

**NOURISH  
THRIVE  
GLOW**

# **PCOS MEAL PLAN**

**TOOLS, NOT RULES**

**where little habits create lasting results**

**REALISTIC  
NUTRITION**





# WELCOME

This plan is designed to support women with PCOS by focusing on steady blood sugar, high protein, and fiber-rich foods that nourish hormones, liver, and gut health.

## Each day includes:

- 3 balanced meals anchored with protein + fiber
- Up to 2 optional snacks for added flexibility
- Some women feel best with 1 snack, others need 2 — both are normal. Use your hunger and energy as your guide.

## How It Works

- Protein First: Aim for 25–30 g per meal
- Fiber-Focused: At least 8–10 g per meal (veggies, legumes, seeds)
- Smart Carbs: Quinoa, lentils, beans, sweet potato, fruit in modest portions
- Healthy Fats: Avocado, olive oil, tahini, nuts/seeds for satiety + hormone support

## Meal Timing:

- Balanced meals every 3–5 hours to keep hormones steady
- This plan is a jump-start — repeat meals you enjoy, batch prep proteins/veggies, and mix & match to keep things easy.



Think of this plan as a jump-start. Use it to discover meals you love, repeat your favorites, and mix & match to fit your lifestyle.

Remember — this isn't about perfection. It's about building steady rhythms that support your cycle, hormones, and energy.

If you want to go deeper, make sure to listen to the PCOS Episode on the NTG Method Podcast, where I break down the “why” behind these meals and tools.



# BUILDING YOUR PLATE

## Protein

- ¼ Plate Protein
- Chicken, turkey, eggs, dairy
- Fish, shrimp, lean beef, or plant-based (tofu, tempeh, beans + protein powder)
- Goal: ~30g+ protein per meal

## Smart Carbs (Lower-Glycemic)

- ¼ Plate Smart Carbs (Lower-Glycemic)
  - 1/2-3/4 cup
- Lentils, beans, quinoa, oats, white beans, chickpeas, root veggies in moderate portions

## Key Add-Ons

- Cruciferous veggies & bitter-rich foods
- Fermented foods
- Minerals

## Fiber-Rich Veggies

- ½ Plate Fiber-Rich Veggies
- Broccoli, Brussels sprouts, cauliflower, zucchini, asparagus, peppers, greens, cucumber, carrots, etc
- Mix cooked + raw for gut health
  - Cook veggies if dealing with gut issues
- Goal: ~5- 10g+ fiber per meal

## Fats

- Meat, dairy, avocado, olives, oils, nuts, seeds, tahini, nut butters
- Note: If your protein source is already rich in fats (like red meat, eggs, or salmon), you don't need to add extra fats on top.

# DAY 1

## Breakfast

Veggie Omelet — 2 eggs + 2 egg whites, spinach, mushrooms, arugula. + 1 slice GF seed bread + avocado.

- Quick prep: Sauté veggies, pour in whisked eggs, cook 3-4 min. Toast bread.

## Snack:

Greek yogurt (unsweetened,  $\frac{3}{4}$  cup) + chia seeds + raspberries.

## Lunch:

Grilled chicken (4-6 oz) with kale, roasted Brussels sprouts, sweet potato ( $\frac{1}{2}$  cup), tahini-lemon dressing.

- Quick prep: Roast Brussels + sweet potato at 400°F for 20 min.

## Snack:

Cottage cheese ( $\frac{3}{4}$  cup) + cucumber + pumpkin seeds.

## Dinner:

Baked salmon (4-6 oz) with cauliflower rice, zucchini, broccoli sprouts, olive oil.

- Quick prep: Bake salmon at 375°F for 12-15 min.

# DAY 2

## Breakfast:

Smoothie — almond milk, protein powder (30-40g), flaxseed, spinach, ½ banana, blueberries.

## Snack:

Edamame (1 cup) + sea salt.

## Lunch:

Turkey burger bowl (4-6 oz patty) with arugula, carrots, cucumber, quinoa (½ cup), tahini dressing.

## Snack:

2 hard-boiled eggs + celery + almond butter.

## Dinner:

Shrimp stir-fry with bok choy, broccoli, snap peas, cauliflower rice, coconut aminos.

- Quick prep: Sauté shrimp + veggies in olive oil, add coconut aminos.

# DAY 3

## Breakfast:

Chia pudding with almond milk + protein powder. Topped with walnuts + blueberries.

- Quick prep: Make the night before mix chia (2.5 tbsp) + milk ( $\frac{1}{2}$ – $\frac{3}{4}$  cup unsweetened almond milk adjust for thickness)

## Snack:

Turkey roll-ups with hummus + cucumber.

## Lunch:

Lentil-vegetable soup (carrots, celery, spinach) + grilled chicken.

Snack: Protein shake (whey or pea) + flaxseed.

## Dinner:

Grilled steak (4 oz) + roasted Brussels, cauliflower mash, arugula salad.

- Quick prep: Roast Brussels 20 min at 400°F; steam cauliflower and mash with garlic + olive oil

# DAY 4

## Breakfast:

Scrambled eggs with kale + mushrooms + lupini bean + Sauerkraut.

## Snack:

Greek yogurt + hemp seeds + strawberries.

## Lunch:

Salmon salad with arugula, broccoli, radishes, cucumber, avocado.

- Quick prep: Bake salmon 12-15 min at 375°F; flake over raw salad base.

## Snack:

Edamame (1 cup) + pumpkin seeds.

## Dinner:

Ground turkey stir-fry with cabbage, onion, zucchini, broccoli sprouts over cauliflower rice.

- Quick prep: Sauté turkey + veggies in olive oil; top with broccoli sprouts.

# DAY 5

## Breakfast:

Smoothie — protein powder (30-40g), chia seeds, spinach, frozen berries, almond butter, almond milk.

## Snack:

Cottage cheese ( $\frac{3}{4}$  cup) + flax crackers + cucumber.

## Lunch:

Grilled chicken bowl with arugula, Brussels sprouts, carrots, quinoa ( $\frac{1}{2}$  cup), and tahini dressing.

## Snack:

Turkey slices + roasted chickpeas ( $\frac{1}{4}$  cup).

## Dinner:

Baked cod (4-6 oz) with asparagus, kale, mashed cauliflower.

- Quick prep: Bake cod at 375°F for 12- 15 min; steam asparagus + kale; mash cauliflower with olive oil.



# GROCERY LIST

## Protein

- Chicken breasts (4-5)
- Ground turkey (1 lb)
- Salmon fillets (2)
- Cod fillet (1)
- Shrimp (1 lb)
- Steak (1 small)
- Turkey slices (½ lb)
- Turkey burger patties (2-3)
- Eggs (2 dozen)
- Greek yogurt (plain, unsweetened)
- Cottage cheese ( 2-3 cups)
- Protein powder
- Edamame (frozen, 3-4 cups)

## Vegetables

- Spinach & Kale (2 bunches)
- Arugula (2 bags)
- Broccoli (2 heads)
- Brussels sprouts (2 lbs)
- Cauliflower (2 heads)
- Cabbage (1 head)
- Zucchini (4)
- Snap peas (1 bag)
- Mushrooms (1 box)
- Carrots (1 lb)
- Cucumbers (4)
- Radishes (1 bunch)
- Onions (2-3)
- Broccoli sprouts (1)
- Sauerkraut (1 jar)

## Fruit

- Raspberries (1 cup)
- Blueberries (2 cups)
- Strawberries (1 cup)
- Banana (2)
- Grapefruit (optional, for bitters)

## Carbs / Fiber Boosters

- Sweet potatoes (3-4 )
- Quinoa (1 cup dry)
- Lentils (1 cup dry)
- Flaxseed (¼ cup)
- Chia seeds (½ cup)
- Hemp seeds (¼ cup)
- Roasted chickpeas (store-bought or homemade, ½ cup)
- GF seed bread (1 loaf)
- Flax crackers (1 box)

## Fats & Extras

- Avocado (3-4)
- Olive oil
- Tahini
- Almond butter
- Pumpkin seeds (½ cup)
- Walnuts (½ cup)
- Coconut aminos (for stir-fry)

# THANK YOU

I'm so glad you're here. This 5-day plan is just the beginning of learning how food can steady your blood sugar, support your hormones, and give you more consistent energy.

Remember: these are tools, not rules. Take what works for you, repeat your favorites, and keep building little habits that make a big difference.

## What's Next?

Listen in → Check out the NTG Method Podcast for deeper dives into PCOS, hormones, and metabolism.

Follow along → Join me on Instagram [[@nourishthriveglow](#)] for daily tips, recipes, and real-life hormone hacks.

## Keep an eye out for my next group coaching program — The NTG Glow-Up.

A 6-week program guided by me, designed to help you:

- Build micro habits that support hormones, metabolism, gut, liver, and energy
- Use evidence-based tools in a realistic, sustainable way
- Master the foundations of nutrition so you can thrive long term

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**If you would like guidance on ingredient substitutions, you may add on individual coaching or email [sarah@nourishthriveglow.org](mailto:sarah@nourishthriveglow.org) with questions.**

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