nourished

DIGITAL BONUS

30-Day Guided Start

Your week-by-week plan for the first month, straight from the protocol.

BASED ON

The PCOS Repair Protocol

by Tamika Woods, Clinical Nutritionist

30-DAY GUIDED START

How your first 30 days work

Each week has one theme and just two jobs. It's tempting to do everything at once, but going slower now means you'll know what actually matters for you, and that saves time and energy later. Everything is recorded, so you can go at your own pace.

WEEK 1

Understand your PMOS

Find your likely type. Choose one goal.

WEEK 2

Nourish your body

One Repair Breakfast. One balanced plate a day.

WEEK 3

Movement, stress & sleep

One movement you enjoy. One small habit.

WEEK 4

Your personal plan

Keep 2–3 habits. Book your 90-day review.

Your daily foundations

Your two supplements

AndroEase Plus (the androgen step) and CycleBloom (the insulin step), taken as directed on each label. Start the day your box arrives, and attach them to breakfast so you don't forget.

Optional: spearmint tea

Two cups a day, hot or iced, is one of the simple rituals from Step One of the book. Choose spearmint, not peppermint. Add it whenever you're ready.

You're not doing this alone

Everything happens in Nourished Foundations, our private Facebook community (facebook.com/groups/nourishedfoundations). It opens with Tam's PMOS Masterclass, then there's a new theme and a video from Tam every week. Ask our naturopath your questions in the group, or email Shelley directly. Track your progress in the Nourished Hub at hub.nourishednaturalhealth.com.

Please check with your healthcare provider before starting any new supplement, especially if you take medication. AndroEase Plus is not recommended during pregnancy, while breastfeeding or while trying to conceive. This guide is educational and is not a substitute for medical advice. These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

WEEK 1

Understand your PMOS

Knowledge without overwhelm

YOUR TWO JOBS THIS WEEK

1. ☐ Take the quiz to find your likely PCOS/PMOS type
2. ☐ Choose one symptom or goal to focus on first

PCOS/PMOS looks different in every woman, which is why one-size-fits-all advice so often misses. This week is about understanding what's going on for you, without the overwhelm.

Insulin-resistant Ch 7
Sugar cravings, tired after meals, "hangry" between meals

Adrenal Ch 8
Stress, wired at night, relying on caffeine

Post-pill Ch 9
Symptoms started after stopping hormonal birth control

Inflammatory Ch 10
Bloating, skin flare-ups, aches, fatigue

This week in Nourished Foundations

- Watch Tam's PMOS Masterclass
- Introduce yourself: where you're joining from and what you most want to improve
- Share your type, so you know you're not alone
- Thursday poll and Friday discussion

Resources for this week

- The type quiz (ignore the recommendations at the end for now)
- Read Chapters 1–4, plus the chapter for your type
- Your Doctor Appointment Prep Guide and Testing Guide
- Your Nourished Hub: hub.nourishednaturalhealth.com

> "I understand PMOS better and know where I want to begin."
>
> Your takeaway this week

WEEK 2

Nourish your body

What to add, not what to remove

YOUR TWO JOBS THIS WEEK

1. ☐ Build one PCOS Repair Breakfast you enjoy
2. ☐ Use the PCOS Plate Method for one other meal each day

This week is about what to add, not what to remove. No food groups are banned, and there are no calories to count. Instead, notice how you feel: are you hungry again within an hour? That's useful information.

The PCOS Repair Breakfast

- 30–40g protein (struggling? start at 20g and build)
- No grains, starchy veg or legumes first thing (tofu is fine)
- As many non-starchy vegetables as you like
- Low-sugar fruit only: berries, kiwifruit, plum, apricot
- No added sugar or sweeteners
- A healthy fat: avocado, nut butter, coconut milk

The PCOS Plate Method (lunch or dinner)

- ½ plate non-starchy vegetables
- ¼ plate protein (palm-sized)
- ¼ plate gentle starch: rice, potato, quinoa, pumpkin
- Plus 1 Tbsp healthy fat
- Plant-based? Halve the starch when you eat beans or lentils

Resources for this week

- PCOS-Friendly Food Formula: start here, it's quick and easy
- PCOS Repair Recipe Book, Weekly Meal Plan and Shopping List, if you want to go deeper
- The PCOS Plate Method one-pager
- Share your breakfast in Nourished Foundations. Participation, not perfection!

> "I know how to build nourishing meals without restrictive dieting."
>
> Your takeaway this week

WEEK 3

Movement, stress & sleep

Supporting your hormones through everyday habits

YOUR TWO JOBS THIS WEEK

1. ☐ Find one form of movement you enjoy, and make time for it
2. ☐ Choose one small habit that supports your sleep or stress

Movement, stress and sleep all affect your hormones and metabolism. You don't need to change everything, and exercise doesn't need to be intense or structured to be valuable. One small habit, done consistently, beats a big plan you can't keep.

Ideas to choose from

- A 10-minute walk after a meal
- Dancing to your favourite songs
- A short breathing exercise
- An earlier bedtime
- Less screen time before bed
- A few minutes of intentional rest

Make it stick

- Stack it onto something you already do
- Keep your supplements next to your breakfast things
- Set a phone reminder
- Keep supplements somewhere safe, away from children
- Don't start too many new habits at once

Resources for this week

- Small Habits Menu
- Movement Ideas
- Breathwork and sleep guide
- Weekly Habit Challenge (plus the "take off your tracker" challenge)
- Read Chapters 19 (sleep) and 20 (movement)

> "I can support my hormones through manageable everyday habits."
>
> Your takeaway this week

Your personal PMOS plan

Finding what works for you

YOUR TWO JOBS THIS WEEK

1. ☐ Reflect on which changes felt manageable and helpful
2. ☐ Create a simple plan with 2–3 habits to continue, and schedule your 90-day review

This week brings everything together. Look back at what felt manageable and helpful, then build a simple plan you can keep going. More supplements don't necessarily mean better results: the foundations matter most.

Why 90 days?

- Some changes, like energy or how you feel after meals, can show up early
- Others, like cycle changes, often take longer
- Around 90 days is a useful point to review your progress
- It's a timeframe for checking in, not a guarantee

Your next steps

- Fill in your My PCOS/PMOS Plan worksheet
- Open the Type Guide for your type, and choose one core strategy
- Read the core-plan chapter for your type (Chapters 13–16)
- Put your 90-day review in your calendar

Support doesn't stop at day 30

- Keep posting in Nourished Foundations: wins, frustrations and questions
- Email Shelley if you need more personalised advice
- Share your biggest takeaway from the 30 days

> "I have a realistic plan for the months ahead."
>
> Your takeaway this week

PRINT ME

Your 30-day tracker

Tick each one as you go. Start the supplements when your box arrives, the Repair Breakfast in Week 2 and your small habit in Week 3. Missed a day? No problem. Just pick it back up tomorrow. Consistency over the month matters far more than any single day.

Days 1–15

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
AndroEase Plus															
CycleBloom															
Repair Breakfast															
My small habit															
Energy (1–5)															
Period / spotting															

Days 16–30

Day	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
AndroEase Plus															
CycleBloom															
Repair Breakfast															
My small habit															
Energy (1–5)															
Period / spotting															

Energy score: rate your energy from 1 (flat) to 5 (great). **Period:** mark any day you bleed or spot. You'll use both in Week 4 and at your doctor's appointment.