

## *Module 8, Lesson 3 Tool:* **Sample Meal Plans for PCOS**

Low glycemic diets, anti-inflammatory diets and the DASH diet have been studied and have shown to have positive benefits for reducing PCOS symptoms. These sample meal plans were created using the Nutritious Life philosophy incorporating parts of all of these diets - they're low glycemic, anti-inflammatory and incorporate many of the principles of the DASH (and also Mediterranean) diets. You can use these menus as a foundation for customizing a plan for a client or simply as a sample day to help her gain an understanding of eating to manage PCOS.

### **Sample Day 1**

#### **Breakfast**

- Toast with Berries
  - 2 slices sprouted grain bread, toasted
  - 2 teaspoons cashew butter
  - Sprinkle of cinnamon
- 1 cup sliced strawberries

#### **Snack**

- Turmeric Latte
  - 1 cup almond milk, unsweetened
  - 1/2 teaspoon turmeric powder
  - 1/4 teaspoon ground cinnamon
- 16 almonds

#### **Lunch**

- 1 cup low sodium lentil soup
- Side salad (greens, assorted vegetables, 1 teaspoon olive oil and squeeze of lemon)
- Apple

#### **Snack**

- Broccoli and cauliflower florets

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- 2 tablespoons hummus

## Dinner

- 5 ounces ginger marinated wild trout (combine 1 tablespoon each of sesame oil, lime juice and grated ginger, let fish marinate for 15 minutes, then broil for 10 minutes), topped with kimchi
- Sautéed kale made with 1 teaspoon olive oil
- ½ cup farro

## Sample Day 2

### Breakfast

- Chia Pudding (prepared overnight)
  - 2 tablespoons chia seeds
  - 1/2 cup almond milk, unsweetened
  - Topped with 1 tablespoon sliced almonds and ½ cup blueberries

### Snack

- 8 walnuts
- ½ cup red grapes

### Lunch

- Smoked Salmon Sandwich
  - 1/2 cup cottage cheese
  - 1 slice sprouted grain bread, toasted
  - 3 ounces sliced smoked salmon
  - 1 teaspoon drained capers
  - 1 teaspoon fresh dill
  - 1 lemon wedge
- Side of snap peas

### Snack

- 1 grain-free avocado brownie  
(<https://nutritiouslife.com/recipes/grain-free-brownies-recipe-banana-avocado/>)

## Dinner

- Black Bean Tacos
  - 2 sprouted grain tortillas
  - ½ cup black beans seasoned with cumin
  - ¼ avocado, sliced
  - ¼ cup tomatoes, chopped
  - ¼ cup Romaine lettuce, chopped
  - 2 dollops full fat Greek yogurt
  - Cilantro
- Side of blistered shishito peppers (heat 1 tablespoon olive oil over medium-high heat, add shishito peppers and cook, tossing occasionally, until peppers begin to blister on all sides)