7-Day PCOS Meal Plan

Name: _____ Week beginning: _____

Height: _____ Current weight: _____

Clinician: _____ Review date: _____ dd / mm / yyyy

WHAT THE EVIDENCE SUPPORTS

Most women with polycystic ovary syndrome have some degree of insulin resistance, and that is what diet can act on. The pattern with the best evidence is a lower-glycaemic, Mediterranean-style way of eating: slow carbohydrates, plenty of vegetables, adequate protein, and unsaturated fats.

Weight loss is not the only lever

Even without weight change, shifting the type of carbohydrate you eat improves insulin sensitivity in PCOS. Where weight loss is a goal, a 5 to 10 percent reduction is enough to improve cycle regularity for many women.

No food cures PCOS

Diet manages symptoms. It does not replace medication where that has been prescribed, and it does not treat the underlying hormonal picture on its own. Discuss any major change with your clinician, particularly if you are trying to conceive or taking metformin.

THE PATTERN

Carbohydrate — Build meals around: Oats, barley, quinoa, legumes, sweet potato, whole grain bread | Keep occasional: White bread, white rice, sugary cereal, fruit juice

Protein — Build meals around: Fish, eggs, poultry, tofu, beans, Greek yogurt | Keep occasional: Processed meats

Fat — Build meals around: Olive oil, nuts, seeds, avocado, oily fish | Keep occasional: Fried food, pastries

Vegetables — Build meals around: Half the plate, varied colours, at every meal | Keep occasional: -

Drinks — Build meals around: Water, unsweetened tea and coffee | Keep occasional: Sweetened drinks, more than modest alcohol

Pair every carbohydrate

Eating carbohydrate alongside protein, fat or fibre blunts the glucose rise. An apple with nuts behaves differently from an apple alone.

THE WEEK

Mon — Breakfast: Greek yogurt, berries, chia, walnuts | Lunch: Lentil and roasted vegetable salad, olive oil dressing | Dinner: Baked salmon, quinoa, broccoli | Snack: Apple with almond butter

Tue — Breakfast: Veggie omelette, whole grain toast | Lunch: Chickpea and spinach soup, side salad | Dinner: Chicken stir-fry, brown rice, mixed peppers | Snack: Handful of almonds

Wed — Breakfast: Overnight oats, flaxseed, pear | Lunch: Tuna and white bean salad | Dinner: Turkey chilli, cauliflower rice | Snack: Carrot sticks and hummus

Thu — Breakfast: Scrambled eggs, avocado, rye toast | Lunch: Leftover turkey chilli | Dinner: Baked cod, sweet potato, green beans | Snack: Greek yogurt, cinnamon

Fri — Breakfast: Smoothie: spinach, berries, protein, nut butter | Lunch: Quinoa tabbouleh with feta | Dinner: Tofu and vegetable curry, barley | Snack: Boiled egg

Sat — Breakfast: Shakshuka with whole grain pitta | Lunch: Grilled chicken, large mixed salad | Dinner: Prawn and vegetable pasta, whole wheat | Snack: Dark chocolate square, Brazil nuts

Sun — Breakfast: Cottage cheese, tomato, seeded toast | Lunch: Roast chicken, roast vegetables, lentils | Dinner: Mushroom and bean soup, seeded roll | Snack: Pear with cheese

Produce: Berries, apples, pears | Spinach, broccoli, peppers | Sweet potato, carrots | Avocado, tomato, mushrooms

Protein: Salmon, cod, prawns | Chicken, turkey mince | Eggs, tofu | Canned tuna

Pantry: Oats, quinoa, barley | Lentils, chickpeas, white beans | Brown rice, whole wheat pasta | Almonds, walnuts, chia, flax

Dairy and other: Greek yogurt | Cottage cheese, feta | Olive oil | Dark chocolate

TRACK IT

Mon — Weight: _____ Mon — Water: _____

Mon — Protein: _____ Mon — Steps: _____

Mon — Energy 0-10:

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

0 1 2 3 4 5 6 7 8 9 10

Mon — Notes: _____ Tue — Weight: _____

Tue — Water: _____ Tue — Protein: _____

Tue — Steps: _____

Tue — Energy 0-10:

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0 1 2 3 4 5 6 7 8 9 10

Tue — Notes: _____ Wed — Weight: _____

Wed — Water: _____ Wed — Protein: _____

Wed — Steps: _____

Wed — Energy 0-10:

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0 1 2 3 4 5 6 7 8 9 10

Wed — Notes: _____ Thu — Weight: _____

Thu — Water: _____ Thu — Protein: _____

Thu — Steps: _____

Thu — Energy 0-10:

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0 1 2 3 4 5 6 7 8 9 10

Thu — Notes: _____ Fri — Weight: _____

Fri — Water: _____ Fri — Protein: _____

Fri — Steps: _____

Fri — Energy 0-10:

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0 1 2 3 4 5 6 7 8 9 10

Fri — Notes: _____ Sat — Weight: _____

Sat — Water: _____ Sat — Protein: _____

Sat — Steps: _____

Sat — Energy 0-10:

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0 1 2 3 4 5 6 7 8 9 10

Sat — Notes: _____ Sun — Weight: _____

Sun — Water: _____ Sun — Protein: _____

Sun — Steps: _____

Sun — Energy 0-10:

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0 1 2 3 4 5 6 7 8 9 10

Sun — Notes:

Cycle notes, symptoms, energy, and what you want to change next week

Sources: Plan provided for general education. It is not individualised medical or dietetic advice. · Discuss changes with your clinician or a registered dietitian, particularly if you take metformin or are trying to conceive.