

Grae Care PCOS Meal Plan

This meal plan is curated for women living with Polycystic Ovary Syndrome (PCOS) and focuses on high fiber and high protein foods. It also focuses on eating natural foods and eliminating processed foods from your diet.

Some things to consider in a PCOS lifestyle are such as;

1. **Eliminate processed foods** because they cause inflammation. Processed foods are such as; sausages, brawn, many snacks, biscuits, pastries, soft drinks, basically anything that comes in a packet
2. **Eliminate wheat products** because they increase inflammation e.g. bread, chapatti, mandazi, biscuits etc
3. **Eliminate sugars** e.g. sodas, juices, chocolates, jams and marmalade, breakfast cereals, fruit smoothies, flavoured and sweetened yoghurts
4. **Reduce carbs intake:** PCOS is mainly associated with insulin resistance and weight gain. To deal with this, we reduce the carb intakes in our diet.
For beginners, take carbs for breakfast only as shown in the meal plan and only take complex carbs, then with time, eliminate carbs completely from your diet.
Example of good carbs; arrowroots, sweet potatoes, potatoes, lentils, legumes (beans), rice (preferably white rice)
Carbs you should AVOID COMPLETELY; chapatis, pasta, bread etc
5. **Reduce snacking between meals.** If you eat a healthy, high fiber, high protein meal, you don't need to snack between meals. If you have to snack, snack on nuts, e.g. macadamia nuts, peanuts, cashew nuts
Don't snack on crisps, chevda, noodles etc
6. **Hydrate with salty water** between your meals to reduce cravings. Take water with a pinch of Himalayan salt, green tea, matcha tea, spearmint tea, hibiscus tea, clove tea, ginger tea etc DO NOT ADD HONEY

Let Us understand food types before we go to the meal plan

Carbohydrates: These provide the body with glucose for energy. Good carbohydrates for our bodies are such as; rice, potatoes, arrowroots, sweet potatoes, butternut or pumpkins, legumes, grain, cereal

Proteins: Proteins are essential in building and forming major tissues and organs in the body. Examples of proteins; beef, mutton, chicken, fish, greek yoghurt, seeds and nuts, legumes (legumes have low amounts of protein and do not meet your protein needs, you still need animal protein)

Fiber: Fiber foods help with movement of foods in your digestive system. Example of fiber; green vegetables, cabbage, broccoli, seeds and nuts, carrots, sweet potatoes, fruits such as apples, berries, pears, avocados, beans, legumes and lentils, whole grains such as brown rice etc.

Healthy fats: These are good for you, they help in energy production, nutrient absorption and overall health. Examples of healthy fats; avocados, macadamia nuts, olive oil, seeds (pumpkin, sunflower, flax seeds), coconut oil, butter, eggs

Kenyan dish example below;



(Healthy tip: Reduce carb, increase proteins and vegetables)

If you don't want/have avocado, add a scoop of butter to your meal (note; butter, not blue band)

Here is a sample PCOS diet. You can adjust the meal plan to fit your lifestyle, foods available to you and convenience.

Day 1

Breakfast

1. 1 cup Greek yogurt (sugar free) (You can pre-soak chia seeds, and mix them into your yoghurt, add fruits e.g. apple blueberries, apple slices, banana)
2. Sweet potato/arrowroot/yam/cassava/potatoes
3. Your favourite morning drink; tea, coffee, green tea (add a pinch of **turmeric** into your drink)

Lunch

- Chicken
- Salad (lettuce, tomatoes) or cabbage
- Avocado

Sip a tea e.g. green tea, matcha, spearmint tea, water with a pinch of Himalayan salt

Supper

- Fish
- Greens
- Ugali (you can opt out ugali or have little piece)
- Avocado

Chamomile /ginger/clove tea before bed (at least an hour after eating)

Day 2

Breakfast

- Eggs, avocado, potatoes
- Your favourite morning drink; tea, coffee, green tea (add a pinch of **turmeric** into your drink)

Lunch

- Beef
- Greens
- Avocado

Sip a tea e.g. green tea, matcha mid afternoon

Supper

- Beans
- Cabbage/broccoli
- Avocado

Chamomile /ginger/clove tea before bed (at least an hour after eating)

Day 3

Breakfast

- Eggs
- Potatoes/ sweet potato/arrowroot/toast
- A fruit
- Your favourite morning drink; tea, coffee, green tea

Lunch

- Lentils e.g. kamande
- Greens of choice
- Avocado

Remember to sip a tea in the afternoon

Supper

- Mince meat
- Vegetable salad

Sip a tea and don't forget to take your evening supplements

Note: Avoid snacks if you can, but if you crave for a snack, take nuts such as macadamia nuts, seeds such as pumpkin and sunflower seeds

Sip healthy teas or warm water with a pinch of Himalayan salt between your meals

**DUPLICATE THIS PLAN FOR THE REST OF THE WEEK
ADJUSTING TO FOODS AVAILABLE TO YOU**

Additional tips to support your diet

Note; Carbohydrates are only for breakfast, you can also eat last night's foods for breakfast if your breakfast options are limited. When you start this diet, you can have some rice, ugali, potatoes for lunch, then eliminate them after some time.

If you can, have only 2 meals a day instead of three, if you still feel full. If you have a high protein meal you will not be hungry till your next meal.

If you can, eat your supper as early as possible (even late lunch is a supper, so you don't eat right before bed, it will help with weight loss and reducing insulin resistance.

Take a short walk, or a small activity after your meals even a little house work.

Eliminate seed oils (sunflower, corn oils such as Elianto and Fresh Fry) and instead, cook with; tallow (animal fat), ghee, butter, coconut oil, olive oil, palm oil.

Don't aim for perfection, even when you don't meet your meal goal on some days it is okay, the goal is consistency not perfection. The more you use the guideline, the easier it will become 😊

This sample meal plan provides balanced nutrition tailored for women, supporting overall health, hormonal balance, and weight management. Adjust portion sizes and specific food choices based on individual needs and preferences.