper androgen production in your body. Proper androgen production = less severe PCOS symptoms. Some doctors recommend **eating smaller, more frequent meals** to better regulate blood sugar and establish better habits.

- **Choose Nutrient Rich Food, High in Vitamins and Minerals**

Studies show **consuming foods high in Vitamin D, Vitamin B, Iodine, Selenium, and Magnesium** will greatly aid in improving insulin resistance, and decrease the severity of symptoms associated with PCOS.

### Vitamins and Minerals Important for PCOS Symptom Relief and Food Sources

Vitamin D	salmon, eggs, mushrooms, fortified milk
Vitamin B8	tuna, almonds, eggplant, strawberries, corn, oranges, beans
Iodine	eggs, turkey breast, himalayan salt, salmon, yogurt
Selenium	tuna, salmon, pork, fortified whole grains, turkey, eggs, cottage cheese, spinach
Magnesium	avocados, dark chocolate, nuts, seeds, whole grains, bananas

## Frequently Asked PCOS Diet Questions

Many people *try fad diets* as a way to alleviate their PCOS symptoms. But should they?

### Q: Should I follow a dairy-free, gluten-free, or soy-free PCOS diet?

A: People who suffer from inflammation caused by lactose, gluten, or soy will find advantages to following **dairy-free**, **gluten-free**, or soy-free PCOS diets. However, in regards to a PCOS diet, no scientific data currently exists to support restricting or avoiding entire food groups or specific items to improve symptoms.

We know that to improve PCOS symptoms, it helps to lose 5-10% of your body weight and exercise regularly. Your dietitian will be able to work with you to determine a specific PCOS diet to optimize your health.

### Q: Should I try a vegan diet for PCOS?

A: Vegan diets consist of eating grains, vegetables, and fruits. If following a **vegan** diet for PCOS symptom management is an option for you, it is imperative to include high quality carbohydrates that do not exceed 45% of your daily food intake.

Because vegan diets consist of vitamin- and mineral-rich whole foods, it can be tremendously useful in alleviating PCOS symptoms. Research has shown that following a proper vegan diet can improve ovulation, regulate menstruation, and reduce risk for future conditions associated with PCOS, such as **type 2 diabetes**. Speak with **your dietitians and nutritionists** to ensure you are eating a nutritionally sound vegan diet to reduce weight and manage PCOS symptoms.

### Q: Should I try a Keto Diet for PCOS?

A: The Ketogenic Diet, (Keto) is a special high-fat, low carbohydrate diet designed to control seizures in individuals diagnosed with epilepsy. In recent pop culture, the Keto diet is viewed as a quick weight loss solution. Because the Keto diet is an extremely strict, nutritionally unbalanced diet, we do not recommend it for PCOS management. In order to create a lifetime of nutritionally sound habits, follow the advice of your dietitian to manage you PCOS. Avoid the Keto diet.

### Q: What about Intermittent Fasting?

A: We do not recommend Intermittent Fasting for long term PCOS symptom relief. If you have PCOS, it is very important to consume multiple small meals throughout the day. This approach will allow your insulin levels to self-regulate and remain balanced. If you are **intermittent fasting**, your large meals cause Hyperinsulinemia (excess insulin in blood). Hyperinsulinemia increases androgen production, increasing the clinical effects of PCOS!

## Foods to Eat

Maintaining a balanced diet and healthy weight are key in managing PCOS symptoms. Consuming a diet rich in nutrients, vitamins, and minerals will aid in healing your body from the inside out. Anti-inflammatory foods can also make a big difference. The following food choices will help keep blood sugar levels stable while helping to achieve a healthy weight to manage complications associated with PCOS.

Food Group	Examples
<p><b>Lean Protein</b> Eating meat low in fat will aid in weight loss and keep you feeling full longer.</p>	<p><b>Fish:</b> salmon, tuna,, cod <b>Poultry:</b> skinless chicken and turkey breast <b>Plant-based proteins:</b> beans, tofu, tempeh</p>
<p><b>Complex Carbohydrates</b> Eating carbohydrates that are high in fiber will work to lower insulin levels and lower inflammation in the body.</p>	<p><b>Whole Grains:</b> quinoa, oats, brown rice <b>Legumes:</b> beans, peas, lentils Starchy vegetables such as white and sweet potatoes, corn, and peas</p>
<p><b>Antioxidant Rich Fruits and Veggies</b> Antioxidants will work to decrease inflammation in the body, boost immunity, and help to prevent obesity.</p>	<p><b>Fruits:</b> strawberries, blueberries, raspberries, kiwi, apples, cherries, cranberries <b>Vegetables:</b> beets, tomatoes, broccoli, peppers, carrots, asparagus</p>
<p><b>Heart Healthy Fats</b> Fat is a biological necessity and will increase hormone production, aid in vitamin absorption, and improve heart health and brain function.</p>	<p>Olive oil <b>Nuts:</b> walnuts, almonds, cashews <b>Seeds:</b> chia, flax, and sunflower Avocado</p>

To achieve weight loss and improve PCOS symptoms, speak with our nutritionist for PCOS about proper portions, and portion sizes. This ensures that you are getting the right amount of nutrients you need to manage your PCOS.

## Foods to Avoid

Let your intuition guide you. A PCOS Diet emphasizes eating whole, unprocessed healthy food to enable vitamin absorption, nutrient intake, and weight loss. It is important to stay away from refined sugars, white flour, and excessive sugary beverages. These products increase blood insulin, which results in greater androgen production... ultimately worsening PCOS symptoms.

- Sweetened juice, fruit in heavy syrup, & sweetened applesauce
- **Processed foods!**
- Refined grains made with white flour (pasta, white bread, white rice, bagels)
- High sugar cereals and protein bars
- Soda and Juice
- Cookies, cake, and candy
- Potato chips and pretzels
- Some research suggests caffeine can make PCOS symptoms worse!



## PCOS and Weight Loss

*"I have PCOS and I just can't lose weight!" A PCOS Diet can help!*

Weight loss can be difficult for women with PCOS, but it is achievable. It is important to remember that weight loss with PCOS will be gradual and slow due to the hormonal imbalances, inflammation, and blood sugar issues associated with PCOS. To reach your weight loss goals, work with your doctor to determine if to determine if medications that improve insulin sensitivity are right for you. Weight loss will be possible when you combine a healthy diet, regular exercise, and proper medication. Remember, weight loss may be slow, but once you lose ~5-10% of your body weight, your PCOS symptoms will be largely controlled.

### **Should I still need to follow a PCOS Diet if I am not overweight?**

Not all women with PCOS are overweight or obese. About half of all PCOS cases are women who fall within the healthy weight range. Women diagnosed with PCOS will have ovaries that are oversensitive to the effects of insulin, resulting in excessive androgen production. Even if you are not overweight, by eating a well-balanced diet, you can decrease the effects of insulin on your ovaries.

In addition, even women who are considered a healthy weight are at an equal chance of developing risk factors associated with PCOS, such as cardiovascular disease, hypertension, infertility, and type 2 diabetes. It is important to consume a high-quality diet to support blood sugar control and hormone balance. In addition, establishing a regular exercise routine to maintain a healthy weight to prevent these conditions is important.

## PCOS and Fertility

Controlling PCOS symptoms and hormone levels is your best strategy for improving fertility. There is not a one-size-fits-all approach when it comes to diet, fertility, and PCOS. Work with your PCOS nutritionist to create a balanced, high quality, whole food, high fiber PCOS Diet that meets your needs.

Various studies have shown that improving your diet can improve your likelihood of becoming pregnant. Preconception counseling and reducing tobacco and alcohol consumption can also be effective.

Achieving weight loss will increase your chances of becoming pregnant. Studies suggest that women with PCOS are able to become pregnant once their PCOS is well managed. In addition to helping to manage PCOS symptoms, weight loss can help facilitate pregnancy, decrease maternal risk once pregnant, and lower miscarriage prevalence.

## Take the Next Step

We're so glad you're here. Whether you've just been diagnosed or you've been managing PCOS for a while now, know that you are not alone — and you don't have to figure everything out on your own.

This guide will walk you through the next steps to start nourishing your body with intention, without guilt, and without extreme diets.

You don't need to be perfect.

You just need to start — slowly, mindfully, and with a team who supports you.

Love,

The PCOS Millennials

*[pcosmillennials.com](http://pcosmillennials.com)*



# Your Personal Meal Planning Guide

## 6 STEPS



### 01 Get Organized

Your daily servings are laid out in terms of serving sizes from each food group. Use your Food Portioning Guide to swap items from the same food groups to create your perfect plan. Follow the sample meal plans included for inspiration.

### 02 Select multiple protein foods.

Choose 2-3 protein options per week to buy in bulk and batch cook. Use prepared proteins in multiple ways. For example, you can use your favorite protein as a main course, to top a salad or in a sandwich or wrap.

### 03 Incorporate fruits as snacks or dessert.

Plan one serving of fruit in between meals or as an evening snack.

### 04 Choose a variety of vegetables.

Plan for one or more servings of vegetables at breakfast, lunch and dinner every day. The color of your food can tell you a great deal about its nutritional value. When in doubt, eat the rainbow!

### 05 Choose high quality starches.

Choose whole grains, beans, legumes and starchy vegetables instead of refined processed carbohydrates. Plan starches evenly throughout the day to stabilize hunger and cravings.

### 06 Embrace healthy fats.

Unsaturated, “good” fats include almonds, hazelnuts, avocados, fish, seeds and oils.

*We would love to see what you're cooking!  
Don't forget to tag @pcosmillennials on [Instagram](#) to share your latest creations!*

# Simple Serving Guide

Your daily servings are laid out in terms of serving sizes from each food group. Use this serving guide to swap items from the same food groups to create your perfect plan.



## Protein

**1 SERVING = 4 OZ COOKED**

chicken, turkey, fish, tofu, tempeh, seitan, plain Greek yogurt, cottage cheese, ricotta cheese, eggs, protein powder, beans, lentils, legumes

## Fruit

**1 SERVING = 1 MEDIUM FRUIT, 1 CUP**

apple, banana, peach, mango, cantaloupe, honeydew, melon, watermelon, cherries, grapes, pineapple, plum, orange, blackberries, blueberries, raspberries, strawberries, grapefruit, tangerine, clementine

## Vegetable

**1 SERVING = 4 OZ COOKED, 6 OZ RAW**

leafy greens, green beans, broccoli, cabbage, brussels sprouts, zucchini, cucumbers, celery, asparagus, cauliflower, beets, carrots, tomato, peppers, eggplant, mushrooms

## Starch

**1 SERVING = 1/2 CUP COOKED, 1 SLICE BREAD**

### PRODUCTS

beans, lentils, legumes, squash, whole grains, starchy vegetables (potatoes, peas, corn), whole wheat pasta, rice, whole wheat bread products

## Dairy

**1 SERVING = 6 OZ MILK/YOGURT, 1 OZ CHEESE**

milk, yogurt, cheese

## Fat

**1 SERVING - 1 TSP OIL, 1 TBSP NUTS & SEEDS**

avocado, olives, olive oil, avocado oil, nuts, seeds, butter

Let's plan  
**YOUR  
DAILY  
SERVINGS**

**Protein**  
2-3 servings

**Fruit**  
2-3 servings

**Vegetable**  
3 servings

**Starch**  
4-8 servings

**Dairy**  
0-1 servings

**Fat**  
4-8 servings

**Condiment**  
0-3 servings

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<b>0.5 P, 1 V, 1 D:</b> Egg Muffins <b>1 S:</b> 1 slice whole grain toast <b>1 Fat:</b> ¼c avocado	<b>0.5 P, 1 Fat:</b> Tofu Scramble <b>2 S:</b> 2 slices whole grain toast	<b>0.5 P, 1 V, 1 D:</b> Egg Muffins <b>1 S:</b> 1 slice whole grain toast <b>1 Fat:</b> ¼c avocado	<b>0.5 P, 1 Fat:</b> Tofu Scramble <b>2 S:</b> 2 slices whole grain toast	<b>0.5 P, 1 V, 1 D:</b> Egg Muffins <b>1 S:</b> 1 slice WW toast <b>1 Fat:</b> ¼c avocado	<b>1 Fat, 0.5 P, 2 F, 1 C, 1 V:</b> Cauli Berry Shake w/ unsweetened almond milk	<b>1 Fat, 0.5 P, 2 F, 1 C, 1 V:</b> Cauli Berry Shake w/ unsweetened almond milk
Snack	<b>1 Fr:</b> 1 apple <b>1 Fat:</b> 1 Tbsp cashews	<b>1 Fr:</b> 1c berries <b>1 Fat:</b> 1 Tbsp almond butter	<b>1 Fr:</b> 1 apple <b>1 Fat:</b> 1 Tbsp cashews	<b>1 Fr:</b> 1c berries <b>1 Fat:</b> 1 Tbsp almond butter	<b>1 Fr:</b> 1 apple <b>1 Fat:</b> 1 Tbsp cashews	<b>1 Fat:</b> 10 olives <b>1 V:</b> 6oz raw carrots/cucumber	<b>1 Fat:</b> 10 olives <b>1 V:</b> 6oz raw carrots/cucumber
Lunch	<b>1 Fat, 1 P, 1 S, 2 V:</b> Slow Cooker Turkey Chili	<b>2 Fat, 0.5 P, 1 S, 1 V, 1 C:</b> Asian Edamame Salad <b>1 P:</b> 4oz chicken breast	<b>1 Fat, 1 P, 1 S, 2 V:</b> Slow Cooker Turkey Chili	<b>2 Fat, 0.5 P, 1 S, 1 V, 1 C:</b> Asian Edamame Salad <b>1 P:</b> 4oz chicken breast	<b>1 Fat, 1 P, 1 S, 2 V:</b> Slow Cooker Turkey Chili	<b>2 Fat, 1 P, 2 S, 1 D</b> Tuna Salad Sammy <b>1 V:</b> 6oz green peppers	<b>2 Fat, 1 P, 2 S, 1 D</b> Tuna Salad Sammy <b>1 V:</b> 6oz green peppers
Snack	<b>1 Fr:</b> 1c cherries <b>1 Fat:</b> 1 Tbsp almonds	Optional	<b>1 Fr:</b> 1c cherries <b>1 Fat:</b> 1 Tbsp almonds	Optional	<b>1 Fr:</b> 1c cherries <b>1 Fat:</b> 1 Tbsp almonds	<b>2 Fat, .5 S, 1 C:</b> Energy Bites	<b>2 Fat, .5 S, 1 C:</b> Energy Bites
Dinner	<b>1 P:</b> 4oz lean ground turkey <b>2 S:</b> 1c cooked whole grain pasta <b>2 Fat:</b> 2 tsp oil <b>1 V:</b> 4oz tomato sauce	<b>1 Fat, 1 P, 2 V:</b> Salmon and Veggie Foil Packets <b>1 S:</b> 0.5c brown rice	<b>1 P:</b> 4oz lean ground turkey <b>2 S:</b> 1c cooked whole grain pasta <b>2 Fat:</b> 2 tsp oil <b>1 V:</b> 4oz tomato sauce	<b>1 Fat, 1 P, 2 V:</b> Salmon and Veggie Foil Packets <b>1 S:</b> 0.5c brown rice	<b>1 P:</b> 4oz lean ground turkey <b>2 S:</b> 1c cooked whole grain pasta <b>2 Fat:</b> 2 tsp oil <b>1 V:</b> 4oz tomato sauce	<b>1 P:</b> 4oz chicken breast <b>2 S:</b> 1c cooked brown rice <b>1 Fat:</b> 1 tsp oil <b>1 V:</b> 4oz Turmeric Ginger Cauliflower Rice	<b>1 P:</b> 4oz chicken breast <b>2 S:</b> 1c cooked brown rice <b>1 Fat:</b> 1 tsp oil <b>1 V:</b> 4oz Turmeric Ginger Cauliflower Rice
Snack	Optional	<b>1 F:</b> 2 kiwi <b>1 Fat:</b> 1 tbsp nuts	Optional	<b>1 F:</b> 2 kiwi <b>1 Fat:</b> 1 tbsp nuts	Optional	<b>1 F:</b> 1c berries <b>1 Fat:</b> 1oz 85% dark chocolate	<b>1 F:</b> 1c berries <b>1 Fat:</b> 1oz 85% dark chocolate

# Asian Edamame Salad

Fat

0.5 Protein

1 Starch

1 Vegetable

1 Condiment

If you want an interesting spin on the traditional salad, try this crunchy, tasty salad! With healthy fats from cashews and protein from edamame beans, we promise it won't disappoint!

**Serves:** 5

**Serving size:** 1.5 cups

**Time:** 15 minutes

## Ingredients

Coleslaw mix	2 cups
Purple cabbage, shredded	1 1/4 cups
Carrots, shredded (about 5-6 carrots)	2 cups
Cucumber, chopped (about 1-2 cucumbers)	1 cup
Shelled edamame beans, cooked	2 cups
Fresh cilantro, chopped	1 cup
Roasted cashews	1/2 cup
Olive oil	2 tablespoons
White vinegar	2 tablespoons
Sesame oil	2 tablespoons
Maple syrup	1 tablespoon
Sriracha sauce	1 tablespoon
Salt	1 pinch
Garlic powder	1 pinch

## Directions

1. In a small bowl, whisk together dressing ingredients.
2. In a large bowl, toss salad ingredients together.
3. Add dressing on top, toss to coat.



# Slow Cooker Turkey Chili

Fat

1 Protein

1 Starch

2 Vegetable

What's better than a warm bowl of classic chili on a cold day? Try this recipe to get lots of veggies along with added protein and warming spices to satisfy your senses!

**Serves:** 4    **Serving size:** 1 1/2 cups chili    **Time:** 4 hours 20 minutes

## Ingredients

Ground Turkey	1 pound
Onion, diced	1 cup
Green bell pepper, diced	1 cup
Carrot, diced	1/2 cup
Celery, diced	2 stalks
Garlic cloves, sliced	5 cloves
Jalapeno pepper, diced (optional)	1 pepper
Tomato paste	2 tablespoons
Chili powder	1 1/2 teaspoons
Cumin powder	1 teaspoon
Dried oregano	1/2 teaspoon
Black pepper	1 teaspoon
Salt	1 1/2 teaspoons
Kidney beans	1 can (15 ounce)
Diced tomatoes	1 can (28 ounce)
Chicken broth	1 1/2 cups
Olive oil	4 teaspoons

## Directions

1. Add onion, bell pepper, carrot, celery, garlic, and jalapeno to a large frying pan with a dash of olive oil. Cook over medium heat for 5 minutes, until softened. Add tomato paste and stir to coat the veggies.
2. Add all spices including salt and pepper to the pan and cook for 1 minute further. Add turkey and cook for 2 more minutes, stirring occasionally. (Cooking note: the turkey should not be fully cooked at this point or it will come out dry after slow cooking for 4hrs)
3. Carefully add the contents of the pan into a slow cooker. Add crushed tomatoes, kidney beans and chicken broth. Put the lid on the slow cooker and cook on low heat for 4 hours.
4. After 4 hours if the chili is too thick for your preference, add a touch more of chicken broth. If the chili is too thin, remove the lid from the crockpot and cook a further 20-30 minutes on high.
5. Serve chili hot and topped with optional cilantro, shredded cheese and sour cream (toppings not included in food group counts)



# Egg Muffins

0.5 Protein

1 Dairy

1 Vegetable

Looking for something quick to grab while running out of the door? Breakfast Egg Muffins to the rescue! These delicious bites are also PERFECT for your weekly meal prep!

**Serves:** 6

**Serving size:** 2 muffins

**Time:** 30 minutes

## Ingredients

Eggs	10 eggs
Baby spinach, chopped	5 cups
Red pepper, chopped	1 cup
Feta cheese	1/2 cup
Everything but the bagel seasoning (omit for Low FODMAP)	1 tablespoon
Salt & Pepper	null

## Directions

1. Preheat oven to 350° F.
2. Crack eggs into medium size bowl, whisk to combine.
3. Add in vegetables, cheese, salt and pepper.
4. Divide mixture into 12 muffin tins.
5. Top with Everything but the Bagel seasoning.
6. Bake for 15-20 minutes or until middles are solid and muffins are cooked through.
7. Enjoy right out of oven or store in refrigerator for up to 4-5 days. Reheat in microwave.



# Almond Butter Dark Chocolate Energy Bites

2 Fat

1 Starch

1 Condiment

If you're in the mood for something sweet, this recipe is for you. Added bonus, it's no bake! Combine healthy fats with a little bit of sweetness and healthy oats for a great on-the-go snack that won't take you off track!

**Serves:** 15

**Serving size:** 3 bites

**Time:** 20 minutes

## Ingredients

Old fashioned rolled oats	1 1/2 cups
Ground flax seed	1/2 cup
Black chia seeds	1 tablespoon
Cinnamon	1 teaspoon
Unsweetened coconut flakes	1/3 cup
Honey	1/2 cup
Almond butter	1/2 cup
Vanilla extract	1 teaspoon
Dark chocolate chips	1/2 cup

## Directions

1. Mix all ingredients together in a large bowl.
2. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet.
3. Cover and place in refrigerator for 2 hours.
4. After setting for two hours, remove from refrigerator and enjoy!



# Cauli Berry Shake

1 Fat

0.5 Protein

2 Fruit

1 Dairy

1 Vegetable

If you're looking for another way to add veggies to your diet; try adding them to your morning smoothie! We like adding cauliflower because the flavor profile doesn't change much, but the texture becomes creamy and dreamy! Try this recipe the next time you need a veggie boost!

**Serves:** 1

**Serving size:** 1 shake

**Time:** 5 minutes

## Ingredients

Frozen small banana	1 banana
Frozen cauliflower (rice or florets)	1 cup
Vanilla protein powder	2 scoops
Frozen mixed berries	1 cup
Peanut butter (or nut butter of choice)	1 tablespoon
Milk (any kind)	1 cup

## Directions

1. Add all ingredients to high speed blender. Start with less milk for a thicker consistency.
2. Blend and serve.



# Baked Salmon and Veggie Foil Packets

Fat

1 Protein

2 Vegetable

Foil packets are an excellent way to make flavorful dishes with easy clean up! Try this recipe and get two servings of veggies along with a heart healthy dose of omega-3 fatty acids from salmon.

**Serves:** 1      **Serving size:** 1 foil packet      **Time:** 30 minutes

## Ingredients

Salmon filet (~1.5 inches thick)	4 ounces
Asparagus (or omit & swap with Low FODMAP veggie)	4 ounces
Cherry tomatoes	4 ounces
Parsley	1 tablespoon
Salt	1 pinch
Pepper	1 pinch
Olive oil	1 teaspoon
Optional: Lemon	2 slices

## Directions

1. Preheat oven to 425°F
2. Place a large sheet of foil on a baking sheet. Lightly grease with cooking spray.
3. Chop off ½ - 1” of the ends of the asparagus.
4. Season salmon with salt and pepper on both sides and place on the foil. Tuck the asparagus and tomatoes next to the salmon. Drizzle olive oil over the entire packet and place lemon slices on top (if desired).
5. Fold the edges of the foil up to make a “packet.”
6. Cook everything together in the foil packet for 17 to 20 minutes, or until fish is cooked as desired.
7. Serve everything together topped with parsley. Remember: thinner fish filets may take less time!



# Tuna Salad Sammy

2 Fat

1 Protein

2 Starch

1 Dairy

If you're in a lunch rut, why not go back to basics? This recipe is a delicious lunch option for any day of the week!

**Serves:** 1

**Serving size:** 1 sandwich

**Time:** 10 minutes

## Ingredients

Tuna fish	4 ounces
Red onion, chopped	3 tablespoons
Celery, chopped	1 stalk
Avocado oil mayo	1 tablespoon
Mustard	1 teaspoon
Pepper	1 pinch
Salt	1 pinch
Whole wheat bread	2 slices
Romain lettuce	2 pieces
Provolone cheese	1 ounce

## Directions

1. Drain tuna then add to bowl with red onion, celery, mayo and mustard. Mix to combine. Season with salt and pepper, taste and adjust as needed.
2. Add 1 tsp mustard (more as desired) to bread, stack with tuna, slice of provolone cheese and lettuce. Enjoy!



# Turmeric Ginger Cauliflower Rice

1 Fat

1 Vegetable

Enjoy this healing side dish with any of your meals this week. Turmeric and ginger may help decrease inflammation and even improve immune function - and they taste delish!

**Serves:** 2    **Serving size:** 4 ounces cauliflower rice    **Time:** 15 minutes

## Ingredients

Cauliflower rice or florets	8 ounces
Olive oil	2 teaspoons
Salt	1 1/2 teaspoons
Black pepper	1/2 teaspoon
Ground tumeric	2 teaspoons
Ground ginger	1 1/2 teaspoons

## Directions

1. If you're not using pre-riced cauliflower, place 8 oz of florets into a food processor and pulse until only very small pieces remain.
2. Preheat a large skillet over medium heat and add 2 teaspoons of olive oil.
3. Add cauliflower rice to the skillet and cook for 5 to 7 minutes, or until cauliflower is tender and beginning to brown slightly.
4. Season with salt, pepper, turmeric, and ground ginger!



# Tofu Scramble

1 Fat

0.5 Protein

Tofu scramble - a vegan alternative to scrambled eggs! This high protein egg-free breakfast is the perfect breakfast for anyone looking to switch things up without losing the flavor. We suggest adding your favorite herbs, avocado, tomato, olives, or cheese as well!

**Serves:** 3

**Serving size:** 4 ounces

**Time:** 15 minutes

## Ingredients

Firm tofu, drained	1 (14 oz) block
Turmeric, ground	1/2 teaspoon
Mustard	1 teaspoon
Salt	1 teaspoon
Pepper	1/2 teaspoon
Garlic powder (omit for Low FODMAP)	1/2 teaspoon
Paprika	1/4 teaspoon
Non-dairy milk	2 tablespoons
Olive oil	2 tablespoons

## Directions

1. Add tofu to a large skillet (off heat) and crumble apart with your hands as much as you can, until it is in small chunks. Pour olive oil over the tofu and place over medium heat.
2. Add all remaining ingredients except the non-dairy milk and cook the tofu for 5 minutes. Add in the milk last and cook for 1 more minute.
3. Serve hot with your favorite scramble toppings!
4. Batch cooking note: This can be made ahead and reheated throughout the week for up to 5 days.



# Shopping List

1 loaf bread – whole grain, rye, sourdough 1	tomato paste	1 15 oz can kidney beans	cumin
box pasta – whole grain or bean	1 jar tomato sauce	1 28 oz can diced tomatoes shelled	dried oregano fresh
old fashioned rolled oats	2 cup frozen cauliflower 8	edamame beans	cilantro white
almond flour	oz cauliflower rice 2 bags	chicken broth – low sodium	vinegar sesame oil
brown rice	carrots	1 14 oz block tofu	coconut oil
1 avocado	4 cucumber	vanilla protein powder	maple syrup siracha
unsweetened non-dairy milk	1 yellow onion	turmeric	sauce garlic powder
feta cheese	1 red onion	ginger	vanilla extract
1 carton eggs	8 oz asparagus	mustard	avocado oil mayo
3 apples	cherry tomatoes romaine	garlic powder	ground flax seed
2 bananas	lettuce	paprika	black chia seeds
2 pints fresh berries	1 bag coleslaw mix purple	everything but the bagel seasoning	cinnamon
4 kiwi	cabbage celery	olive oil	coconut flakes honey
2 cups frozen mixed berries	provolone cheese	2 jars nut butter	vanilla extract
2 pints cherries	2 cans tuna	cashews	dark chocolate chips
5 cup bag baby spinach	2 lb. lean ground turkey 1	almonds	
1 red pepper	lb. chicken	olives	
3 green bell pepper	8 oz salmon	5 cloves garlic	
1 jalapeno pepper		chili powder	



# PCOS Diet: Foods to Eat & Foods to Avoid

## Foods to Eat

The following food choices will help keep blood sugar levels stable while helping to achieve a healthy weight to manage complications associated with PCOS.

### COMPLEX CARBOHYDRATES

- quinoa
- oats
- brown rice
- beans & lentils
- peas & corn
- white & sweet potatoes

### LEAN PROTEINS

- chicken
- turkey
- beans
- tofu
- tempeh
- salmon
- tuna
- shrimp

### ANTIOXIDANT RICH FRUITS & VEGGIES

- berries
- kiwi
- apples
- cherries

- cranberries
- beets
- tomatoes
- broccoli
- peppers
- carrots
- asparagus

### HEART HEALTHY FATS

- olive oil
- walnuts
- almonds
- cashews
- chia seeds
- flax seeds
- sunflower seeds
- avocado

A PCOS Diet emphasizes eating whole, unprocessed foods. It is important to stay away from refined sugars, white flour, and excessive sugary beverages. These products increase blood insulin, which results in greater androgen production, ultimately worsening PCOS symptoms.



## Foods to Avoid

### CARBOHYDRATES

- White rice
- White pasta
- White bread
- Cookies, cake & candy
- Sugary breakfast cereals
- High sugar protein bars (more than 10g added sugar, 15g natural sugar)
- Potato chips and pretzels

### SATURATED FATS

- Butter
- Red meat
- Cream
- Coconut oil
- Lard
- Cheese

### SUGARY BEVERAGES

- Sweetened juice
- Soda
- Sweet tea
- fruit in heavy syrup, & sweetened applesauce

