



Hello! I'm Faith, a registered dietitian specializing in PCOS, and I have PCOS myself. I'm excited to share this free PDF download of a meal plan designed specifically for managing PCOS. My website is packed with informative blog posts all about PCOS, providing you with valuable resources to support your journey.

By joining my email list, you'll receive updates on new blog posts and offerings directly to your inbox. I also offer 1-on-1 virtual sessions, which are often covered by insurance, to provide personalized support tailored to your needs. Feel free to contact me at [faith@pcosnutritionanswers.com](mailto:faith@pcosnutritionanswers.com) to schedule a session.

I hope you find this meal plan helpful. Please remember that this is not a substitute for individual medical advice. Enjoy the content and take care!



# Meal planner



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST



SATURDAY

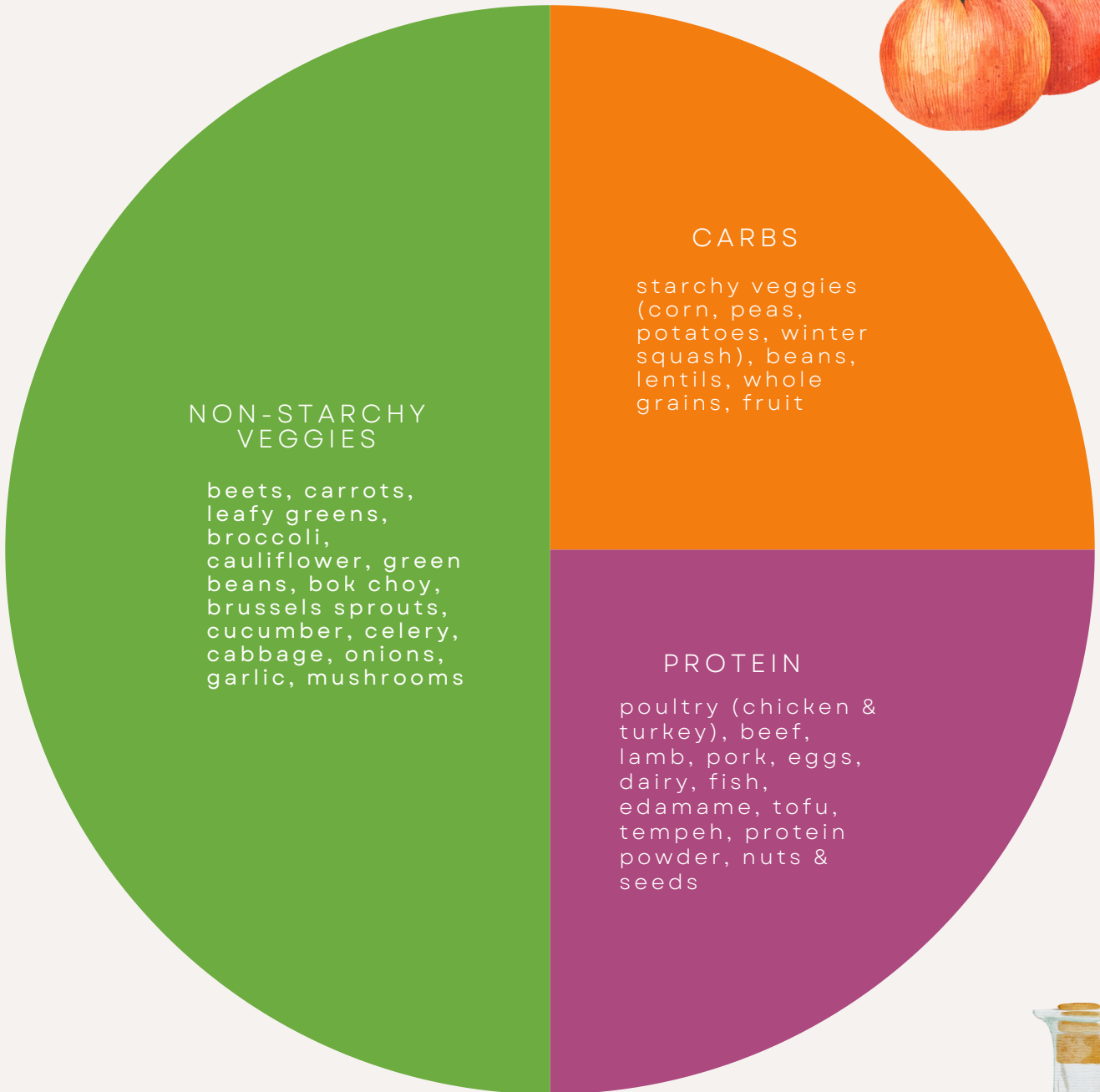
SUNDAY

*Notes*





# Plate Method



## *Fats*

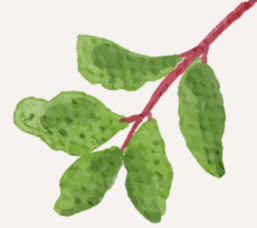
Include 1-2 Tbsp

- full fat dairy
- nuts & seeds
- healthy oils
- hummus
- olives
- avocados
- fatty fish
- dark chocolate
- nut butter





# Sample Day



## BREAKFAST

3 eggs cooked with spinach  
1-2 slices whole wheat  
toast  
1/4 avocado

## LUNCH

1 cup quinoa  
1 cup edamame  
1-2 cups cooked veg  
(carrots, cabbage,  
mushrooms)  
1 tbs sesame seeds



## DINNER

1 cup chickpea pasta  
1-2 tbs pesto  
1-2 links chicken sausage  
2 cups zucchini



## SNACKS

carrots and hummus  
  
2 cheese sticks and  
strawberries



# 7 Day PCOS Meal Plan



## DAY 1

### **Breakfast: Greek Yogurt Parfait**

- 1 cup Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp chia seeds
- 1 tbsp honey
- Layer yogurt, berries, chia seeds, and honey in a bowl or glass.

### **Lunch: Mediterranean Chicken Quinoa Salad**

- 3/4 cup cooked quinoa
- 3 oz grilled chicken breast, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumbers, diced
- 1/4 cup kalamata olives, sliced
- 2 tbsp feta cheese
- Lemon vinaigrette (2 tbsp olive oil, 1 tbsp lemon juice, salt, and pepper)
- Mix all ingredients in a bowl and drizzle with lemon vinaigrette.

### **Dinner: Grilled Salmon with Garlic Roasted Broccoli and Sweet Potatoes**

- 4 oz salmon fillet
- 1 cup broccoli florets
- 1 small sweet potato, cubed
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper
- Preheat oven to 400°F. Toss broccoli and sweet potatoes with garlic, olive oil, salt, and pepper. Roast for 20-25 minutes. Grill salmon until cooked through.

### **Snacks:**

- 1 apple
- 1/4 cup almonds

## DAY 2

### **Breakfast: Flaxseed Oatmeal with Banana and Cinnamon**

- 1/2 cup rolled oats
- 1 tbsp ground flaxseeds
- 1 banana, sliced
- 1 cup milk
- collagen powder
- 1 tsp cinnamon
- Cook oats with milk and flaxseeds, then stir in collagen. Top with banana and cinnamon.

### **Lunch: Turkey Lentil Soup**

- 1 cup cooked lentils
- 3 oz turkey breast, shredded/ ground turkey
- 1 cup spinach
- 1 carrot, diced
- 1 celery stalk, diced
- 1 small onion, chopped
- 1 garlic clove, minced
- 4 cups vegetable broth
- Sauté onion, garlic, carrot, and celery until softened. Add broth, lentils, and turkey. Simmer for 20 minutes. Stir in spinach until wilted.

### **Dinner: Baked Cod with Lemon Asparagus and Quinoa**

- 4 oz cod fillet
- 1 cup asparagus, trimmed
- 1 cup cooked quinoa
- 1 lemon, sliced
- 1 tbsp olive oil
- Salt and pepper
- Preheat oven to 375°F. Place cod and asparagus on a baking sheet, drizzle with olive oil, and season with salt and pepper. Top cod with lemon slices. Bake for 15-20 minutes.

### **Snacks:**

- 1 pear
- 1/2 cup carrot sticks with hummus



# 7 Day PCOS Meal Plan



## DAY 3

### Breakfast: Green Smoothie

- 1 cup spinach
- 1 scoop protein powder
- 1/2 cup mixed berries
- 1 cup almond milk
- 1 tbsp almond butter
- Blend all ingredients until smooth.

### Lunch: Turkey and Avocado Wrap

- 1 whole wheat wrap
- 3 oz turkey breast, sliced
- 1/2 avocado, mashed
- Lettuce, tomato, and red onion slices
- Spread avocado on wrap, top with turkey and vegetables, and roll up.

### Dinner: Tofu Stir-Fry with Brown Rice

- 4 oz tofu, cubed
- 1 cup mixed vegetables (bell peppers, snap peas, carrots)
- 3/4 cup brown or white rice, cooked
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 garlic clove, minced
- 1 tsp grated ginger
- Heat sesame oil in a pan, add garlic and ginger, and sauté. Add tofu and vegetables, cook until vegetables are tender. Stir in soy sauce and serve over rice.

### Snacks:

- 1 orange
- 1/4 cup pumpkin seeds

## DAY 4

### Breakfast: Chia Pudding with Almonds and Blueberries

- 3 tbsp chia seeds
- 1 cup high protein milk
- 1/4 cup blueberries
- 1/4 cup almonds, chopped
- Mix chia seeds with milk and refrigerate overnight. Top with blueberries and almonds.

### Lunch: Spinach Salad with Chickpeas, Feta, and Chicken

- 2 cups spinach
- 1/2 cup chickpeas
- 1/4 cup feta cheese, crumbled
- 3 oz grilled chicken breast, sliced
- 1/4 cup red onion, thinly sliced
- Balsamic vinaigrette (2 tbsp balsamic vinegar, 1 tbsp olive oil, salt, and pepper)
- Toss all ingredients together and drizzle with vinaigrette.

### Dinner: Grilled Shrimp with Zucchini Noodles and Pesto

- 4 oz grilled shrimp
- 2 cups zucchini noodles
- 2 tbsp pesto sauce
- 1 whole wheat roll
- Sauté zucchini noodles until tender. Toss with grilled shrimp and pesto.

### Snacks:

- 1 apple
- 1/4 cup walnuts



# 7 Day PCOS Meal Plan



## DAY 5

### **Breakfast: Avocado and Egg Toast**

- 1 slice whole grain toast
- 1/2 avocado, mashed
- 2 eggs
- 1/2 tsp red pepper flakes
- Salt and pepper
- Spread avocado on toast, top with eggs, and sprinkle with red pepper flakes, salt, and pepper.

### **Lunch: Chicken and Vegetable Stir-Fry with Brown Rice**

- 4 oz chicken breast, sliced
- 1 cup mixed vegetables (broccoli, bell peppers, carrots)
- 3/4 cup brown rice, cooked
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp grated ginger
- Heat olive oil in a pan, add garlic and ginger, and sauté. Add chicken and vegetables, cook until chicken is done and vegetables are tender. Stir in soy sauce and serve over rice.

### **Dinner: Baked Salmon with Brussels Sprouts and Sweet Potato**

- 4 oz salmon fillet
- 1 cup Brussels sprouts, halved
- 1 small sweet potato, cubed
- 1 tbsp olive oil
- 1 tsp paprika
- Salt and pepper
- Preheat oven to 400°F. Toss Brussels sprouts and sweet potato with olive oil, paprika, salt, and pepper. Bake for 20-25 minutes. Grill salmon until cooked through.

### **Snacks:**

- 1 pear
- 1/4 cup sunflower seeds

## DAY 6

### **Breakfast: Mango Kale Smoothie**

- 1 cup kale
- 1 scoop protein powder
- 1/2 cup mango, diced
- 1 cup coconut water
- Blend all ingredients until smooth.

### **Lunch: Quinoa Bowl with Black Beans, Corn, and Chicken**

- 1/4 cup cooked quinoa
- 1/2 cup black beans
- 1/4 cup corn
- 3 oz grilled chicken breast, sliced
- Salsa (1/4 cup diced tomatoes, 1/4 cup diced onions, 1 tbsp lime juice, cilantro, salt, and pepper)
- Mix quinoa, black beans, corn, and chicken. Top with salsa.

### **Dinner: Turkey Meatballs with Spaghetti Squash and Marinara Sauce**

- 4 turkey meatballs
- 1 cup spaghetti squash, cooked
- 1/2 cup marinara sauce
- 1/4 cup grated Parmesan cheese
- Serve meatballs over spaghetti squash and top with marinara sauce and Parmesan cheese.

### **Snacks:**

- 1 orange
- 1/4 cup pistachios



# 7 Day PCOS Meal Plan

## DAY 7

### **Breakfast: Greek Yogurt with Granola and Strawberries**

- 1 cup Greek yogurt
- 1/4 cup granola
- 1/2 cup strawberries, sliced
- Layer yogurt, granola, and strawberries in a bowl.

### **Lunch: Hummus and Veggie Wrap with Turkey**

- 1 whole wheat wrap
- 3 tbsp hummus
- 3 oz turkey breast, sliced
- 1 cup mixed vegetables (cucumbers, bell peppers, carrots)
- Lettuce
- Spread hummus on the wrap, add turkey and vegetables, and roll up.

### **Dinner: Baked Chicken Thighs with Quinoa and Green Beans**

- 4 oz baked chicken thighs
- 1 cup cooked quinoa
- 3/4 cup steamed green beans
- Season chicken thighs with salt, pepper, and your favorite herbs. Bake at 375°F for 25-30 minutes.

### **Snacks:**

- 1 apple
- 1/4 cup almonds

