



PCOS Try before you buy!

Created by Nutrition Academy



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5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Chocolate Avocado Smoothie	Cardamom Pear Baked Oatmeal	Chocolate Avocado Smoothie	Cardamom Pear Baked Oatmeal	Chocolate Avocado Smoothie
Snack 1	Chopped Bell Peppers	Rice Cakes, Avocado & Hummus	Chopped Bell Peppers	Rice Cakes, Avocado & Hummus	Chopped Bell Peppers
	Hummus		Hummus		Hummus
Lunch	Chicken, Asparagus & Sweet Potato	Simple Tuna Salad	Chicken, Asparagus & Sweet Potato	Simple Tuna Salad	Chicken, Asparagus & Sweet Potato
		Sprouted Grain Bread		Sprouted Grain Bread	
Snack 2	Almond Butter Stuffed Dates	Almond Butter Stuffed Dates	Almond Butter Stuffed Dates	Almond Butter Stuffed Dates	Almond Butter Stuffed Dates
Dinner	Grilled Mediterranean Chicken Kabobs	Grilled Mediterranean Chicken Kabobs	Citrus Spiced Turkey Bowls	Citrus Spiced Turkey Bowls	Mexican Quinoa Wraps
	Herb & Garlic Quinoa	Herb & Garlic Quinoa			
Snack 3	Frozen Yogurt Covered Blueberries	Almonds & Dark Chocolate	Frozen Yogurt Covered Blueberries	Almonds & Dark Chocolate	Frozen Yogurt Covered Blueberries

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60 items

Fruits

- ☐ **2 1/4** Avocado
- ☐ **1 1/2 cups** Blueberries
- ☐ **1** Green Apple
- ☐ **1/2** Lemon
- ☐ **1/2** Navel Orange
- ☐ **2** Pear

Breakfast

- ☐ **3/4 cup** Almond Butter
- ☐ **1/4 cup** Maple Syrup
- ☐ **4** Plain Rice Cake

Seeds, Nuts & Spices

- ☐ **1/4 cup** Almonds
- ☐ **2 tsps** Cardamom
- ☐ **3/4 tsp** Chili Powder
- ☐ **1/2 tsp** Cumin
- ☐ **1/4 cup** Ground Flax Seed
- ☐ **1 1/2 tsps** Oregano
- ☐ **1/4 tsp** Paprika
- ☐ **1/4 tsp** Sea Salt
- ☐ **0** Sea Salt & Black Pepper

Vegetables

- ☐ **2 1/4 cups** Asparagus
- ☐ **4 cups** Baby Spinach
- ☐ **1 cup** Cherry Tomatoes
- ☐ **2** Garlic
- ☐ **1 1/2 tsps** Ginger
- ☐ **2 cups** Green Beans
- ☐ **2 3/4** Green Bell Pepper
- ☐ **4 stalks** Green Onion
- ☐ **1/2 cup** Parsley
- ☐ **2 3/4** Red Bell Pepper
- ☐ **1/2** Red Hot Chili Pepper
- ☐ **1/2 cup** Red Onion
- ☐ **2 1/4** Sweet Potato
- ☐ **3 1/4** Yellow Bell Pepper
- ☐ **1/2** Zucchini

Boxed & Canned

- ☐ **1 cup** Black Beans
- ☐ **1/2 cup** Corn
- ☐ **3/4 cup** Diced Tomatoes
- ☐ **1 cup** Quinoa
- ☐ **2 cans** Tuna

Baking

- ☐ **50 grams** Dark Organic Chocolate
- ☐ **4 cups** Oats
- ☐ **1 1/4 cups** Pitted Dates
- ☐ **1 cup** Pureed Pumpkin

Bread, Fish, Meat & Cheese

- ☐ **23 ozs** Chicken Breast
- ☐ **1/2 lb** Extra Lean Ground Turkey
- ☐ **1/2 cup** Hummus
- ☐ **2 slices** Sprouted Grain Bread
- ☐ **2** Whole Wheat Tortilla

Condiments & Oils

- ☐ **2 tsps** Coconut Aminos
- ☐ **3 tsps** Extra Virgin Olive Oil
- ☐ **3/4 cup** Hummus
- ☐ **2 tsps** Mayonnaise
- ☐ **1 1/2 tsps** Red Wine Vinegar
- ☐ **1 1/2 tsps** Sesame Oil
- ☐ **1/2 cup** Tahini

Cold

- ☐ **2 tsps** Orange Juice
- ☐ **3 tsps** Plain Greek Yogurt
- ☐ **3 cups** Unsweetened Almond Milk

Other

- ☐ **4** Barbecue Skewers
- ☐ **3/4 cup** Chocolate Protein Powder
- ☐ **5 1/8 cups** Water



Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet

Add frozen banana.

Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Ingredients

1/4 Avocado

1 cup Unsweetened Almond Milk

1 tbsp Almond Butter

1 cup Baby Spinach

1/4 cup Chocolate Protein Powder

Cardamom Pear Baked Oatmeal

8 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 350 F. Grease a baking pan with coconut oil or line with parchment paper.
2. Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean. Enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Pumpkin

Use unsweetened applesauce, pureed butternut squash or sweet potato instead.

Ingredients

- 2 cups** Oats (quick or traditional)
- 2 cups** Water
- 2 tbsps** Maple Syrup
- 1/2 cup** Pureed Pumpkin (canned)
- 1/4 cup** Tahini
- 1 tsp** Cardamom
- 2 tbsps** Ground Flax Seed
- 1 Pear** (half sliced, half diced)

Chopped Bell Peppers

3 ingredients · 5 minutes · 3 servings



Directions

1. Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 to 4 days.

Ingredients

3/4 Yellow Bell Pepper

3/4 Green Bell Pepper

3/4 Red Bell Pepper

Hummus

1 ingredient · 2 minutes · 1 serving



Directions

1. Dip your favourite vegetables and fruits in small amount of hummus, either store-bought or homemade.

Ingredients

1/4 cup Hummus

Rice Cakes, Avocado & Hummus

4 ingredients · 10 minutes · 1 serving



Directions

1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

Notes

No Rice Cakes

Use crackers or tortillas instead.

Ingredients

2 Plain Rice Cake

1/4 cup Hummus

1/2 Avocado (sliced)

Sea Salt & Black Pepper (to taste)

Chicken, Asparagus & Sweet Potato

4 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 425 degrees F and line a baking sheet with parchment paper.
2. Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
3. Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
4. While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
5. Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

Notes

No Asparagus

Use zucchini, green beans, broccoli or cauliflower instead.

No Sweet Potato

Use carrots or regular potato instead.

Vegan

Swap out the chicken for roasted chickpeas or marinated lentils.

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

2 1/4 Sweet Potato (medium, diced)

1 1/8 tbsps Extra Virgin Olive Oil (divided)

2 1/4 cups Asparagus (woody ends trimmed)

15 ozs Chicken Breast (boneless, skinless)

Simple Tuna Salad

5 ingredients · 10 minutes · 2 servings



Directions

1. Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve

Enjoy alone, on crackers, on a sandwich, or over greens.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 2 cans** Tuna (drained)
- 1** Green Apple (chopped)
- 2 stalks** Green Onion (finely sliced)
- 2 tbsps** Mayonnaise
- Sea Salt & Black Pepper (to taste)

Sprouted Grain Bread

1 ingredient · 2 minutes · 1 serving



Directions

1. Pick up your favourite grain bread at the grocery store and toast it (only if you like)!

Ingredients

1 slice Sprouted Grain Bread

Almond Butter Stuffed Dates

2 ingredients · 5 minutes · 1 serving



Directions

1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free

Use sunflower seed butter or tahini instead of almond butter.

Dress Them Up

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Ingredients

1/4 cup Pitted Dates

2 tbsps Almond Butter

Grilled Mediterranean Chicken Kabobs

10 ingredients · 30 minutes · 2 servings



Directions

1. Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
2. Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
3. Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
4. Preheat the grill to medium heat.
5. Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
6. Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Serve Them With

Rice, quinoa, grilled potatoes and/or tzatziki sauce.

Leftovers

Store covered in an airtight container in the fridge up to three days.

Serving Size

One serving is equal to approximately two kabobs.

Vegan & Vegetarian

Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers

If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Ingredients

- 1/2 Lemon (juiced)
- 1 1/2 **tsps** Red Wine Vinegar
- 1 1/2 **tsps** Oregano (dried)
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 8 **ozs** Chicken Breast (boneless, skinless, diced into cubes)
- 1/2 Zucchini (large)
- 1/2 Yellow Bell Pepper
- 1/2 **cup** Red Onion
- 1 **cup** Cherry Tomatoes
- 4 Barbecue Skewers

Turn Them Into a Salad

Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.

Herb & Garlic Quinoa

6 ingredients · 20 minutes · 2 servings



Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
2. In a bowl, combine the quinoa, olive oil, parsley, garlic, salt and pepper. Mix well and enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Ingredients

1/2 cup Quinoa (dry, uncooked)

1 cup Water

3/4 tsp Extra Virgin Olive Oil

1/2 cup Parsley (finely chopped)

1 Garlic (cloves, minced)

Sea Salt & Black Pepper (to taste)

Citrus Spiced Turkey Bowls

12 ingredients · 30 minutes · 2 servings



Directions

1. Preheat your oven to 375F.
2. Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
4. To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

Vegetarian

Use scrambled eggs instead of turkey.

Ingredients

2 cups Green Beans (trimmed)
1/2 Navel Orange
1 1/2 tpsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 1/2 tpsps Sesame Oil
1/2 lb Extra Lean Ground Turkey
1 1/2 tpsps Ginger (peeled and grated)
2 tbsps Orange Juice
1/2 Red Hot Chili Pepper (minced)
1 Garlic (cloves, minced)
2 tbsps Coconut Aminos (or tamari)
2 stalks Green Onion (sliced)

Mexican Quinoa Wraps

12 ingredients · 45 minutes · 2 servings



Directions

1. In a large pot, add water, black beans, tomatoes, corn, cumin, paprika, chili powder and salt. Bring to a simmer.
2. Add quinoa and cook for 12 to 15 more minutes.
3. Place each tortilla wrap on a plate and top with spinach, avocado and the quinoa filling. Enjoy!

Notes

More Toppings

Feta cheese, greek yogurt, diced chicken breast or cucumber slices.

Gluten-Free

Use corn or rice tortillas instead of whole wheat.

Slow Cooker Version

Add the water, black beans, diced tomatoes, corn, cumin, paprika, chili powder, salt and quinoa together in the slow cooker. Stir well to mix and cook on low for 5 to 6 hours, or on high for 3 to 4 hours.

Ingredients

- 1/4 cup Water
- 1 cup Black Beans (cooked, drained and rinsed)
- 3/4 cup Diced Tomatoes (fresh or canned)
- 1/2 cup Corn (fresh, canned or frozen)
- 1/2 tsp Cumin
- 1/4 tsp Paprika
- 3/4 tsp Chili Powder
- 1/4 tsp Sea Salt
- 1/3 cup Quinoa (dry/uncooked)
- 2 Whole Wheat Tortilla
- 1 cup Baby Spinach
- 1/2 Avocado (diced)

Frozen Yogurt Covered Blueberries

2 ingredients · 40 minutes · 3 servings



Directions

1. In a bowl, combine blueberries and yogurt until well coated.
2. Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
3. Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

Notes

Kid-Friendly

Serve just a few at a time as these will melt quickly after handling.

Dairy-Free & Vegan

Use a dairy-free yogurt such as coconut or almond.

Ingredients

1 1/2 cups Blueberries (fresh or frozen, not wild)

3 tbsps Plain Greek Yogurt

Almonds & Dark Chocolate

2 ingredients · 3 minutes · 1 serving



Directions

1. Divide between bowls. Enjoy!

Ingredients

25 grams Dark Organic Chocolate (at least 70% cacao)

2 tbsps Almonds