PCOS FRIENDLY FOOD FORMULA

The Complete Manual To Making Any Meal PCOS Friendly

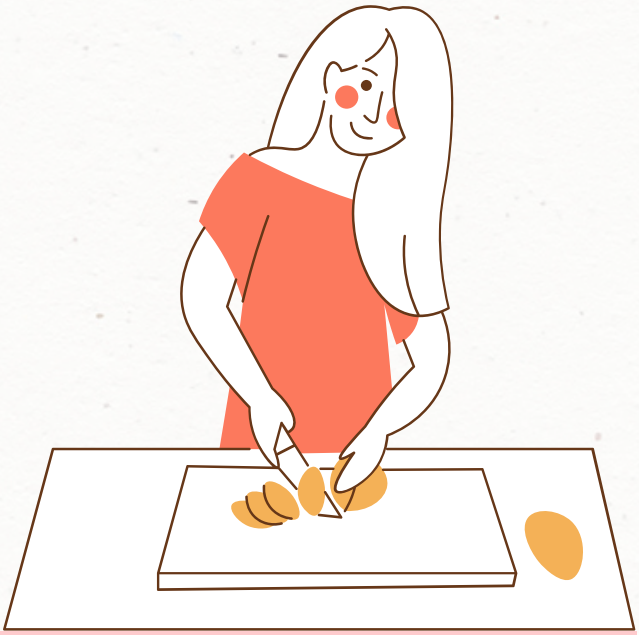
PCOS FRIENDLY FOOD *Formula*

Throughout the PCOS Repair Protocol book, we explored ways of eating that support your blood sugar to remain stable, reduce cravings and help to reverse your symptoms. This bonus resource contains the specific eating principles mentioned in the book as a quick go-to resource for when you are creating your meals. Be sure to go back over chapters 5 and 12 for the full detail on these principles plus how to individualize them to suit your PCOS root cause. You'll also find a list of FAQs at the end of chapter 5 and 12 including how to choose a PCOS-friendly protein powder, meal timings and managing hunger and fullness.



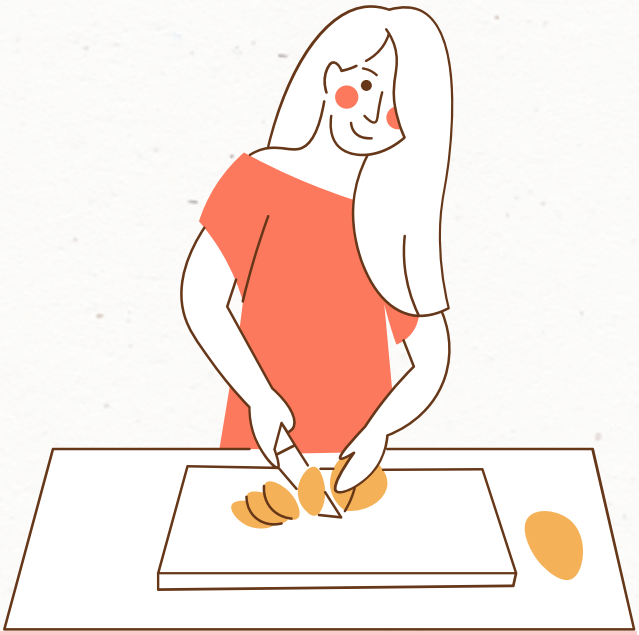
THE PCOS REPAIR BREAKFAST *principles*

- [ ] 30-40g protein
- [ ] No grains, starchy vegetables, legumes, or beans (e.g. chickpeas, baked beans) - tofu is allowed
- [ ] Unlimited non-starchy vegetables (zucchini, cauliflower, greens)
- [ ] Only the low-sugar fruits listed on the following page
- [ ] Add some healthy fats (e.g. nut butter, coconut milk, avocado)
- [ ] No sugar or sweeteners (honey, maple syrup, sugar in your tea)
- [ ] Aim to eat breakfast within an hour of waking up



LOW SUGAR FRUITS TO ENJOY FOR *Breakfast*

- ½ cup blackberries (6.2g sugar)
- ½ cup blueberries (6.8g sugar)
- 1 cup raspberries (6.5g sugar)
- 1 cup frozen mixed berries (6.5g sugar)
- ~8 medium strawberries (3.8g sugar)
- 1 green kiwifruit (6.9g sugar)
- ½ grapefruit (6.2g sugar)
- ½ cup papaya (5g sugar)
- 1 apricot (3.8g sugar)
- 1 plum (4.3g sugar)



CALCULATING THE PROTEIN CONTENT *of foods*

FOOD	SERVING SIZE	PROTEIN AMOUNT
Eggs	1 medium	6g
Protein powder	1 scoop	Varies: check the nutritional panel to work out how many scoops you need to reach your protein target
Collagen powder	1 scoop	Varies: check the nutritional panel to work out how many scoops you need to reach your protein target
Smoked salmon	100g	18g
Firm tofu	150g (1/2 block)	19g
Tempeh	100g	19g
Tuna canned in water	1 can (5 oz/142g)	19g
Chia seeds	¼ cup	7g
Salmon filet	1 filet	36g

FOOD	SERVING SIZE	PROTEIN AMOUNT
Chicken breast	100g	24g
Lean ground beef	100g	20g
Bacon	2 slices	5g
Peanut butter	1 Tbsp	3g
Almond butter	1 Tbsp	3g

BREAKFAST RECIPE *ideas*

The following recipes include 30-40 grams of protein and follow the PCOS Repair Breakfast Principles. Make sure you share your creations with us in the Cysterhood Community! We love to see what you are eating and hear your new recipe ideas.



PCOS REPAIR CHOCOLATE Thickshake

Frozen zucchini or cauliflower is the perfect banana replacement in this thickshake. Combined with a protein powder of your choice, the frozen zucchini/cauliflower mimics the texture of a banana smoothie, and the protein powder adds the sweetness. Adding frozen vegetables to your smoothie might seem strange, but I promise you won't be able to taste them! This is a sneaky way to get an extra serve of veggies into your day, whilst still enjoying a sweeter breakfast. If you struggle with digestive issues or have a thyroid condition, you might benefit from steaming and cooling your veggies first before freezing as this makes them more easily digestible. As you'll learn in Chapter 6 of the PCOS Repair Protocol, the ground flax helps to reduce excess androgens whilst also keeping your bowels regular.



Ingredients: *(Serves one)*

- 1 cup frozen zucchini or cauliflower (cut into small cubes and frozen the night before)
- Handful of ice
- 1 serve of your protein powder (to equal ~30-40g protein) - you want to choose a sweet-tasting protein powder here as otherwise your smoothie will not be sweet - I love using a salted caramel flavor for this recipe
- 1 Tbsp cacao powder or unsweetened cocoa powder
- 1 Tbsp ground flaxseeds
- ½ - 1 cup of almond or coconut milk (less liquid for a thicker smoothie)

PCOS REPAIR CHOCOLATE *Thickshake*

How To:

1. Add all ingredients into a high strength blender or food processor and blend until smooth. You might like to start with ½ cup milk and add more until you reach your desired consistency. You can also use less milk and make this extra thick so that you can have it as a smoothie bowl with your favorite toppings!

GRAB AND GO CHOCOLATE Chia Pudding

This is a great alternative to overnight oats as it has a similar oatmeal texture, but swaps high carb oats for protein and fiber-rich chia seeds. The following recipe makes four serves so it is perfect for meal prepping for the week ahead. If you want to make a single serve, just divide the ingredients by four.



Ingredients: *(Makes four serves)*

- 600mL almond or coconut milk
- ½ cup cacao powder
- 1 cup chia seeds
- Enough scoops of your protein powder to equal ~30g protein
- Serving ideas: fresh or frozen berries, coconut flakes, cacao nibs or scoop of almond butter

How To:

1. In a large bowl, whisk milk, cacao powder and sweetener together until no lumps remain
2. Add chia seeds and whisk to combine
3. Pour into a large container and place in the fridge for at least 3 hours or overnight
4. Scoop out ¼ of the mixture into a bowl, top with toppings of choice and enjoy! If the mixture seems too thick, thin it out with a little more milk

BREAKFAST
Frittata

This is a great recipe to make on a Sunday and then enjoy a slice on weekday mornings. It's delicious cold or warm and can be served with a slice of low carb bread (look for 'keto' bread or bread made from almond meal instead of flour). I love experimenting with different vegetables and protein sources in this frittata, as well as adding fresh herbs to keep the flavors interesting.



Ingredients: *(Makes four serves)*

- 12 eggs
- 2 cups chopped vegetables of your choice (I love mushroom, red onion, spinach and peppers)
- 1 cup of either: smoked salmon, pre-cooked bacon or pre-cooked sausages - chopped into small pieces
- Finely chopped fresh herbs (optional) - e.g. basil, oregano, thyme
- Handful of goat or sheep's cheese (optional - only if you can tolerate it → see chapter 17 for more info on dairy and your PCOS root cause)

How To:

1. Preheat your oven to 180°C (350°F) and grease a large baking dish with a little olive oil
2. Mix all the ingredients (except cheese) together in a large bowl and pour into the baking dish
3. If using, top with cheese and place in the oven for around 45 minutes, or until the eggs are cooked through
4. Serve immediately or allow to cool and then slice into quarters and store in the fridge

WARM CHIA Porridge

If you love having oatmeal in the mornings, this is the perfect swap. The chia seeds soak up the warm milk, and the addition of protein powder makes this a filling and blood sugar friendly breakfast for cooler mornings.



Ingredients: *(Serves one)*

- 150mL almond or coconut milk
- ¼ cup chia seeds
- Enough scoops of your protein powder to equal ~30g protein
- Pinch of ground cinnamon (optional)
- ½ cup of fresh or frozen berries (e.g. raspberries, strawberries or blueberries)

How To:

1. Add milk, chia, protein powder and cinnamon (if using) to a small saucepan and whisk to remove any lumps
2. Gently heat over medium, stirring constantly until thick and creamy
3. If using frozen berries, before removing from the heat, add berries and allow them to cook in the porridge. If using fresh berries, you can add these after turning off the heat
4. Pour into a bowl, add any toppings you desire and enjoy!

PROTEIN Pancakes

You can still enjoy pancakes when following the PCOS Repair Breakfast principles! These pancakes swap regular flour for protein powder for a delicious, filling breakfast. You can double or triple this recipe for meal prep on weekends and gently reheat the pancakes each morning if you're short on time. The amount of liquid you need for this recipe depends on how dry or absorbent your protein powder is, so you may need to experiment with this a little until you get your ratios worked out. Before frying, you are looking for a fluffy, thick batter consistency - you might need to scoop it out and spread it on the pan with the back of a spoon. If it's thinner than this and you find it's crumbling when you flip it, try adding a little more protein powder or a spoonful of almond meal.



Ingredients: *(Serves one)*

- 2 eggs
- ¼ - ½ cup almond or coconut milk
- Scoop of protein powder of choice (to equal ~20g protein)
- 1 tsp baking powder
- 1 tsp butter, ghee or olive oil to fry
- Optional: handful of blueberries

How To:

1. In a medium bowl, whisk the eggs and ¼ cup milk, then add protein powder and baking powder and mix until smooth. If too thick, add more milk, if too thin, add more protein or some almond meal.
2. Add blueberries if using
3. Heat a frying pan over medium heat then add butter or oil
4. Scoop or pour out tablespoons of the mixture and fry until golden brown, then flip and cook the other side for a minute or two
5. Serve with a spoonful of coconut yogurt, nut butter or fresh berries

BERRY RIPE Smoothie

This smoothie tastes like a Cherry Ripe but is full of PCOS-friendly ingredients! To prepare, you'll need to chop your zucchini and freeze overnight. If you have forgotten to freeze your zucchini, you can use fresh and add a big handful of ice. If you suffer from digestive issues or bloating, you might like to steam and cool your zucchini before freezing to make it more digestible.



Ingredients: *(Serves one)*

- ½ cup frozen raspberries
- ½ cup frozen zucchini
- ¼ cup desiccated or shredded coconut
- ½ - 1 cup coconut milk
- 3 scoops your favorite protein powder (to equal ~30g protein) - opt for a neutral flavor like vanilla where possible

How To:

1. Add all ingredients to a blender and blend until smooth. You might like to start with ½ cup coconut milk and add more until you reach your desired consistency. You can also use less milk and make this extra thick so that you can have it as a smoothie bowl with your favorite toppings!

VANILLA ALMOND *Smoothie*

Another super easy smoothie to throw together. The avocado in this smoothie makes it extra creamy and gives you a nourishing serve of healthy fats to keep you full and satisfied. As you'll learn in Chapter 6 of the PCOS Repair Protocol, cinnamon has been shown to improve insulin resistance and reduce sugar cravings, so is the perfect addition to this recipe.



Ingredients: *(Serves one)*

- Big handful of ice
- 3 scoops your favorite protein powder (to equal ~30g protein)
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- ½ avocado
- 1 Tbsp almond butter (or cashew, peanut etc) → look for 100% nuts or just nuts and salt - no added sugar or oil
- 1 cup almond or coconut milk or water

How To:

1. Add all ingredients to a blender and blend until smooth. You might like to start with ½ cup milk and add more until you reach your desired consistency. You can also use less milk and make this extra thick so that you can have it as a smoothie bowl with your favorite toppings!

LOW CARB ALMOND *Bread*

Sometimes you just need a nice slice of toast in the morning. This bread recipe uses almond meal instead of flour to create a high protein bread that is great toasted. It will be denser than regular bread due to the almond meal. Try topping with smashed avocado, smoked salmon or scrambled eggs for a filling breakfast.



Ingredients: *(Makes one loaf)*

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

How To:

1. Preheat your oven to 180°C (350°F) and grease a bread tin with a little olive oil or butter
2. Mix all ingredients together in a large bowl until well combined
3. Pour into the prepared tin and bake for around 55 - 70 minutes or until an inserted toothpick comes out clean and the top is very firm and golden brown
4. Cool completely before removing from the pan, then slice with a sharp bread knife
5. Store in the fridge for up to 5 days or in the freezer for up to 3 months

EASY SWAP FOR Breakfast Favorites

- Swap oatmeal with banana for chia pudding (see the two chia recipes above)
- Swap a banana smoothie for a smoothie made with frozen zucchini or cauliflower, plus a flavored protein powder (see the three smoothie recipes above)
- Swap two eggs on regular toast for three eggs on a high protein/keto bread, or three eggs plus some smoked salmon or chicken sausage on a bed of sauteed greens
- Swap a cereal or muesli bowl with fruit and yogurt for bowl of coconut yogurt with a handful of nuts (like macadamias and walnuts) and fresh or frozen berries
- Swap a breakfast burrito made with a regular tortilla for a flaxseed wrap with a high protein filling like smoked salmon or bacon



THE PCOS PLATE *Method*

The simple hack to making any lunch and dinner meal PCOS-friendly.

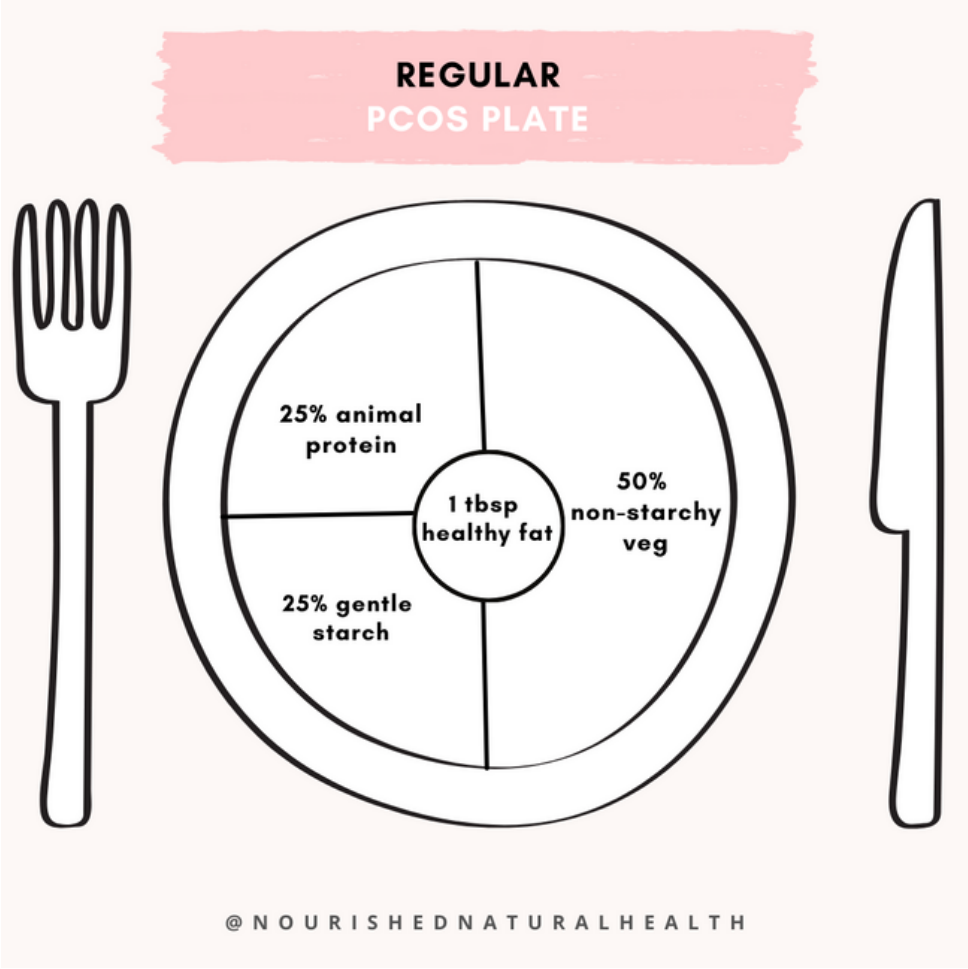
When putting together a main meal, follow this simple hack to keep your macronutrients (carbs, fats, and proteins) in the right ratios to support hormone balance. Eating this way will support insulin sensitivity, keep stress hormones level, and lower inflammation – the three leading root causes of PCOS.

When you follow the ratios below, you will find that almost any meal can be made PCOS-friendly with just a few simple tweaks. Ideally, opt for animal-based protein sources (like meat, fish, chicken, or eggs) as these contain high amounts of protein and minimal levels of carbohydrates. Below, you'll find a simple checklist to help you decide what to include in each of the plate categories.

Unlike breakfast, you don't need to completely avoid carbs in your lunch and dinner meals. Instead, you can choose from the long list of what we refer to as 'gentle starch' in the PCOS Repair Protocol. I've explained in detail the reasons why including gentle starch in the right ratios is important for all types of PCOS - refer to chapter 12 in the PCOS Repair Protocol book.

CREATING A REGULAR PCOS *plate*

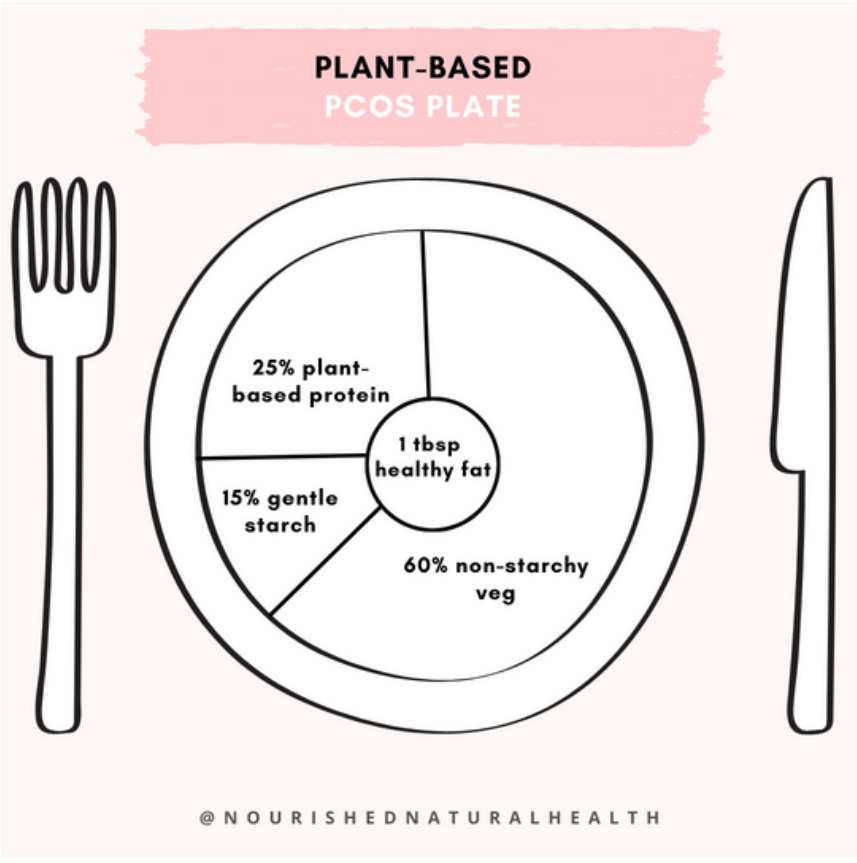
- [ ] ¼ your plate animal protein or tofu (including eggs)
- [ ] ¼ your plate gentle starch
- [ ] ½ your plate non-starchy vegetables
- [ ] 1 Tbsp healthy fat



CREATING A PLANT-BASED PCOS *plate*

If you would like to eat plant-based proteins like lentils or chickpeas, remember that all plant proteins (except tofu) contain carbohydrates bound up with the protein. This means that legumes and beans fall somewhere in the middle of our protein and starch categories.

If you would like to include a plant-based protein in your meal, simply reduce your starch portion by around half, and up your non-starchy vegetables to fill the gap (see the diagram below). For example, if you are eating a Mexican-style meal with beans, vegetables and guacamole, you will only need a small portion of rice or corn to go with your meal. If you had the same meal but with shredded chicken instead of beans, you could include a larger serve of rice or corn. If you are choosing tofu, follow the regular plate guidelines above as tofu contains mostly protein.



DIY PCOS-FRIENDLY plate

Use this handy tool to put together a PCOS-friendly plate using your favorite ingredients. Simply pick from each column and follow the rough serving size suggestions.

Protein - aim for a palm-sized amount (the size and thickness of your palm)

- [ ] Chicken
- [ ] Salmon
- [ ] Ground beef, lamb or pork
- [ ] Organic tofu
- [ ] Eggs
- [ ] Fish
- [ ] Prawns/shrimp
- [ ] Legumes and beans (reduce your starch portion by half)

Gentle Starch - aim for around ½ cup cooked

- [ ] White potato
- [ ] Sweet potato
- [ ] Pumpkin/squash
- [ ] Rice (white or brown)
- [ ] Quinoa
- [ ] Buckwheat
- [ ] Gluten free pasta
- [ ] OR: 1 serve of fruit (e.g. 1 banana, apple, pear, orange, peach or 1 cup of melon)

Non-Starchy Vegetables - no limit: eat as much as you want and try to include at least 2 different varieties

- [ ] Asparagus
- [ ] Brocolli
- [ ] Brussels sprouts
- [ ] Cabbage
- [ ] Cauliflower
- [ ] Celery
- [ ] Cucumber
- [ ] Eggplant
- [ ] Mushrooms
- [ ] Onion and garlic
- [ ] Capsicum (peppers)
- [ ] Spinach
- [ ] Kale
- [ ] Greenbeans
- [ ] Tomato
- [ ] Zucchini

Healthy Fats - follow the guidelines for serving sizes below

- [ ] Avocado - ½ medium
- [ ] Nuts and seeds - ¼ cup
- [ ] Nut butter - 1 Tbsp
- [ ] Tahini - 1 Tbsp
- [ ] Skin on fish e.g. salmon filet with crispy skin
- [ ] Oils: olive, coconut, avocado, flax - 1-2 Tbsp
- [ ] Grass fed butter or ghee (if you tolerate it) - ½ Tbsp

Note: you can use these oils to cook your protein or vegetables or add on afterwards as a dressing.

PCOS-FRIENDLY MAIN MEAL RECIPE *ideas*



SUPER SIMPLE VEGGIE Filled Stir-Fry



Ingredients: *(Serves two)*

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

To serve:

- ½ cup of cooked brown rice per person
- Handful of cashews
- Handful of fresh cilantro/coriander
- Fresh chili, finely sliced (optional)

How to:

- Heat 1 tablespoon of olive oil in a large non-stick fry pan and cook onion for 2-3 minutes
- Add the chicken (or tofu) and garlic and stir until cooked through. Remove the chicken (or tofu) from the pan and set aside
- Add the remaining tablespoon of oil to the same pan. Add broccolini and peppers and cook, stirring for 2 minutes

- Add in mushrooms and cook, stirring for a further 2 minutes
- Stir through bok choy for around 1 minute or until just wilted but still crispy
- Add soy sauce, ginger and cooked chicken/tofu to the pan and stir until coated with the sauce
- Serve over rice with cashews, cilantro and fresh chili

PESTO ROASTED SALMON *and Greens*

Salmon is one of my absolute favorite protein choices for balanced hormones. Full of anti-inflammatory omega-3 fatty acids, salmon helps to tackle period pain and acne, as well as supports stable blood sugar which is crucial in addressing PCOS. Keep the skin on the salmon as this is where the healthy fats are.

This dish also features Brussels sprouts and broccoli - two cruciferous vegetables which contain a compound that supports liver detoxification of hormones, particularly estrogen. You can swap these veggies out for other estrogen-balancing cruciferous vegetables like cauliflower or kale (also delicious with pesto!).

This recipe makes 2 serves - perfect for sharing for dinner or as a pre-prepared lunch for the following day. Vegetarian? Swap the salmon out for a piece of organic tofu - still delicious baked with pesto!



Ingredients: *(Serves two)*

- 2 pieces of fresh salmon with skin on (or 1 piece of organic tofu)
- 2 Tbsp store-bought pesto (or make your own from scratch using Tam's recipe), plus extra to serve
- Half a head of broccoli, cut into small pieces
- Around 8 Brussels sprouts, ends removed and quartered
- 1 Tbsp extra virgin olive oil
- Salt and pepper to taste
- 1 cup of cooked brown rice or quinoa to serve

How to:

1. Preheat oven to 180°C (350°F) and line a baking tray with baking paper
2. Place salmon filets in the center of the baking tray and scatter vegetables around the sides
3. Spoon 1 tablespoon of pesto over each salmon filet, covering the whole filet
4. Drizzle olive oil over the vegetables and sprinkle with salt and pepper
5. Place in the oven and roast for around 12 minutes or until salmon is cooked through
6. Serve with brown rice or quinoa and an extra drizzle of pesto

BOILED EGG SALAD WITH CREAMY AVOCADO Dressing

We've paired potatoes with a healthy protein (eggs) and fat source (avocado and olive oil) to blunt the effects of the potato on your blood sugar levels. This balanced meal will leave you full and satiated for hours. Eggs are an excellent source of choline which is important in supporting fertility and egg quality. Radishes help your body to detoxify estrogen which is a bonus if you deal with the symptoms of excess estrogen like heavy periods or PMS.



Ingredients: *(Serves two)*

- 6 eggs
- Handful green beans (ends chopped off and chopped into thirds)
- 8 cherry tomatoes (halved)
- 2 large handfuls mixed salad leaves 2 radishes (thinly sliced)
- 4 small new baby potatoes (cut into quarters with the skin left on)

Dressing (you will have leftovers to use in another dish)

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

How to:

1. In a large pot of boiling water, boil potatoes for 10 minutes. Drain and allow to cool.
2. Meanwhile, fill a small saucepan with cold water. Lower the eggs into the saucepan and cook on medium heat until desired egg type is reached. (5 minutes for medium-boiled eggs and 8 minutes for hard-boiled eggs)
3. Peel the eggs and set them aside
4. To make avocado dressing, place all ingredients in a food processor and blend until a creamy consistency is reached
5. Toss together remaining salad ingredients in a large bowl and place them onto a serving plate
6. Cut the eggs in half and add to the top of the salad
7. Drizzle over the dressing and serve

Happy Cooking!

Don't forget to share your creations with us in our Cysterhood Community!