PCOS Diet Success Jumpstart Guide
Easy-to-Implement Steps for Healing through Food
We’re excited you’re here and we can’t wait to support you.

PCOS can be a life long, chronic medical condition. But did you know that your symptoms of PCOS can be managed almost entirely through the right diet, lifestyle and movement choices you make each day?

And what you eat makes the biggest impact. That’s because food is information. Information either to harm or to heal your body.

But we know it’s not so easy. That’s why we’ve put together this PCOS Diet Success Jumpstart Guide. Here you’ll find

- 7 Simple Changes that will have a big impact on your health
- Grocery Shopping List
- Meal Ideas and Recipes

Begin to make small changes every day, and overtime, they’ll add up to some big improvements in how you feel.

We’re here to support and empower you. So let’s get started!

Transforming Women’s Health,

Robin Nielsen
Chief Wellness Officer
7 Simple Changes!
Each Day of the Week Make One Simple Change

Monday: Drink four 8-ounce glasses of water daily – when you’re ready, increase to eight 8-ounce glasses of water daily.

Tuesday: Eat a high protein breakfast within an hour of waking (see Grocery Shopping List). Protein helps you to build muscle, balance moods and supports detoxification.

Wednesday: Cut your dairy intake in half today (eventually eliminate all dairy, i.e. milk, yogurt, cheese, etc.) and try instead coconut milk, almond milk, coconut yogurt or a homemade nut cheese (unsweetened).

Thursday: Eat a healthy protein, fat and carbohydrate every 5 hours (see the Grocery Shopping List)*, and go 12 hours between meals from dinner to breakfast.

Friday: Make an oil change – throw out your unhealthy fats and replace them with healthy fats – fats help to balance hormones, hydrate skin and help your brain to function better. (See the Grocery Shopping List below)

Saturday: Cut your wheat/gluten intake in half today (eventually eliminate all wheat and gluten) and substitute a yam, sweet potato, squash, cooked carrots, quinoa or beans – try ½ cup of any of these.

Sunday: Enjoy two cups of vegetables at each meal today.

These are some big changes, right? The good news is that there is just one a day to try. Notice how you feel. Dairy and wheat create a host of problems for women with PCOS so you may notice that your symptoms improve greatly when you eliminate them. Use the Grocery Shopping List below to stock your pantry with hormone-balancing foods.
Grocery Shopping List

Proteins

☐ Chicken and turkey (look for organic free-range fowl)
☐ Wild caught fish and shellfish
☐ Grass fed beef, pork, lamb, bison, etc.
☐ Organic, free-range eggs

Non-Starchy Vegetables (what’s in season!)

☐ Artichokes
☐ Arugula
☐ Asparagus
☐ Bell Peppers
☐ Broccoli
☐ Brussels Sprouts
☐ Cabbage
☐ Carrots (raw)
☐ Cauliflower
☐ Celery
☐ Cucumber
☐ Eggplant
☐ Garlic
☐ Green Beans
☐ Kale
☐ Lettuces
☐ Mushrooms
☐ Onions
☐ Peppers (all colors)
☐ Radicchio
☐ Radishes
☐ Romaine

High Fiber Starchy Carbs

☐ Pumpkin
☐ Squash (acorn, butternut, winter)
☐ Quinoa
☐ Spaghetti squash
☐ Spinach
☐ Sprouts
☐ Summer squash
☐ Swiss Chard
☐ Tomatoes (raw)
☐ Watercress
☐ ______________
☐ ______________

Better Fruit Choices (what’s in season!)

☐ Apples
☐ Avocados
☐ Berries
☐ Melons (except for watermelon)
☐ Oranges
☐ Grapefruit

☐ Yams or sweet potatoes
☐ ______________
☐ ______________
Lemons/limes

Pantry/Fridge Items

- Almond Butter
- Balsamic vinegar
- Capers
- Cashew Butter
- Chia & Flax seeds
- Coconut milk (unsweetened) I use So Delicious Brand
- Coconut oil
- Cold pressed extra virgin oil
- Dijon mustard
- Evo Fresh Pomegranate Juice
- Green tea
- Low sodium Tamari
- Marinara (no sugar added)
- Nuts/seeds (raw or lightly toasted)
- Organic chicken & vegetable broth (Imagine)
- Pickles (unsweetened)
- Raw walnuts, pecans, almonds, macadamia nuts
- Red wine vinegar
- Regular olive oil
- Salsa, pico de gallo
- Sardines & Smoked Oysters (fast food!)
- Sauerkraut (live is best)

- Sesame oil (Toasted too)
- Shredded unsweetened coconut
- Sparkling Mineral water in glass bottles
- Sun-dried tomatoes
- Thai Red Curry Sauce
- Spices & Herbs

- Mexican Herbs
- French Herbs
- Italian Herbs
- Sea Salt
- Lemon Pepper
- Cinnamon
- Vanilla – no sugar added
- Rosemary
- Sage
- Nutmeg
- Cardamom
- Paprika, etc.
Meal Ideas (Recipes Below)

Breakfast Ideas

• Shake: quick and easy, easily digestible, low carb
• Eggs any style – add some salsa, spinach or other veggies to complete the meal
• Egg and veggie fritatta
• Hot breakfast cereal (gluten free): hot quinoa, rolled or steel cut oats, brown rice cooked according to instruction (soak in water overnight if possible and cook in morning) – add some protein like Breakfast sausage or mix in a healthy protein powder
• Leftover dinner: soups, meat and vegetables, chili, stir fry etc.
• Nut granola with almond or coconut milk

Lunch Ideas

• Salads: any kind of lettuce (except iceberg) with chopped veggies and protein
• Lettuce wrap: wrap up your favorite veggies and meat
• Leftover dinner
• Buffalo burger topped with lettuce, tomato, avocado, pickles and Dijon with ½ cup of lentil soup
• Grilled shrimp served on a bed of romaine with tomato wedges, green onions and snap peas (use coconut oil to sauté shrimp or boil them)
• Chicken salad
Dinner Ideas

• Soup – make it brothy and add vegetables and a meat of your choice
• Steak (free range) sautéed with onions, mushrooms and peppers with grilled zucchini and a small salad (use coconut oil or grapeseed oil and water to sauté)
• Baked halibut in coconut aminos and lemon, 1 cup butternut squash topped with ghee/butter or olive oil, steamed green beans with green salad (if desired)
• Grilled lamb shank with steamed broccoli and cauliflower
• Chicken baked with lemon, garlic, olive oil and sea salt, spaghetti squash with small salad

Recipes Below!
Recipes

Basic Shake Recipe

- Basic Shake Recipe
- Coconut milk/water/almond milk
- 1-2 tbls ground flax or chia seeds
- Protein powder (aim for 20 grams protein – avoid whey)
- Handful of greens
- ½ cup berries
- ½ lime or lemon juiced/sliced ginger/cinnamon, etc.

Breakfast Sausage - Serves 6

Ingredients:

- 1 pound ground chicken, turkey, pork or beef
- 1/2 cup apples peeled and diced
- 2 tablespoons olive oil
- 2 tablespoons onion, diced
- 2 tablespoon sage, dried
- 1 teaspoon sea salt
- 1/2 teaspoon lemon pepper
- 1/2 teaspoon garlic minced

Step By Step:

Mix all Ingredients together and form into patties. Cook until done. Enjoy!
Hot Breakfast Cereal

Make sure it’s gluten free and use coconut or almond milk. Soaking the grains overnight covered in water makes them easier to digest and much healthier…and in the morning they are much easier to cook. Make sure to add protein to balance out the meal. Here are some things you can add:

- chopped walnuts, sunflower seeds, slivered almonds
- ½ cup fresh or frozen berries (warm the frozen ones up on the stove)
- 1 tbls ground flax or chia seed
- ½ tsp grated lemon peel or cinnamon or both

Egg & Veggie Frittata

Ingredients:

- ¼ red onion, chopped
- 1 cup kale, spinach or other veggies, chopped
- 2 tsp. butter or ghee (pasture/grass fed) or coconut oil
- 3 whole eggs, well beaten

Step By Step:

Sauté onions and fresh veggies in the butter in a small skillet. Add the eggs and cook without stirring tilting the skillet while lifting the edge of the cooked egg with a spatula, allowing uncooked egg to flow underneath. Serve when done.
Robin’s Granola

Ingredients:

To a bowl add 1 cup of the following:

- whole raw almonds
- whole raw walnuts
- whole raw pecans
- whole raw cashews

Place all in food processor and pulse several times to make nut pieces. Pour into a large bowl & add 1 cup of each:

- pumpkin seeds
- sesame seeds
- sunflower seeds

Cover with water and let sit overnight. Drain and rinse well in morning and then add:

- 1 - 2 large shredded apples (in food processor)
- 1 tbls vanilla
- 1 tbls cinnamon
- Peel of one orange grated
- 1/4 cup maple syrup

Step By Step:

Spread nut mixture onto two cookie sheets (if aluminum cover with parchment paper) in one layer. Place in separate ovens at 150-200 degrees and bake until completely dried out. Will take 10 hours or so. Stir every one-two hours.

Add any or all of the following after baked:
• raisins (go easy on dried fruit as it’s very high in sugar)
• shredded coconut
• dried mango (unsweetened) chopped
• dried cherries (unsweetened)
• dried blueberries (OK to use more – berries are lower in sugar)
• ground flax seed

Enjoy with unsweetened almond milk, coconut milk, or as a topping for your warm breakfast.

Lettuce Wrap

This is an easy-breezy lunch or dinner. Use butter lettuce or romaine – you can even use a toasted nori sheet (seaweed). Put some Hain’s mayonnaise or hummus on the lettuce along with some Dijon mustard, sliced chicken or deli meat (without hormones and antibiotics – free range whenever possible), sliced carrots, sprouts, avocado, sliced cucumber, etc. Load it up with veggies and protein and enjoy!

Chicken Salad

Ingredients

• Cooked diced chicken, ½ breast
• 1 celery rib chopped
• ½ apple chopped
• 1 carrot chopped
• ¼ cup walnuts broken into pieces
• Hain mayo, 1 rounded tbls.
• Sea salt to taste
• Mixed greens or spinach
Step by Step

Mix the first seven ingredients together and season to taste. Put a large handful of greens into a shallow bowl and put the chicken salad on top. Enjoy!

**Basic Vegetable Soup, Serves 12**

**Ingredients**

- 2 cans diced tomatoes undrained
- 1 large onion, chopped
- 4 cloves garlic, pressed
- 2 tablespoons olive oil, divided
- 2 large carrots, chopped
- 2 small celery stalks, chopped
- 1 medium turnip, chopped
- 2 cups green beans, cut in 1-inch pieces
- 6 cups chicken broth (Pacific Foods is gluten free)
- 1/4 head cabbage, chopped
- 1/2 teaspoon thyme
- Sea salt and pepper to taste

**Step by Step**

In a large soup pot, heat one tablespoon of the olive oil over medium-high heat. Add the onion and cook till nearly translucent - add the garlic. Don’t let the garlic brown and sauté another couple of minutes. Add the rest of the chopped veggies, sautéing for just a minute or two. You’re not cooking them just sautéing for the wonderful flavor this quick step will infuse in your soup. Add the thyme and salt and pepper while sautéing. Now put the veggies in the crock cooker, add the tomatoes and broth. Cook on low 7-9 hours (depending on your crock cooker) or high 4-6 hours. Add some protein like chicken, fish or shrimp.
Other soup variations:

Quick Fix #1: Tex Mex Veggie Soup. Add some canned black beans (drained and rinsed), a little bit of cumin and chopped cilantro.

Quick Fix #2: Tuscan Veggie Soup. Add some canned cannellini (white kidney beans) or white beans (drained and rinse), a little bit of Italian seasoning and some chopped kale. Cook till heated through and the kale is tender.

Quick Fix #3: Minestrone Veggie Soup. Add some cooked brown rice pasta (just a little bit), a little dried basil

Quick Fix #4: Autumn Veggie Soup. Add some diced acorn squash or butternut squash, and a sprinkling of nutmeg with some chopped parsley.