nourished

RECIPE BOOK

The PCOS Repair Recipe Book

Breakfasts, mains, treats and snacks that are PCOS/PMOS-friendly, simple and satisfying.

FROM

The PCOS Repair Protocol

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PCOS/PMOS-friendly eating

Contents

There's no magic formula when it comes to eating for PCOS/PMOS. It takes some trial and error to work out what feels good for your body. Enjoying your food, looking forward to meals and not feeling deprived matter just as much as choosing foods that support you. V = vegan-friendly. Veg option = vegetarian or vegan swap included.

BREAKFAST

PCOS Repair Chocolate Thickshake (V) 3
Berry Ripe Smoothie (V) 4
Vanilla Almond Smoothie (V) 5
Grab & Go Chocolate Chia Pudding (V) 6
Warm Chia Porridge (V) 7
Breakfast Frittata 8
Protein Pancakes 9

ACCOMPANIMENTS

Low Carb Almond Bread 10
Low Carb Flax Wraps 11
Cauliflower Rice (V) 12

MAINS

Boiled Egg Salad with Creamy Avocado Dressing 13
Crispy Chickpea Kale Salad (V) 14
Roasted Chickpea Buddha Bowl with Lemon Tahini Dressing (V) 15
Pesto Antipasto Salad (V) 16
Super Simple Veggie-Filled Stir-Fry (Veg option) 17
Pesto Roasted Salmon and Greens (Veg option) 18
Slow-Cooked Shredded Beef 19
Shredded Beef Bowl 20
Mexican Burrito Bowl (Veg option) 21
Chicken Cauliflower Fried Rice (Veg option) 22
High Protein Creamy Mushroom Pasta (V) 23
Chickpea Veggie Curry (V) 24
Toasted Low Carb Wraps 25

SWEET TREATS & SNACKS

Choc Peanut Freezer Fudge (V) 26
Banana Muffins 27
Collagen Cookie Dough Bites 28
Salted Caramel Tahini Cups 29

PCOS/PMOS-friendly snack ideas 30

BREAKFAST · V

PCOS Repair Chocolate Thickshake

Serves 1

Frozen zucchini or cauliflower is the perfect banana replacement here. It gives you the texture of a banana smoothie, and your protein powder brings the sweetness. You won't taste the veggies, promise. If your digestion is sensitive or you have a thyroid condition, steam and cool the veggies before freezing. Tam explains why she loves ground flax in Chapter 6 of The PCOS Repair Protocol.

Ingredients

- 1 cup frozen zucchini or cauliflower (cubed and frozen the night before)
- Handful of ice
- 1 serve FloFit Protein or your protein powder of choice (to equal ~30–40g protein). A sweet flavour like salted caramel works best
- 1 Tbsp cacao or unsweetened cocoa powder
- 1 Tbsp ground flaxseeds
- ½–1 cup almond or coconut milk (less for a thicker shake)

Method

1. Add everything to a high-speed blender and blend until smooth.
2. Start with ½ cup milk and add more until you reach the consistency you like.
3. For a smoothie bowl, use less milk and add your favourite toppings.

BREAKFAST · V

Berry Ripe Smoothie

Serves 1

Tastes like a Cherry Ripe, made with PCOS/PMOS-friendly ingredients. Chop and freeze your zucchini the night before. Forgot? Use fresh zucchini and a big handful of ice. If bloating is an issue, steam and cool the zucchini before freezing.

Ingredients

- ½ cup frozen raspberries
- ½ cup frozen zucchini
- ¼ cup desiccated or shredded coconut
- ½–1 cup coconut milk
- FloFit Protein or your protein powder of choice to equal ~30g protein (a neutral flavour like vanilla)

Method

1. Add everything to a blender and blend until smooth.
2. Start with ½ cup coconut milk and add more until you reach your desired consistency.
3. For a smoothie bowl, use less milk and add toppings.

BREAKFAST · V

Vanilla Almond Smoothie

Serves 1

Another easy one to throw together. Avocado makes it extra creamy and adds healthy fats to keep you full. Cinnamon brings natural warmth, and Tam covers why she loves it in Chapter 6.

Ingredients

- Big handful of ice
- FloFit Protein or your protein powder of choice to equal ~30g protein
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- ½ avocado
- 1 Tbsp almond butter (or cashew or peanut). Look for 100% nuts, no added sugar or oil
- 1 cup almond or coconut milk, or water

Method

1. Add everything to a blender and blend until smooth.
2. Start with ½ cup liquid and add more to reach your desired consistency.
3. For a smoothie bowl, use less liquid and add toppings.

BREAKFAST · V

Grab & Go Chocolate Chia Pudding

Makes 4

A great alternative to overnight oats, with a similar texture. Protein- and fibre-rich chia seeds replace the oats. Perfect for meal prepping the week ahead. For a single serve, divide everything by four.

Ingredients

- 600mL almond or coconut milk
- ½ cup cacao powder
- 1 cup chia seeds
- FloFit Protein or your protein powder of choice, enough for ~30g protein per serve
- To serve: berries, coconut flakes, cacao nibs or a scoop of almond butter

Method

1. In a large bowl, whisk the milk, cacao and protein powder together until no lumps remain.
2. Add the chia seeds and whisk to combine.
3. Pour into a large container and refrigerate for at least 3 hours, or overnight.
4. Scoop out a quarter into a bowl, top with your favourites and enjoy. If it's too thick, loosen with a little more milk.

BREAKFAST · V

Warm Chia Porridge

Serves 1

If you love oatmeal in the morning, this is the perfect swap. Chia soaks up the warm milk, and protein powder makes it a filling breakfast for cooler mornings.

Ingredients

- 150mL almond or coconut milk
- ¼ cup chia seeds
- FloFit Protein or your protein powder of choice, enough for ~30g protein
- Pinch of ground cinnamon (optional)
- ½ cup fresh or frozen berries

Method

1. Add the milk, chia, protein powder and cinnamon to a small saucepan and whisk out any lumps.
2. Gently heat over medium, stirring constantly, until thick and creamy.
3. Using frozen berries? Stir them in before taking it off the heat. Fresh berries go in after.
4. Pour into a bowl, add any toppings you like and enjoy.

BREAKFAST

Breakfast Frittata

Makes 4

Make it on Sunday and enjoy a slice each weekday morning. It's delicious warm or cold, and great with a slice of low-carb bread made from almond meal. Mix up the vegetables, proteins and fresh herbs to keep it interesting.

Ingredients

- 12 eggs
- 2 cups chopped vegetables (mushroom, red onion, spinach and peppers work well)
- 1 cup smoked salmon, pre-cooked bacon or pre-cooked sausages, chopped small
- Finely chopped fresh herbs, e.g. basil, oregano, thyme (optional)
- Handful of goat or sheep's cheese (optional, only if you tolerate it. See Chapter 17)

Method

1. Preheat the oven to 180°C (350°F) and grease a large baking dish with a little olive oil.
2. Mix everything except the cheese in a large bowl and pour into the dish.
3. Top with cheese if using, and bake for around 45 minutes, until the eggs are cooked through.
4. Serve straight away, or cool, slice into quarters and store in the fridge.

BREAKFAST

Protein Pancakes

Serves 1

Yes, you can still have pancakes on the PCOS Repair Breakfast. Protein powder replaces the flour. Double or triple the batch on the weekend and reheat during the week. How much liquid you need depends on your protein powder, so expect a little experimenting. You're after a thick, fluffy batter.

Ingredients

- 2 eggs
- ¼–½ cup almond or coconut milk
- 1 scoop FloFit Protein or your protein powder of choice (to equal ~20g protein)
- 1 tsp baking powder
- 1 tsp butter, ghee or olive oil, to fry
- Handful of blueberries (optional)

Method

1. Whisk the eggs and ¼ cup milk in a medium bowl, then add the protein powder and baking powder and mix until smooth. Too thick? Add milk. Too thin? Add protein powder or a spoonful of almond meal.
2. Stir in the blueberries, if using.
3. Heat a frying pan over medium heat and add the butter or oil.
4. Spoon in tablespoons of batter and fry until golden, then flip and cook for another minute or two.
5. Serve with coconut yoghurt, nut butter or fresh berries.

ACCOMPANIMENTS

Low Carb Almond Bread

Makes 1 loaf

Sometimes you just need toast. Almond meal replaces flour for a high-protein loaf that toasts beautifully. It's denser than regular bread. Try it with smashed avocado, smoked salmon or scrambled eggs.

Ingredients

- 2 cups blanched almond flour
- ¼ cup psyllium husk powder
- 2 tsp baking powder
- 1 tsp salt
- 4 large eggs, whisked
- ¼ cup coconut oil, melted
- ½ cup warm water

Method

1. Preheat the oven to 180°C (350°F) and grease a loaf tin.
2. Mix all the ingredients in a large bowl until well combined.
3. Pour into the tin and bake for 55–70 minutes, until a skewer comes out clean and the top is firm and golden.
4. Cool completely before removing from the tin, then slice with a sharp bread knife.
5. Store in the fridge for up to 5 days, or freeze for up to 3 months.

ACCOMPANIMENTS

Low Carb Flax Wraps

Makes 4

The perfect swap for burritos, lunch wraps or even pizza bases. Ground flax replaces the flour and adds extra fibre. They're best served warm. With no additives, they keep for about 4 days, sealed in the fridge.

Ingredients

- 1 cup ground flaxseeds
- 4 large eggs
- ⅓ cup tapioca flour
- 1¼ cups water
- 1 tsp dried herbs, e.g. oregano (optional)
- Pinch of salt
- Olive or coconut oil, to cook

Method

1. Whisk the eggs in a medium bowl, then add everything except the oil and stir until smooth.
2. Let the mixture sit for about 5 minutes to thicken.
3. Heat a large flat pan over medium heat and add a splash of oil.
4. Ladle in a quarter of the batter and smooth it to an even thickness with the back of a spoon.
5. Cook for about 5 minutes until the top is firm, then flip and cook for 1–2 minutes more.
6. Slide onto a cooling rack and repeat with the remaining batter.
7. Once cool, wrap in foil and refrigerate. Use within 4 days.

ACCOMPANIMENTS · V

Cauliflower Rice

Serves 8 (½-cup serves)

A one-ingredient swap for practically any dish that calls for rice.

Ingredients

- 1 large head cauliflower

Method

1. Wash and thoroughly dry the cauliflower, then remove the greens.
2. Cut into chunks and pulse in batches in a food processor until it looks like rice.
3. Optional: press in a clean tea towel to remove excess moisture.
4. Sauté in 1 Tbsp oil over medium heat with the lid on for 5–8 minutes, then season to taste.
5. Use it in stir-fries and fried rice, or on your PCOS/PMOS-friendly plate. Keeps 4 days in the fridge (cooked) or 1 month in the freezer (uncooked).

Tip: Pulse a head of broccoli in with the cauliflower for extra greens. Short on time? Many supermarkets sell it pre-riced.

MAINS

Boiled Egg Salad with Creamy Avocado Dressing

Serves 2

Potatoes are paired with protein (eggs) and healthy fats (avocado and olive oil) for a balanced meal that keeps you full for hours.

Ingredients

SALAD

- 6 eggs
- Handful green beans, trimmed and cut into thirds
- 8 cherry tomatoes, halved
- 2 large handfuls mixed salad leaves
- 2 radishes, thinly sliced
- 4 small new potatoes, quartered, skin on

DRESSING (MAKES EXTRA)

- 1 avocado
- ¼ cup olive oil
- ¼ cup coriander (cilantro)
- Juice of 1 lime
- 2 garlic cloves, crushed
- Salt and pepper
- ¼ cup water

Method

1. Boil the potatoes for 10 minutes, then drain and cool.
2. Place the eggs in a small saucepan of cold water and cook over medium heat: 5 minutes for medium, 8 for hard-boiled.
3. Peel the eggs and set aside.
4. Blend the dressing ingredients until creamy.
5. Toss the remaining salad ingredients in a large bowl and arrange on a plate.
6. Halve the eggs and place on top.
7. Drizzle with dressing and serve.

MAINS · V

Crispy Chickpea Kale Salad

Serves 2

A vibrant green base for your favourite protein, as a side or a main. Vegetarian? Double the chickpeas. Otherwise, top with grilled salmon, chicken, tinned mackerel or grass-fed beef.

Ingredients

SALAD

- 1 tin chickpeas, drained and rinsed
- 1 Tbsp olive oil
- Pinch of salt
- 1 tsp ground cumin
- Juice of ½ lemon
- 2 cups raw kale, stems removed, torn

DRESSING

- Remaining lemon juice
- 1 Tbsp olive oil
- Pinch of salt

Method

1. Preheat the oven to 180°C (350°F) and line a baking tray.
2. Toss the chickpeas with the cumin, olive oil and a sprinkle of salt.
3. Roast for 15 minutes, until crispy.
4. Massage the kale with half the lemon juice for a few minutes, until soft.
5. Whisk the dressing ingredients with a fork.
6. Combine the kale and chickpeas, drizzle with dressing, toss and serve with your protein.

MAINS · V

Roasted Chickpea Buddha Bowl with Lemon Tahini Dressing

Serves 1

Tam's go-to when she doesn't know what else to cook: a tin of chickpeas, some veggies, hummus and tahini, plus an avocado if there's one in the fruit bowl.

Ingredients

BOWL

- ½ small sweet potato, thinly sliced
- 1 Tbsp olive oil
- ½ cup cooked chickpeas, drained and rinsed
- 1 tsp ground cumin
- 1 cup broccoli florets
- ½ cup baby spinach
- ½ avocado, sliced
- 1 Tbsp sauerkraut (optional)
- 1 Tbsp hummus
- Salt and pepper

DRESSING

- 1 Tbsp tahini
- Juice of ½ lemon
- 1 tsp maple syrup
- Pinch of salt

Method

1. Preheat the oven to 180°C (350°F) and line two trays.
2. Arrange the sweet potato on one tray, drizzle with half the oil and season. Place in the oven.
3. Scatter the chickpeas on the second tray with the remaining oil, salt, pepper and cumin. Place in the oven.
4. Roast both for around 20 minutes, until the sweet potato is soft and the chickpeas are crunchy.
5. Lightly steam the broccoli, or enjoy it raw.
6. Mix the dressing ingredients in a small bowl.
7. Arrange everything in a bowl with the hummus in the middle and drizzle with dressing.

MAINS · V

Pesto Antipasto Salad

Serves 2–4 as a side

Pesto is an easy way to sneak in extra leafy greens. Use this one on pasta, grilled meat or this salad, which uses cooked and cooled potatoes. Serve it as a side with your choice of protein.

Ingredients

PESTO

- 1 cup rocket (arugula) or spinach
- 1 cup basil leaves
- ¼ cup walnuts
- Juice of ½ lemon
- 1 tsp salt
- 1 ripe avocado
- ¼ cup olive oil

SALAD

- 500g yellow potatoes, e.g. russet
- 1 cup rocket (arugula)
- ½ cup semi-sun-dried tomatoes
- ¼ cup pitted kalamata olives
- ⅓ cup roasted cashews

Method

1. Blend the rocket and basil in a food processor until finely chopped.
2. Add the remaining pesto ingredients and blend until smooth. Set aside.
3. Dice the potatoes and boil in salted water for about 10 minutes, until just soft.
4. Drain and cool completely (ideally the night before).
5. Finely slice the olives and tomatoes, then combine with the potatoes and rocket.
6. Stir through the pesto.
7. Sprinkle with cashews and serve.

MAINS · VEG OPTION

Super Simple Veggie-Filled Stir-Fry

Serves 2

One of Tam's top tips is simply to eat more vegetables, and this stir-fry makes it easy. Swap the chicken for organic tofu to make it vegetarian. Make a big batch at the start of the week for easy lunches and dinners.

Ingredients

STIR-FRY

- 2 Tbsp olive oil
- 1 medium brown onion, finely chopped
- 500g chicken breast, cut into strips (or organic tofu, cubed)
- 1 bunch broccolini (or ½ cup broccoli), chopped
- 2 bunches bok choy
- 1 red pepper, diced
- 200g mushrooms, sliced
- 2 Tbsp soy sauce (GF if needed)
- 1 tsp crushed garlic
- 1 tsp fresh ginger, grated
- Handful of cashews, roughly chopped

TO SERVE

- ½ cup cooked brown rice per person
- Cashews, fresh coriander and sliced chilli (optional)

Method

1. Heat 1 Tbsp oil in a large non-stick pan and cook the onion for 2–3 minutes.
2. Add the chicken (or tofu) and garlic and stir until cooked through. Remove and set aside.
3. Add the remaining oil, then the broccolini and peppers, and cook for 2 minutes.
4. Add the mushrooms and cook for a further 2 minutes.
5. Stir through the bok choy for about a minute, until just wilted.
6. Add the soy sauce, ginger and chicken (or tofu) and stir to coat.
7. Serve over rice, cauliflower rice or quinoa, topped with cashews, coriander and chilli.

MAINS · VEG OPTION

Pesto Roasted Salmon and Greens

Serves 2

Salmon is one of Tam's favourite proteins, rich in omega-3 fats. Keep the skin on: that's where the healthy fats are. Brussels sprouts and broccoli can be swapped for cauliflower or kale. Vegetarian? Use a piece of organic tofu instead.

Ingredients

- 2 pieces fresh salmon, skin on (or 1 piece organic tofu)
- 2 Tbsp pesto (store-bought, or use the pesto from the Pesto Antipasto Salad), plus extra to serve
- ½ head broccoli, cut into small pieces
- About 8 Brussels sprouts, trimmed and quartered
- 1 Tbsp extra virgin olive oil
- Salt and pepper
- 1 cup cooked brown rice or quinoa, to serve

Method

1. Preheat the oven to 180°C (350°F) and line a baking tray.
2. Place the salmon in the centre of the tray and scatter the vegetables around it.
3. Spoon 1 Tbsp pesto over each fillet.
4. Drizzle the vegetables with oil and season.
5. Roast for about 12 minutes, until the salmon is cooked through.
6. Serve with rice, cauliflower rice or quinoa and an extra drizzle of pesto.

MAINS

Slow-Cooked Shredded Beef

Makes about 8 serves

Five minutes to put in the slow cooker, ready 8 hours later. Use it in tacos with the Low Carb Flax Wraps, or in the Shredded Beef Bowl. Great for meal prep or feeding a crowd.

Ingredients

- About 1.8kg (4lb) beef brisket, ideally organic or grass-fed
- 1 Tbsp olive or coconut oil
- Generous pinch of salt and pepper
- 6 garlic cloves, chopped
- 2 cups chicken or beef stock (or bone broth)
- 2 Tbsp tomato paste

Method

1. Season the meat with salt and pepper.
2. Heat the oil in a large pan over high heat.
3. Brown the meat for a few minutes on each side, then place in the slow cooker, fat side up.
4. Mix the garlic, stock and tomato paste in a jug and pour over the beef.
5. Cook on low for about 8 hours.
6. Remove the beef and trim the fat layer from the top.
7. Shred with two forks.
8. Return the beef to the sauce and serve.
9. Store in the fridge for up to 5 days, or freeze for up to 3 months.

Tip: Too much sauce? Reduce it on the stove, or remove half before returning the beef.

MAINS

Shredded Beef Bowl

Serves 2

A 5-minute lunch or dinner once your beef is prepped. Swap the quinoa for rice, cauliflower rice or roasted potatoes, and use whatever vegetables you have. The dressing makes extra for later in the week.

Ingredients

BOWL

- 1 cup Slow-Cooked Shredded Beef
- 1 cup cooked quinoa
- 1 cup finely shredded cabbage
- 1 cup mixed greens
- 1 Tbsp dukkah or crushed nuts (optional)

TAHINI DRESSING

- 2 Tbsp tahini
- 2 Tbsp olive oil
- 2 tsp apple cider vinegar (or lemon juice)
- 1 tsp salt
- 1 Tbsp smooth Dijon mustard

Method

1. Gently warm the beef on the stove or in the microwave.
2. Add the dressing ingredients to a jar, seal and shake.
3. Divide everything between two bowls and drizzle with dressing.
4. Sprinkle with dukkah or crushed nuts, if using, and serve.

MAINS · VEG OPTION

Mexican Burrito Bowl

Serves 2

Roasted veggies, spicy chicken (or black beans) and creamy guacamole. Swap in seasonal vegetables. For a lower-carb bowl, skip the rice or use sweet potato or cauliflower rice.

Ingredients

- 2 Tbsp olive oil
- 1 tsp paprika
- 1 garlic clove, crushed
- 4 chicken thighs, cubed (or 1 tin black beans, drained and rinsed)
- 2 tsp ground cumin
- 1 capsicum (red pepper), cut into strips
- ¼ cauliflower, cut into florets
- 1 medium zucchini, sliced
- ½ red onion, roughly chopped
- 1 avocado
- Juice of ½ lemon
- 1 tomato, finely diced
- 2 tsp salt
- Fresh parsley, to garnish
- 1 cup cooked brown rice, cauliflower rice or quinoa

Method

1. Heat 1 Tbsp oil in a pan over high heat with the paprika and a pinch of salt until fragrant.
2. Add the chicken or beans and the garlic.
3. Cook until the chicken is cooked through, then set aside.
4. Add the remaining oil and 1 tsp cumin to the pan and stir until fragrant.
5. Add the onion and cook for 3–4 minutes.
6. Add the capsicum, cauliflower and zucchini and cook until soft.
7. For the guacamole, mash the avocado with lemon juice, the remaining cumin and a pinch of salt.
8. Stir through the diced tomato.
9. Divide the rice between two bowls, top with vegetables, chicken or beans, guacamole and parsley.

MAINS · VEG OPTION

Chicken Cauliflower Fried Rice

Serves 4

A simple swap for a takeaway favourite. It feels like fried rice, with far more vegetables. Use crumbled tofu instead of chicken for a vegetarian version.

Ingredients

- 1 head cauliflower
- 1 head broccoli
- 1 Tbsp olive oil
- 1 onion, finely chopped
- 1 tsp minced garlic
- 1 tsp fresh ginger, grated
- 500g chicken mince (or crumbled tofu)
- 2 carrots, diced
- 6 mushrooms, chopped
- 1 red capsicum, diced
- 3 shallots, finely chopped
- 1 cup frozen peas, thawed
- 3 Tbsp soy sauce (GF if needed)

Method

1. Pulse the cauliflower and broccoli in batches in a food processor until rice-like. Set aside.
2. Heat the oil in a large wok and cook the onion for 2–3 minutes. Add the garlic and ginger and stir for 1 minute.
3. Add the chicken mince and cook through. Remove and set aside.
4. In the same pan, cook the carrots, mushrooms, capsicum and shallots, then add the cauliflower, broccoli and peas and cook for 5 minutes.
5. Return the chicken, stir through the soy sauce and serve.

MAINS · V

High Protein Creamy Mushroom Pasta

Serves 4

Comforting and creamy, with bean-based pasta for a protein hit. Dried mushrooms give the sauce its savoury depth, and coconut cream makes it rich. Make the sauce in bulk and freeze it, then just cook fresh pasta for a 10-minute dinner.

Ingredients

- 1 large onion, diced
- 2 garlic cloves, crushed
- 1 Tbsp coconut or olive oil
- 1 cup dried mushrooms, e.g. porcini
- 1 head broccoli, cut into small pieces
- 1 cup canned coconut cream
- 1 Tbsp tamari or soy sauce
- 1 Tbsp smooth Dijon mustard
- 1 packet gluten-free bean-based pasta (e.g. lentil) or GF pasta
- ½ cup crumbled goat or sheep's feta, to serve (optional, not vegan)

Method

1. Cover the dried mushrooms with about 1 cup boiling water and set aside to soak.
2. Heat the oil in a large pan over medium heat.
3. Add the onion and garlic and cook for 2–3 minutes, until translucent.
4. Add the mushrooms with their soaking water, broccoli, coconut cream, tamari and mustard.
5. Simmer over low heat until the broccoli is tender.
6. Meanwhile, cook the pasta according to the packet.
7. Drain and serve topped with the sauce, a drizzle of olive oil and feta, if using.

MAINS · V

Chickpea Veggie Curry

Serves 4+

Warming, comforting and perfect for meal prep. It makes four generous serves, so keep some in the fridge for lunches or freeze half for nights you don't feel like cooking.

Ingredients

- 1 medium carrot, finely diced
- 1 large brown onion, finely diced
- 2 garlic cloves, minced
- 5cm knob ginger, grated
- 1 Tbsp ghee, coconut or olive oil
- 2 tsp curry powder
- 2 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground black pepper
- 1 x 400g tin crushed tomatoes
- 1 x 400g tin full-fat coconut milk
- 3 Tbsp tamari or soy sauce
- ½ head cauliflower, chopped
- 2 x 400g tins chickpeas, drained and rinsed
- Juice of 1 lime
- ½ bunch coriander, chopped
- 1 cup baby spinach
- Rice (or cauliflower rice) and roasted cashews, to serve

Method

1. Heat the oil in a large saucepan over medium heat.
2. Add the carrot, onion, garlic and ginger and cook for 5 minutes.
3. Add the curry powder, turmeric, cumin and pepper and cook for 2–3 minutes, until fragrant.
4. Add the tomatoes, coconut milk and tamari and bring to the boil.
5. Reduce to a simmer, add the cauliflower and chickpeas and cook for 10 minutes, until the cauliflower is tender.
6. Stir through the lime juice, coriander and spinach.
7. Serve with rice, topped with cashews and extra coriander.

MAINS

Toasted Low Carb Wraps

Serves 1

Once you've made a batch of Low Carb Flax Wraps, this lunch takes less than 5 minutes. Use whatever is in your fridge, and share your favourite combinations in Nourished Foundations.

Ingredients

- 1 Low Carb Flax Wrap
- Sauce: hummus, eggplant dip, tahini or pesto
- Vegetables: roasted capsicum, baby spinach, cooked zucchini, fresh or sun-dried tomato
- Protein: shredded chicken, Slow-Cooked Shredded Beef, tofu, tinned tuna or salmon, egg, smoked salmon, or goat or sheep's cheese (if tolerated)

Method

1. Spread the wrap with your sauce.
2. Top with vegetables and protein, then fold over the sides.
3. Toast in a sandwich press or pan for a few minutes, until warm.
4. Serve straight away.

SWEET TREATS & SNACKS · V

Choc Peanut Freezer Fudge

Makes 8–10

A snack or two through the day can help keep your energy steady, so you're not ravenous by dinner. This fudge brings healthy fats and protein.

Ingredients

- ⅓ cup coconut oil
- ⅔ cup 100% peanut butter, plus extra to drizzle
- 2 Tbsp cacao powder
- Pinch of salt
- ½ tsp monk fruit powder or stevia
- ½ cup desiccated coconut

Method

1. Mix everything together until well blended.
2. Pour into a lined cake tin or container.
3. Drizzle with extra peanut butter and swirl with a skewer.
4. Freeze for at least 1 hour, then cut into squares.
5. Store in the freezer.

SWEET TREATS & SNACKS

Banana Muffins

Makes 12

These hit the 3pm craving spot, and they're much gentler on blood sugar than a bakery muffin.

Ingredients

- 2 very ripe bananas
- 2 eggs (or 2 Tbsp chia mixed with 4 Tbsp hot water for vegan)
- 2 Tbsp tahini
- 1½ Tbsp melted coconut oil or ghee
- ¾ cup coconut or almond milk
- ¾ cup buckwheat flour (or brown rice or oat flour)
- ¾ cup almond meal
- 1 tsp monk fruit powder (or stevia or allulose, adjusted to taste)
- ½ cup desiccated coconut
- Pinch of salt
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 100g dark chocolate, chopped (or chopped nuts like pecans)

Method

1. Preheat the oven to 180°C (350°F) and line a 12-hole muffin tin.
2. Mash the bananas, then whisk in the eggs, tahini, oil and milk.
3. Add the flour, almond meal, sweetener, coconut, salt, baking powder and cinnamon and stir well.
4. Stir through the chocolate or nuts.
5. Spoon into the tin, three-quarters full, and bake for about 20 minutes, until the tops spring back.
6. Enjoy warm, and store leftovers airtight for up to 5 days.

SWEET TREATS & SNACKS

Collagen Cookie Dough Bites

Makes about 16

Little bites full of healthy fats and low in sugar, with a protein boost from collagen. Not a fan of collagen? Swap it for LSA mix or extra almond meal.

Ingredients

- ¾ cup 100% peanut, cashew or almond butter
- ½ cup Nourished InnerBeauty Collagen
- ½ cup desiccated coconut
- ¾ cup almond meal
- ½ cup whole oats (GF if needed, or quinoa flakes)
- ¼ cup coconut or almond milk
- 1 tsp monk fruit or stevia (or 2 Tbsp maple syrup or honey)
- Good pinch of salt
- ¼ cup dark chocolate chips

Method

1. Combine everything except the oats and chocolate chips (it will be sticky).
2. Too crumbly? Add a dash more milk. Too sticky? Add 1 Tbsp almond meal.
3. Stir through the oats and chocolate chips.
4. Roll tablespoons of the mixture into balls.
5. Store in the fridge for up to a week.

SWEET TREATS & SNACKS

Salted Caramel Tahini Cups

Makes 6–8

Low in sugar and full of healthy fats, so they satisfy a sweet craving without the crash.

Ingredients

BASE

- 2 cups almond meal
- 1 Tbsp tapioca flour
- ½ cup rolled oats (GF if needed, or quinoa flakes)
- ½ cup desiccated coconut
- Pinch of salt
- 1 tsp monk fruit or stevia
- ⅓ cup milk of choice
- 1 egg, whisked

SALTED CARAMEL TAHINI

- 1 cup hulled tahini
- 1 tsp salt
- 1 tsp monk fruit or stevia
- ½ cup melted coconut oil (or ghee)

CHOCOLATE LAYER

- 100g dark chocolate (85–90% if you're brave)
- 1 Tbsp coconut oil
- Pinch of salt

Method

1. Preheat the oven to 180°C (350°F).
2. Mix the almond meal, tapioca, oats, coconut, salt and sweetener.
3. Add the milk and egg and mix to a dough.
4. Press tablespoons into a lined or silicone muffin tin (6–8 cups).
5. Bake for 15–18 minutes, until just golden, then cool completely.
6. Mix the caramel ingredients and spoon over the bases.
7. Refrigerate for at least 30 minutes to set.
8. Gently melt the chocolate and coconut oil.
9. Spoon over the caramel layer and sprinkle with salt.
10. Refrigerate for 10 minutes more, then remove from the tin.
11. Store in the fridge for up to 5 days.

PCOS/PMOS-friendly snack ideas

As your blood sugar steadies, you might find you don't need snacks at all, and that's completely fine. If you're genuinely hungry between meals, or ravenous by dinner, choose a balanced snack.

The rule: always include a protein or healthy fat (or both), and avoid "naked" carbs, like a piece of fruit or a cracker on its own.

- Fresh berries with coconut yoghurt
- An apple with almond butter
- ½ capsicum filled with mashed avocado or hummus
- A hard-boiled egg
- Seed crackers with hummus or goat's cheese (if tolerated)
- Homemade protein balls (nut butter, protein powder and almond meal)
- A handful of mixed nuts
- A small tin of tuna or salmon with seed crackers

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