

PCOS

Breakfast

3 organic scrambled eggs with ½ cantaloupe or 1 cup blueberries

Oatmeal w/cinnamon, 1 Tbsp. MCT oil or 2 tbsp. ground flaxmeal

2 slices gluten- free bread with 2-3 tbsp. nut butter, one fruit

Smoked salmon, poached organic eggs, ½ sweet potatoes w/ rosemary

Protein shake with almond milk, berries, ground flax

Lunch and Dinner

Grilled salmon, green beans sautéed in 1 Tbsp. butter, oregano, green salad

2 slices turkey white meat, Dijon mustard, spinach salad

1 small can tuna, 1 Tbsp. real mayonnaise, olives, assorted chopped vegetables

1 lemon chicken breast skinless, cooked spinach, tossed salad

1 broiled lamb chop, cooked asparagus, spinach salad

Stir fried fish with snow pea pods, bean sprouts, water chestnuts, red bell pepper

4 oz. hamburger with sliced tomato and lettuce, 1 cup roasted veggies

Crabmeat, 1 Tbsp. real mayonnaise, steamed squash

Filet mignon, green bean sautéed with almonds, green salad

Chicken, fish, or seafood broiled or grilled with cooked vegetables,
salad with flaxseed and/or olive oil dressing

*salad dressings make with MCT oil, flax oil, Tahini, and seasonings
(herbs, mustard, etc.)

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Snacks

- Protein shakes with freshly ground flaxseeds added
- Fresh green vegetable juice
- Hormone-free meat with mustard
- Hard-boiled egg
- Raw organic almonds, brazil nuts, cashews, macadamia nuts, pecans
- Vegetables and hummus

Beverages

- PaleoGreens and/or PaleoReds: Designs for Health product available at BeWell Associates
- Herbal teas: Licorice, Cinnamon, Pau D'Arco, Chamomile, Slippery Elm

Spices you can add:

Cinnamon, garlic, cloves, cumin, and fenugreek. Incorporating these spices as much as possible into everyday foods is extremely helpful in helping with the insulin resistance that is part of PCOS.

You should also avoid:

Coffee, soda, alcohol, sugar, carrots, foods with high glycemic index (honey, sucrose, fructose, more than 1-2 fruits per day, processed foods and other foods high in salt.