



PCOS Plan

Created by Swan Integrative Health and Wellness



PCOS Plan

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This 7-Day PCOS Plan is designed to address common concerns of women struggling with Polycystic Ovary Syndrome - insulin resistance, hormone imbalances, and weight challenges.

To combat insulin-resistance, all ingredients have a low glycemic load. The plan includes 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.

Most importantly, these recipes are DELICIOUS, NUTRITIOUS, and SIMPLE!

Bon Appetit!

Amanda

PCOS Plan

7 days

	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

PCOS Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1421	Calories 1547	Calories 1296	Calories 1650	Calories 1572	Calories 1294	Calories 1292
Fat 94g	Fat 93g	Fat 73g	Fat 95g	Fat 89g	Fat 73g	Fat 79g
Saturated 19g	Saturated 18g	Saturated 19g	Saturated 25g	Saturated 24g	Saturated 14g	Saturated 17g
Carbs 105g	Carbs 118g	Carbs 64g	Carbs 88g	Carbs 111g	Carbs 123g	Carbs 114g
Fiber 32g	Fiber 33g	Fiber 19g	Fiber 36g	Fiber 39g	Fiber 37g	Fiber 37g
Sugar 31g	Sugar 29g	Sugar 14g	Sugar 23g	Sugar 44g	Sugar 44g	Sugar 40g
Protein 60g	Protein 75g	Protein 100g	Protein 130g	Protein 107g	Protein 56g	Protein 52g
Cholesterol 446mg	Cholesterol 544mg	Cholesterol 1021mg	Cholesterol 918mg	Cholesterol 886mg	Cholesterol 457mg	Cholesterol 372mg
Sodium 2409mg	Sodium 2281mg	Sodium 2896mg	Sodium 1833mg	Sodium 2026mg	Sodium 1680mg	Sodium 1564mg
Potassium 3201mg	Potassium 3233mg	Potassium 3032mg	Potassium 3531mg	Potassium 3086mg	Potassium 3478mg	Potassium 3576mg
Vitamin A 10344IU	Vitamin A 28720IU	Vitamin A 37494IU	Vitamin A 19759IU	Vitamin A 8336IU	Vitamin A 22480IU	Vitamin A 24766IU
Vitamin C 116mg	Vitamin C 116mg	Vitamin C 232mg	Vitamin C 305mg	Vitamin C 286mg	Vitamin C 412mg	Vitamin C 297mg
Calcium 582mg	Calcium 637mg	Calcium 540mg	Calcium 1333mg	Calcium 1493mg	Calcium 560mg	Calcium 526mg
Iron 16mg	Iron 15mg	Iron 14mg	Iron 16mg	Iron 17mg	Iron 15mg	Iron 15mg
Vitamin D 456IU	Vitamin D 456IU	Vitamin D 196IU	Vitamin D 184IU	Vitamin D 183IU	Vitamin D 82IU	Vitamin D 82IU
Vitamin B6 2.6mg	Vitamin B6 3.0mg	Vitamin B6 4.1mg	Vitamin B6 2.8mg	Vitamin B6 1.5mg	Vitamin B6 7.6mg	Vitamin B6 7.4mg
Folate 589µg	Folate 443µg	Folate 345µg	Folate 392µg	Folate 334µg	Folate 467µg	Folate 544µg
Vitamin B12 3.5µg	Vitamin B12 4.1µg	Vitamin B12 3.6µg	Vitamin B12 1.1µg	Vitamin B12 2.0µg	Vitamin B12 6.8µg	Vitamin B12 5.7µg

Magnesium 545mg	Magnesium 394mg	Magnesium 221mg	Magnesium 494mg	Magnesium 504mg	Magnesium 364mg	Magnesium 512mg
Zinc 10mg	Zinc 9mg	Zinc 8mg	Zinc 10mg	Zinc 10mg	Zinc 10mg	Zinc 11mg
Selenium 69µg	Selenium 78µg	Selenium 118µg	Selenium 73µg	Selenium 55µg	Selenium 72µg	Selenium 58µg

PCOS Plan

59 items

Fruits

- ☐ 10 Apple
- ☐ 4 Avocado
- ☐ 2 1/2 Lemon

Breakfast

- ☐ 1 1/4 cups Almond Butter

Seeds, Nuts & Spices

- ☐ 1 tsp Black Pepper
- ☐ 2 tbsps Cajun Spice
- ☐ 1/2 cup Cashews
- ☐ 1 cup Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 2 tsps Dried Thyme
- ☐ 2 tsps Garlic Powder
- ☐ 1/2 tsp Ground Ginger
- ☐ 1/2 cup Hemp Seeds
- ☐ 2 tsps Italian Seasoning
- ☐ 1/2 tsp Oregano
- ☐ 1/4 tsp Paprika
- ☐ 1 tsp Red Pepper Flakes
- ☐ 1 3/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Sesame Seeds
- ☐ 2 tsps Turmeric
- ☐ 1/2 cup Walnuts

Vegetables

- ☐ 3 cups Asparagus
- ☐ 10 cups Baby Spinach
- ☐ 8 cups Broccoli
- ☐ 2 cups Butternut Squash
- ☐ 8 Carrot
- ☐ 3 heads Cauliflower
- ☐ 14 stalks Celery
- ☐ 1 Cucumber
- ☐ 12 Garlic
- ☐ 16 cups Green Cabbage
- ☐ 8 cups Kale Leaves
- ☐ 1/2 cup Parsley
- ☐ 4 cups Purple Cabbage
- ☐ 1/4 cup Red Onion
- ☐ 4 Sweet Potato
- ☐ 1 Tomato
- ☐ 2 Yellow Bell Pepper
- ☐ 3 Yellow Onion

Boxed & Canned

- ☐ 1 cup Quinoa

Baking

- ☐ 1/4 tsp Ground Cloves
- ☐ 2/3 cup Nutritional Yeast
- ☐ 2 tsps Stevia Powder
- ☐ 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 1 lb Chicken Breast
- ☐ 1 lb Extra Lean Ground Chicken
- ☐ 3 cups Hummus
- ☐ 10 ozs Organic Chicken Sausage
- ☐ 2 lbs Shrimp
- ☐ 7 1/16 ozs Smoked Salmon

Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 1/2 cup Coconut Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Tahini

Cold

- ☐ 34 Egg
- ☐ 5 cups Unsweetened Almond Milk

Other

- ☐ 6 cups Water

Breakfast Cauliflower Casserole

7 ingredients • 1 hour • 6 servings



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!

Notes

More Greens

Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

Don't Like Cauliflower

Use steamed broccoli instead.

Storage

Store in an airtight container up to three days. Reheat before serving.

Ingredients

1 head Cauliflower (chopped into florets)

14 Egg

1 cup Unsweetened Almond Milk

2 tsps Garlic Powder

2 tsps Nutritional Yeast

2 tsps Sea Salt

2 cups Baby Spinach

Nutrition

Amount per serving

Calories	210	Vitamin C	50mg
Fat	12g	Calcium	173mg
Saturated	4g	Iron	3mg
Carbs	8g	Vitamin D	113IU
Fiber	3g	Vitamin B6	1.3mg
Sugar	2g	Folate	132µg
Protein	18g	Vitamin B12	1.9µg
Cholesterol	434mg	Magnesium	40mg
Sodium	1021mg	Zinc	2mg
Potassium	528mg	Selenium	39µg
Vitamin A	1651IU		

Carrot Cake Chia Pudding

9 ingredients • 3 hours • 4 servings



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!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

Extra Creamy

Replace half of the almond milk with full-fat canned coconut milk.

Ingredients

- 2 Carrot (medium, grated)
- 1 tsp Cinnamon
- 1/4 tsp Ground Cloves
- 1/2 tsp Ground Ginger
- 2 tsps Stevia Powder (to taste)
- 4 cups Unsweetened Almond Milk
- 1 cup Chia Seeds
- 1/2 cup Walnuts (chopped)
- 1/4 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	413	Vitamin C	2mg
Fat	31g	Calcium	751mg
Saturated	4g	Iron	5mg
Carbs	30g	Vitamin D	101IU
Fiber	16g	Vitamin B6	0.1mg
Sugar	2g	Folate	20µg
Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	185mg
Sodium	184mg	Zinc	1mg
Potassium	553mg	Selenium	1µg
Vitamin A	5600IU		

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 4 servings



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!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

2 Sweet Potato (large)
8 Egg
2 Avocado
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	361	Vitamin C	12mg
Fat	24g	Calcium	88mg
Saturated	5g	Iron	3mg
Carbs	22g	Vitamin D	82IU
Fiber	9g	Vitamin B6	0.6mg
Sugar	4g	Folate	137µg
Protein	16g	Vitamin B12	0.9µg
Cholesterol	372mg	Magnesium	57mg
Sodium	185mg	Zinc	2mg
Potassium	845mg	Selenium	31µg
Vitamin A	9908IU		

Apple with Almond Butter

2 ingredients · 5 minutes · 10 servings



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

Ingredients

10 Apple

1 1/4 cups Almond Butter

Nutrition

Amount per serving

Calories	287	Vitamin C	8mg
Fat	18g	Calcium	120mg
Saturated	1g	Iron	1mg
Carbs	31g	Vitamin D	0IU
Fiber	8g	Vitamin B6	0.1mg
Sugar	20g	Folate	22µg
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	96mg
Sodium	4mg	Zinc	1mg
Potassium	429mg	Selenium	1µg
Vitamin A	98IU		

Hummus Dippers

4 ingredients · 15 minutes · 8 servings



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.

Notes

Homemade

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up

Substitute in different veggies like cucumber or zucchini.

Ingredients

2 Yellow Bell Pepper

2 Carrot

8 stalks Celery

2 cups Hummus

Nutrition

Amount per serving

Calories	171	Vitamin C	87mg
Fat	11g	Calcium	55mg
Saturated	2g	Iron	2mg
Carbs	15g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.2mg
Sugar	2g	Folate	59µg
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	57mg
Sodium	306mg	Zinc	1mg
Potassium	443mg	Selenium	3µg
Vitamin A	2835IU		

Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 4 servings



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!

Notes

No Hemp Seeds

Use cashews.

Add Some Crunch

Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach

Use kale, swiss chard or any leafy green.

Leftovers

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

Ingredients

- 2 **tbsps** Coconut Oil
- 1 Yellow Onion (chopped)
- 6 **stalks** Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 **cups** Water
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 3 **cups** Asparagus (woody ends snapped off)
- 1/2 **cup** Hemp Seeds
- 4 **cups** Baby Spinach

Nutrition

Amount per serving

Calories	222	Vitamin C	20mg
Fat	17g	Calcium	131mg
Saturated	7g	Iron	5mg
Carbs	12g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.3mg
Sugar	5g	Folate	154µg
Protein	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	191mg
Sodium	672mg	Zinc	3mg
Potassium	779mg	Selenium	3µg
Vitamin A	3846IU		

Smoked Salmon Wrapped Avocado

2 ingredients · 5 minutes · 4 servings



Directions

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

Ingredients

2 Avocado

7 1/16 ozs Smoked Salmon (sliced)

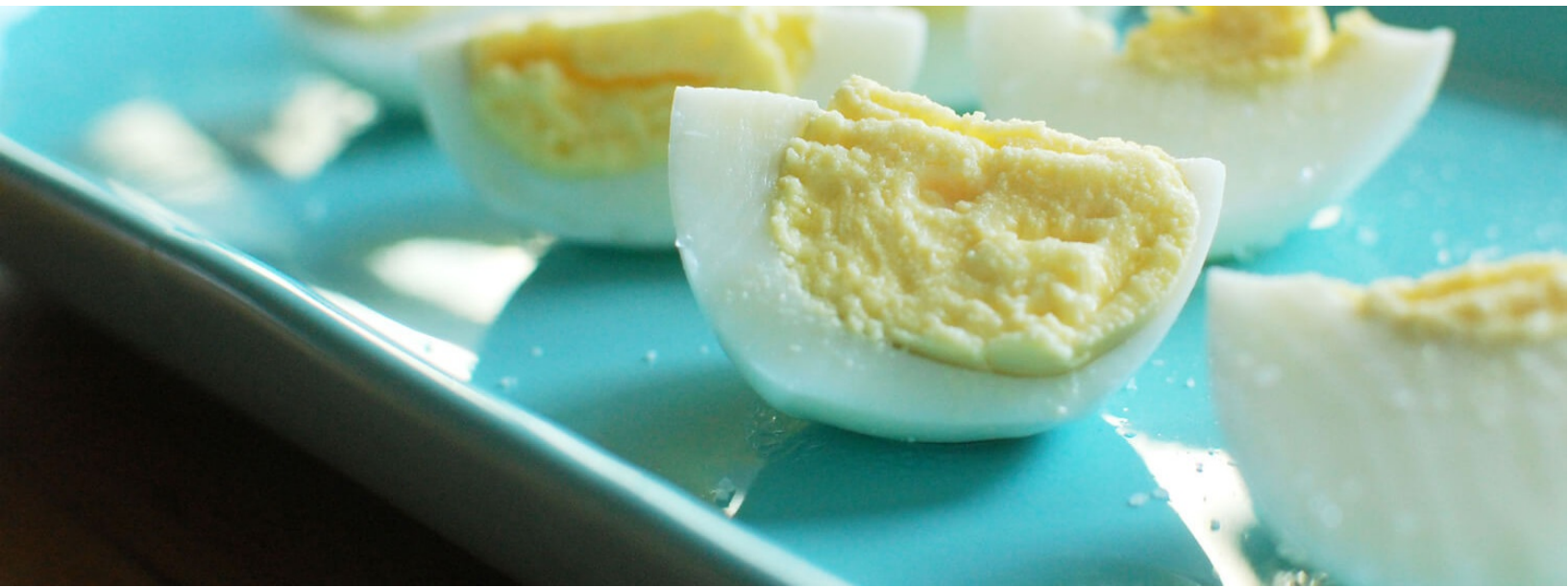
Nutrition

Amount per serving

Calories	220	Vitamin C	10mg
Fat	17g	Calcium	18mg
Saturated	3g	Iron	1mg
Carbs	9g	Vitamin D	343IU
Fiber	7g	Vitamin B6	0.4mg
Sugar	1g	Folate	83µg
Protein	11g	Vitamin B12	1.6µg
Cholesterol	12mg	Magnesium	38mg
Sodium	343mg	Zinc	1mg
Potassium	575mg	Selenium	17µg
Vitamin A	190IU		

Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 6 servings



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!

Ingredients

12 Egg

1 1/2 **tsps** Sea Salt (divided)

1/3 **cup** Apple Cider Vinegar (divided)

Nutrition

Amount per serving

Calories	149	Vitamin C	0mg
Fat	10g	Calcium	56mg
Saturated	3g	Iron	2mg
Carbs	2g	Vitamin D	82IU
Fiber	0g	Vitamin B6	0.2mg
Sugar	1g	Folate	48µg
Protein	13g	Vitamin B12	0.9µg
Cholesterol	372mg	Magnesium	12mg
Sodium	732mg	Zinc	1mg
Potassium	138mg	Selenium	31µg
Vitamin A	540IU		

Mediterranean Goddess Bowl

14 ingredients · 25 minutes · 4 servings



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!

Notes

On-the-Go

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 4 cups Baby Spinach
- 1 tbsp Tahini
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Oregano
- 1/2 tsp Black Pepper
- 1/2 Lemon (juiced)
- 1 Tomato (diced)
- 1/4 cup Red Onion (finely diced)
- 1 Cucumber (diced)
- 1/2 cup Parsley (finely chopped)
- 1 cup Hummus
- 1 tbsp Chili Powder

Nutrition

Amount per serving

Calories	482	Vitamin C	28mg
Fat	30g	Calcium	140mg
Saturated	4g	Iron	6mg
Carbs	45g	Vitamin D	0IU
Fiber	9g	Vitamin B6	0.5mg
Sugar	3g	Folate	198µg
Protein	14g	Vitamin B12	0µg

Cholesterol	0mg	Magnesium	180mg
Sodium	369mg	Zinc	3mg
Potassium	890mg	Selenium	9µg
Vitamin A	4559IU		

Cajun Chicken, Sweet Potatoes & Kale

7 ingredients · 35 minutes · 4 servings



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!

Notes

No Ground Chicken

Use any type of ground meat.

Vegan & Vegetarian

Use lentils or chickpeas instead of chicken.

Storage

Store in an airtight container in the fridge up to 3 days.

Ingredients

2 Sweet Potato (medium, diced into 1/2 inch thick pieces)

1 tbsp Extra Virgin Olive Oil

2 tbsps Cajun Spice (divided)

1 tbsp Coconut Oil (divided)

1 lb Extra Lean Ground Chicken

8 cups Kale Leaves (sliced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	348	Vitamin C	20mg
Fat	16g	Calcium	186mg
Saturated	6g	Iron	4mg
Carbs	25g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.7mg
Sugar	3g	Folate	8µg
Protein	25g	Vitamin B12	0.6µg
Cholesterol	98mg	Magnesium	40mg
Sodium	544mg	Zinc	2mg
Potassium	811mg	Selenium	12µg
Vitamin A	2222IU		

One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 4 servings



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!

Notes

Low FODMAP

Use zucchini instead of cauliflower.

Ingredients

- 4 Carrot (medium)
- 1 head Cauliflower
- 1/3 cup Extra Virgin Olive Oil (divided three ways)
- 1 lb Chicken Breast
- 2 tsps Dried Thyme
- 2 tsps Turmeric (powder)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	418	Vitamin C	75mg
Fat	24g	Calcium	70mg
Saturated	4g	Iron	3mg
Carbs	14g	Vitamin D	1IU
Fiber	5g	Vitamin B6	1.7mg
Sugar	6g	Folate	98µg
Protein	38g	Vitamin B12	0.2µg
Cholesterol	117mg	Magnesium	72mg
Sodium	293mg	Zinc	2mg
Potassium	1112mg	Selenium	33µg
Vitamin A	10246IU		

15 Minute Shrimp & Cabbage Stir Fry

8 ingredients · 15 minutes · 4 servings



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!

Notes

More Carbs

Serve with brown rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 2 days.

Ingredients

- 1/4 cup Coconut Oil (divided)
- 2 lbs Shrimp (raw, peeled and deveined)
- 6 Garlic (cloves, minced)
- 2 Lemon (juiced)
- 1 tsp Red Pepper Flakes
- 16 cups Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Sesame Seeds

Nutrition

Amount per serving

Calories	499	Vitamin C	141mg
Fat	19g	Calcium	401mg
Saturated	12g	Iron	4mg
Carbs	27g	Vitamin D	0IU
Fiber	10g	Vitamin B6	0.6mg
Sugar	12g	Folate	167µg
Protein	61g	Vitamin B12	0µg
Cholesterol	429mg	Magnesium	168mg
Sodium	318mg	Zinc	5mg
Potassium	1285mg	Selenium	5µg
Vitamin A	538IU		

Sausage, Broccoli & Cabbage Stir Fry

6 ingredients · 25 minutes · 4 servings



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!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

No Sausage

Use ground meat instead.

Make it Quick

Use bagged coleslaw mix to save time on slicing cabbage.

Ingredients

10 ozs Organic Chicken Sausage

1 Yellow Onion (small, diced)

1 Garlic (clove, minced)

4 cups Broccoli (chopped into small florets)

4 cups Purple Cabbage (finely sliced)

2 tsps Italian Seasoning

Nutrition

Amount per serving

Calories	224	Vitamin C	135mg
Fat	11g	Calcium	165mg
Saturated	4g	Iron	5mg
Carbs	21g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.5mg
Sugar	9g	Folate	77µg
Protein	14g	Vitamin B12	1.1µg
Cholesterol	85mg	Magnesium	43mg
Sodium	788mg	Zinc	2mg
Potassium	681mg	Selenium	17µg
Vitamin A	1560IU		

Cheesy Cauliflower & Broccoli Casserole

10 ingredients · 1 hour · 4 servings



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!

Notes

Save Time

Buy frozen, pre-sliced butternut squash cubes.

More Protein

Serve with roasted chicken or top with bacon.

More Carbs

Serve with brown rice macaroni or quinoa.

Ingredients




- 2 cups** Butternut Squash (peeled, seeded and cubed)
- 1** Yellow Onion (medium, diced)
- 2** Garlic (cloves, minced)
- 1/2 cup** Water
- 1 head** Cauliflower (medium, chopped into florets)
- 4 cups** Broccoli (chopped into florets)
- 1/2 cup** Cashews
- 1/2 cup** Nutritional Yeast
- 1/2 tsp** Sea Salt
- 1/4 tsp** Paprika






Nutrition






Amount per serving




Calories	251	Vitamin C	170mg
Fat	9g	Calcium	132mg
Saturated	2g	Iron	4mg
Carbs	34g	Vitamin D	0IU
Fiber	10g	Vitamin B6	6.2mg
Sugar	9g	Folate	172µg
Protein	13g	Vitamin B12	4.8µg
Cholesterol	0mg	Magnesium	111mg
Sodium	397mg	Zinc	4mg

Potassium	1080mg	Selenium	20µg
Vitamin A	8079IU		

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the PCOS Diet and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the shrimp and sausage.	You'll be reminded later on in the week when to set them out to thaw.
		Make the Breakfast Cauliflower Casserole.	Follow the recipe and move onto other tasks while it bakes. Once finished, divide between containers, let cool and store in fridge.
		Make the Cream of Celery and Asparagus Soup.	Follow the recipe. Once finished, divide between containers. Let cool and store half in the fridge and half in the freezer for later on in the week.
		Make the Smoked Salmon Wrapped Avocado snacks.	Divide into containers. Seal and store in the fridge.
		Make Apple with Almond Butter snacks.	Portion almond butter into mini containers and leave the apples at room temperature.
1 Mon		Pack your meals if you are on-the-go.	Breakfast Cauliflower Casserole, Apple with Almond Butter, Cream of Celery and Asparagus Soup and Smoked Salmon Wrapped Avocado.

		Make Mediterranean Goddess Bowl for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
2 Tue		Pack your meals if you are on-the-go.	Breakfast Cauliflower Casserole, Apple with Almond Butter, Mediterranean Goddess Bowl and Smoked Salmon Wrapped Avocado.
		Make Cajun Chicken, Sweet Potatoes & Kale for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Make Hummus Dipper snack jars.	Divide hummus between jars and top with veggies. Seal and store in the refrigerator.
		Hard boil eggs.	For your Salt 'n Vinegar Hard Boiled Egg snacks.
3 Wed		Pack your meals if you are on-the-go.	Breakfast Cauliflower Casserole, Hummus Dippers, Cajun Chicken, Sweet Potatoes & Kale and Salt 'n Vinegar Hard Boiled Eggs.
		Make One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Make Carrot Cake Chia Pudding.	Divide between containers and store in the fridge.
		Take shrimp and sausage out of the freezer.	Let thaw in the fridge for dinners on Thursday and Friday.

4 Thu		Pack your meals if you are on-the-go.	Carrot Cake Chia Pudding, Hummus Dippers, One Pan Chicken, Golden Cauliflower & Carrot Fries, and Salt 'n Vinegar Hard Boiled Eggs.
		Make the 15 Minute Shrimp & Cabbage Stir Fry for dinner.	Transfer the leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Make Apple with Almond Butter snacks.	Portion almond butter into mini containers and leave the apples at room temperature.
5 Fri		Pack your meals if you are on-the-go.	Carrot Cake Chia Pudding, Apple with Almond Butter, 15 Minute Shrimp & Cabbage Stir Fry, and Salt 'n Vinegar Hard Boiled Eggs.
		Make Sausage, Broccoli & Cabbage Stir Fry for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
6 Sat		Make Avocado Sweet Potato Toast with Poached Egg for breakfast.	Have one portion and store the leftover in a container in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Avocado Sweet Potato Toast with Poached Egg, Apple with Almond Butter, Sausage, Broccoli & Cabbage Stir Fry and Hummus Dippers.

		Make the Cheesy Cauliflower & Broccoli Casserole for dinner.	Transfer leftovers into a container and store in the refrigerator for dinner tomorrow.
		Take one serving of the Cream of Celery and Asparagus Soup out of the freezer.	Let thaw in the fridge overnight for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Avocado Sweet Potato Toast with Poached Egg, Apple with Almond Butter, Cream of Celery and Asparagus Soup, and Hummus Dippers.
		Enjoy leftover Cheesy Cauliflower & Broccoli Casserole for dinner.	Reheat in a toaster oven or skillet. Enjoy!