









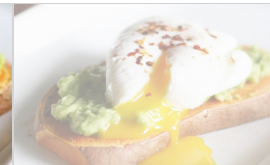











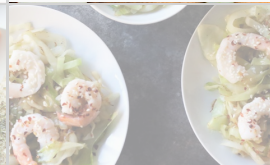
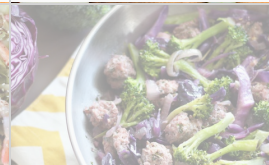















PCOS Diet

Packed with fibre, 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.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Breakfast Cauliflower Casserole	Breakfast Cauliflower Casserole	Breakfast Cauliflower Casserole	Carrot Cake Chia Pudding	Carrot Cake Chia Pudding	Avocado Sweet Potato Toast with Poached Egg	Avocado Sweet Potato Toast with Poached Egg
Snack 1							
	Apple with Almond Butter	Apple with Almond Butter	Hummus Dippers	Hummus Dippers	Apple with Almond Butter	Apple with Almond Butter	Apple with Almond Butter
Lunch							
	Cream of Celery & Asparagus Soup	Mediterranean Goddess Bowl	Cajun Chicken, Sweet Potatoes & Kale	One Pan Chicken, Golden Cauliflower & Carrot Fries	15 Minute Shrimp & Cabbage Stir Fry	Sausage, Broccoli & Cabbage Stir Fry	Cream of Celery & Asparagus Soup
Snack 2							
	Smoked Salmon Wrapped Avocado	Smoked Salmon Wrapped Avocado	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Hummus Dippers	Hummus Dippers
Dinner							
	Mediterranean Goddess Bowl	Cajun Chicken, Sweet Potatoes & Kale	One Pan Chicken, Golden Cauliflower & Carrot Fries	15 Minute Shrimp & Cabbage Stir Fry	Sausage, Broccoli & Cabbage Stir Fry	Cheesy Cauliflower & Broccoli Casserole	Cheesy Cauliflower & Broccoli Casserole

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 tsp 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 tsp 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
- ☐ 8 ozs Extra Lean Ground Chicken
- ☐ 1 1/2 cups Hummus
- ☐ 5 ozs Organic Chicken Sausage
- ☐ 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



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

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 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.
- 3 In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
- 4 Pour mixture into a baking dish and bake for 45 minutes.
- 5 Remove from oven and let cool slightly before serving. Enjoy!



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

Directions

- 1 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.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!



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)

Directions

- 1 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.
- 2 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.
- 3 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.
- 4 Poach, fry or hardboil the eggs.
- 5 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!



Apple with Almond Butter

5 servings

5 minutes

Ingredients

5 Apple
2/3 cup Almond Butter

Directions

- 1 Slice apple and cut away the core.
:
- 2 Dip into almond butter.
:
- 3 Yummmmm.



Hummus Dippers

4 servings

15 minutes

Ingredients

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

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 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.



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

Directions

- 1 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.
- 2 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.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!



Smoked Salmon Wrapped Avocado

2 servings

5 minutes

Ingredients

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

Directions

1

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



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)

Directions

- 1 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.
- 2 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.
- 3 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

Directions

- 1 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.
- 2 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.)
- 3 In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
- 4 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!



Cajun Chicken, Sweet Potatoes & Kale

2 servings

35 minutes

Ingredients

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

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
- 2 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.
- 3 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.
- 4 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.
- 5 Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!



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

Directions

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



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

Directions

- 1 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.
- 2 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.
- 3 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!



Sausage, Broccoli & Cabbage Stir Fry

2 servings

25 minutes

Ingredients

5 ozs Organic 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

Directions

- 1 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.
- 2 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!



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

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 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.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 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 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!