

# PCOS diet plan

This PCOS diet plan offers a comprehensive guide on the best foods to include in your diet, rules for combining them to optimize their benefits, and foods to limit or avoid. By following these recommendations, you can take control of your health and support your body in managing PCOS symptoms more effectively. The diet plan is followed by a PCOS sample meal plan to provide you with menu ideas.

Category	Recommended foods	Rules of food combinations	Food limitations
<b>Complex carbohydrates</b>	<ul style="list-style-type: none"><li>Whole grains (quinoa, brown rice, oats)</li><li>Sweet potatoes</li><li>Lentils, beans</li></ul>	<p>Combine carbs with protein or healthy fats to stabilize blood sugar levels</p> <p>Avoid eating carbs alone</p>	<p>Avoid refined carbs (white bread, pastries)</p> <p>Limit high glycemic foods that spike blood sugar</p>
<b>Protein</b>	<ul style="list-style-type: none"><li>Lean meats (chicken, turkey, grass-fed beef)</li><li>Fish (salmon, mackerel)</li><li>Tofu, tempeh, legumes</li></ul>	<p>Pair protein with fiber-rich foods (veggies, whole grains) for better digestion and sustained energy</p>	<p>Limit processed meats (sausages, deli meats)</p>
<b>Healthy fats</b>	<ul style="list-style-type: none"><li>Avocados</li><li>Olive oil, coconut oil</li><li>Nuts and seeds (almonds, flaxseeds)</li></ul>	<p>Combine healthy fats with protein and vegetables to support hormone balance</p>	<p>Limit trans fats (fried foods, packaged snacks)</p>

<b>Fruits and vegetables</b>	<ul style="list-style-type: none"> <li>● Leafy greens (spinach, kale)</li> <li>Cruciferous vegetables (broccoli, cauliflower)</li> <li>● Berries (blueberries, strawberries)</li> </ul>	<p>Include a variety of colorful vegetables and fruits to support hormone and nutrient balance</p>	<p>Limit high-sugar</p> <ul style="list-style-type: none"> <li>● fruits (bananas, grapes)</li> </ul> <p>Avoid fruit juices</p> <ul style="list-style-type: none"> <li>● with added sugars</li> </ul>
<b>Dairy alternatives</b>	<ul style="list-style-type: none"> <li>● Almond milk, coconut milk, oat milk</li> <li>● Non-dairy yogurts</li> </ul>	<p>Use dairy alternatives that are low in sugar to avoid insulin spikes</p>	<p>Limit regular dairy products (milk, cheese, yogurt) if sensitive to lactose</p> <ul style="list-style-type: none"> <li>●</li> </ul>
<b>Fiber</b>	<ul style="list-style-type: none"> <li>● Vegetables (zucchini, bell peppers)</li> <li>● Whole grains (barley, buckwheat)</li> <li>● Chia seeds, flaxseeds</li> </ul>	<p>Combine fiber with protein to enhance blood sugar regulation and improve digestion</p>	<p>Avoid low-fiber processed foods (white pasta, snacks)</p> <ul style="list-style-type: none"> <li>●</li> </ul>
<b>Spices &amp; herbs</b>	<ul style="list-style-type: none"> <li>● Cinnamon, turmeric, ginger</li> <li>● Garlic, peppermint</li> </ul>	<p>Use herbs and spices to reduce inflammation and support digestion</p>	<p>Limit processed spice blends with added sugar or salt</p> <ul style="list-style-type: none"> <li>●</li> </ul>

# Sample PCOS meal plan

Monday

## Breakfast

Overnight oats topped with fresh berries, nuts and seeds

## Snack

Vegetable crudites with homemade guacamole

## Lunch

Smashed avocado on whole-grain toast

## Dinner

Bean and vegetable chili with brown rice

Tuesday

## Breakfast

High-fiber muesli

## Snack

Whole grain pitta with hummus

## Lunch

Chickpea salad in a wholegrain wrap

## Dinner

Tofu, vegetable and peanut stir fry with noodles

Wednesday

## Breakfast

Chia seed pudding with fresh berries, nuts and seeds

## Snack

Air-fried chickpeas

## Lunch

Moroccan couscous and chicken salad

## Dinner

Lentil dahl with brown basmati rice

Thursday

## Breakfast

Apple and linseed porridge

## Snack

Banana

## Lunch

Buckwheat Mediterranean salad with olive oil dressing

## Dinner

Lemon and herb fish with sweet potato mash and steamed vegetables

Friday

**Breakfast**

Low-fat Greek yogurt topped with fresh fruit, nuts, and seeds

**Snack**

Edamame beans

**Lunch**

Tuna and whole grain pasta salad

**Dinner**

Chickpea and vegetable curry with brown basmati rice

Saturday

**Breakfast**

Scrambled egg on whole-grain toast

**Snack**

Fruit salad

**Lunch**

Pineapple and cashew nut salad

**Dinner**

Lentil shepherdess pie topped with sweet potato mash

Sunday

**Breakfast**

Tofu scramble on whole-grain toast

**Snack**

Pineapple slices and low-fat yogurt

**Lunch**

Chicken Caesar salad

**Dinner**

Burrito bowl with kidney beans and brown rice

