

# The 7-Day PCOS Meal Plan:

Free PDF



Polycystic ovary syndrome (PCOS) is a common hormonal condition that impacts 1 in 10 people with ovaries in the U.S.

Nutritional changes are one way to help manage PCOS symptoms like irregular ovulation and insulin resistance. Registered Dietitian Taylor Grasso MPPD, RDN, LD tells Rescripted that it's important to focus on eating healthy fats, balancing blood sugar (complex carbohydrates/fiber), and opting for foods with less sugar.

Here are 7 days of delicious and nutritious meals for people with PCOS and anyone who's looking to stay on top of their blood sugar. [Courtesy of Taylor.](#)

## 01 Monday

- **Breakfast** | Breakfast cauliflower casserole
- **Snack** | Apple with almond butter
- **Lunch** | Cream of celery and asparagus soup
- **Snack** | Smoked salmon wrapped avocado
- **Dinner** | Shrimp asparagus pesto pasta
- **Snack** | Almond butter-stuffed dates

## 02 Tuesday

- **Breakfast** | Breakfast cauliflower casserole
- **Snack** | Apple with almond butter
- **Lunch** | Shrimp asparagus pesto pasta
- **Snack** | Smoked salmon wrapped avocado
- **Dinner** | Cajun chicken, sweet potatoes, and kale
- **Snack** | Almond butter-stuffed dates

## 03 Wednesday

- **Breakfast** | Breakfast cauliflower casserole
- **Snack** | Hummus dippers
- **Lunch** | Cajun chicken, sweet potatoes, and kale
- **Snack** | Salt 'n vinegar hard-boiled eggs
- **Dinner** | One-pan chicken, golden cauliflower, and carrot fries
- **Snack** | Dark chocolate peanut butter cups

## 04 Thursday

- **Breakfast** | Carrot cake chia pudding
- **Snack** | Hummus dippers
- **Lunch** | One-pan chicken, golden cauliflower, and carrot fries
- **Snack** | Salt 'n vinegar hard-boiled eggs
- **Dinner** | 15-minute shrimp and cabbage stir fry
- **Snack** | Dark chocolate peanut butter cups

## 04 Friday

- **Breakfast** | Carrot cake chia pudding
- **Snack** | Apple with almond butter
- **Lunch** | 15-minute shrimp and cabbage stir fry
- **Snack** | Salt 'n vinegar hard-boiled eggs
- **Dinner** | Night out!
- **Snack** | Chocolate banana cookies

## 05 Saturday

- **Breakfast** | Avocado sweet potato toast with poached egg
- **Snack** | Apple with almond butter
- **Lunch** | Sausage, broccoli, and cabbage stir fry
- **Snack** | Hummus dippers
- **Dinner** | Cheesy cauliflower and broccoli casserole
- **Snack** | Chocolate banana cookies

## 07 Sunday

- **Breakfast** | Avocado sweet potato toast with poached egg
- **Snack** | Apple with almond butter
- **Lunch** | Cream of celery and asparagus soup
- **Snack** | Hummus dippers
- **Dinner** | Cheesy cauliflower and broccoli casserole
- **Snack** | Chocolate banana cookies





## Carrot cake chia pudding

(2 servings)

### Ingredients

- 1 carrot (medium, grated)
- 1/2 tsp of cinnamon
- 1/8 tsp of ground cloves
- 1/4 tsp of ground ginger
- 1 tsp of stevia powder (to taste)
- 2 cups of unsweetened almond milk
- 1/2 cup of chia seeds
- 1/4 cup of walnuts (chopped)
- 2 tbsp of unsweetened coconut flakes

### Directions

1. In a medium-sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger, and stevia. Add the almond milk, then whisk in the chia seeds. Let it sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate it for 3 hours or overnight.
2. Divide the mix into bowls or mason jars and garnish with shredded coconut and chopped walnuts.



## Breakfast cauliflower casserole

(3 servings)

### Ingredients

- 1/2 a head of cauliflower (chopped into florets)
- 7 eggs
- 1/2 cup of unsweetened almond milk
- 1 tsp of garlic powder
- 1 tbsp of nutritional yeast
- 1 tsp of sea salt
- 1 cup of baby spinach

### Directions

1. Preheat the oven to 375°F (191°C).
2. On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let them cook for 5-6 minutes (or until they're tender when pierced with a fork). Roughly chop the cooked cauliflower and set it aside.
3. In a bowl, whisk together the eggs, almond milk, garlic powder, nutritional yeast, salt, and chopped spinach. Toss in the chopped cauliflower florets until they're evenly coated.
4. Pour the mixture into a baking dish and bake the dish for 45 minutes.
5. Remove the dish from the oven and let it cool slightly before serving.



## Avocado sweet potato toast with poached egg

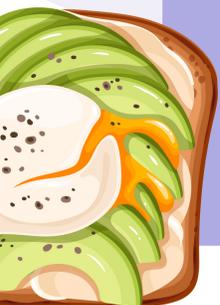
(2 servings)

### Ingredients

- 1 sweet potato (large)
- 1 avocado
- 4 eggs
- Sea salt and black pepper (to taste)

### Directions

1. Trim the pointy ends off the sweet potato, then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast them a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3-6 minutes per side or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season it with a pinch of sea salt and black pepper, then mash it with a fork until it's smooth and creamy.
4. Poach, fry, or hard boil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top them with cooked eggs.
6. Season with sea salt, black pepper, and/or red pepper flakes.





## Hummus dippers

(4 servings)

### Ingredients

- 1 yellow bell pepper
- 1 carrot
- 4 stalks of celery
- 1 cup of hummus



### Directions

1. Slice your pepper, carrot, and celery into sticks.
2. Line up one small mason jar per serving. Fill the bottom of each with 1/4 cup of hummus. Then place the veggie sticks into the hummus so they are standing vertically.
3. Seal the jar and place it in the fridge until ready to eat.



## Cream of celery and asparagus soup

(2 servings)

### Ingredients

- 1 tbsp of coconut oil
- 1/2 yellow onion (chopped)
- 3 stalks of celery (chopped)
- 1 1/2 garlic (cloves, minced)
- 2 cups of water
- 1/2 tsp of sea salt
- 1/4 tsp of black pepper
- 1 1/2 cups of asparagus (woody ends snapped off)
- 1/4 cup of hemp seeds
- 2 cups of baby spinach



### Directions

1. Heat the coconut oil in a large stock pot over medium heat. Add the yellow onion and celery.
2. Saute the veggies for 5 minutes or until they're slightly softened. Add minced garlic and saute the veggies for another minute.
3. Add water, sea salt, and black pepper to the stock pot. Cover and bring it to a boil, then reduce it to a simmer. Remove the lid and set the asparagus on top. Cover the pot and let the asparagus steam for 5 minutes or until it's bright green.
4. Add the hemp seeds and baby spinach to your blender. Pour the soup over the top and puree. Then ladle the soup into bowls.

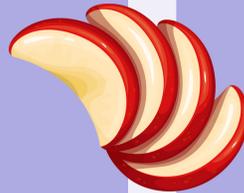


## Apple with almond butter

(5 servings)

### Ingredients

- 5 apples
- 2/3 cup of almond butter or sunflower seed butter



### Directions

1. Slice the apple and cut away the core.
2. Dip the apple slices into the butter.



## Smoked salmon wrapped avocado

(2 servings)

### Ingredients

- 1 avocado
- 3 1/2 oz of smoked salmon (sliced)

### Directions

1. Slice the avocado and wrap each slice with the smoked salmon.
2. Transfer the slices to a plate.





## Shrimp asparagus pesto pasta

(2 servings)

### Ingredients

- 3 cups of asparagus (chopped into 1-inch pieces)
- 12 oz of shrimp (uncooked, shells on) or 12 oz of tofu
- 2 tbsp of extra virgin olive oil
- 1/8 tsp of sea salt (or more to taste)
- 1 lemon (sliced into rounds)
- 4 oz of chickpea pasta
- 2 tbsp of pesto

### Directions

1. Preheat the oven to 400°F (204°C).
2. Lay the asparagus and shrimp on a baking sheet. Drizzle it with olive oil and toss gently to coat. Sprinkle it with sea salt and top it with lemon slices. Bake for 15-18 minutes or until the shrimp are fully cooked and have turned pink.
3. While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil.
4. Add the chickpea pasta and cook it according to the directions on the package. Drain and rinse the pasta, then return it to the pot. Stir in the pesto and mix well to combine.
5. Remove the shells from the shrimp. Mix the shrimp and asparagus into the pasta and divide it between bowls.



## Salt 'n vinegar hard-boiled eggs

(3 servings)

### Ingredients

- 6 eggs
- 3/4 tsp of sea salt (divided)
- 3 tbsp of apple cider vinegar (divided)

### Directions

1. Bring a large pot of water to a boil. Gently place the eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place them on a plate and let them cool for at least 20 minutes.
3. When the eggs are ready to eat, peel and cut them into halves or quarters. Season with sea salt and drizzle with the apple cider vinegar.



## Chocolate banana cookies

(2 servings)

### Ingredients

- 1/3 cup of coconut sugar
- 3 tbsp of butter (melted, cooled)
- 1 banana (ripe, roughly chopped)
- 1/4 cup of cocoa powder
- 1 oz of unbleached all purpose flour
- 1 tsp of baking powder
- 1 tsp of sea salt (flaky)



### Directions

1. In a large bowl, whisk together the coconut sugar and butter until it's light and fluffy.
2. Add the banana, cocoa powder, flour, and baking powder. Mix everything together until it's well combined. Cover the dough and refrigerate it for about one hour.
3. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
4. Scoop about 1 1/2 tablespoons of dough per cookie onto the baking sheet and leave space between the cookies.
5. Bake the cookies for 12-13 minutes. Sprinkle the salt on top right after they come out of the oven, then let them cool down.





## One-pan chicken, golden cauliflower, and carrot fries

(2 servings)

### Ingredients

- 2 carrots (medium)
- 1/2 head of cauliflower
- 3 tbsp of extra virgin olive oil (divided three ways)
- 8 oz of chicken breast
- 1 tsp of dried thyme
- 1 tsp of turmeric (powder)
- 1/8 tsp of sea salt



### Directions

1. Preheat the oven to 375°F (191°C) and line a large baking sheet with parchment paper.
2. Peel and slice the carrots into sticks. Wash and chop the cauliflower into florets.
3. Brush the chicken breast with 1/3 of the olive oil. Season the chicken with thyme and sea salt. Place it on the baking sheet.
4. Toss the carrot sticks in 1/3 of the olive oil. Place them on the baking sheet next to the chicken.
5. Toss the cauliflower with the remaining olive oil and turmeric. Mix it all until the cauliflower is evenly yellow, then transfer it to the baking sheet.
6. Place the baking sheet in the oven and bake it for 30 minutes or until the chicken breast is cooked through.
7. Remove the baking sheet from the oven and divide the dish onto plates. Add more salt to taste if desired.



## 15-minute shrimp and cabbage stir fry

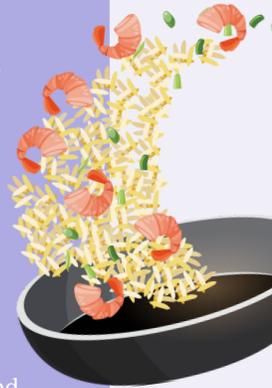
(2 servings)

### Ingredients

- 2 tbsp of coconut oil (divided)
- 1 lb of shrimp (raw, peeled, and deveined)
- 3 garlic (cloves, minced)
- 1 lemon (juiced)
- 1/2 tsp of red pepper flakes
- 8 cups of green cabbage (finely sliced)
- Sea salt and black pepper (to taste)
- 2 tbsp of sesame seeds

### Directions

1. Heat half of the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice, and red pepper flakes. Saute everything until the shrimp is pink and cooked through (about 2-3 minutes). Transfer the shrimp and juices into a bowl and cover it to keep it warm. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season it all with sea salt and black pepper to taste. Saute it for about 8-10 minutes, stirring occasionally. The cabbage is done when it's softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix everything well. Divide it onto plates and garnish each plate with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy.



## Almond butter-stuffed dates

(2 servings)

### Ingredients

- 1/4 cup of pitted dates
- 2 tbsp of almond butter

### Directions

1. Spoon an even amount of nut butter into the center of each date.





## Sausage, broccoli, and cabbage stir fry

(2 servings)

### Ingredients

- 5 oz of chicken sausage
- 1/2 yellow onion (small, diced)
- 1/2 garlic (clove, minced)
- 2 cups of broccoli (chopped into small florets)
- 2 cups of purple cabbage (finely sliced)
- 1 tsp of Italian seasoning



### Directions

1. Remove the casings from the sausage and discard them. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute everything for about 5-10 minutes, or until it's fragrant.
2. Add the broccoli, cabbage, and Italian seasoning. Cover and cook it all for 10-15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through.
3. Divide onto plates.



## Cheesy cauliflower and broccoli casserole

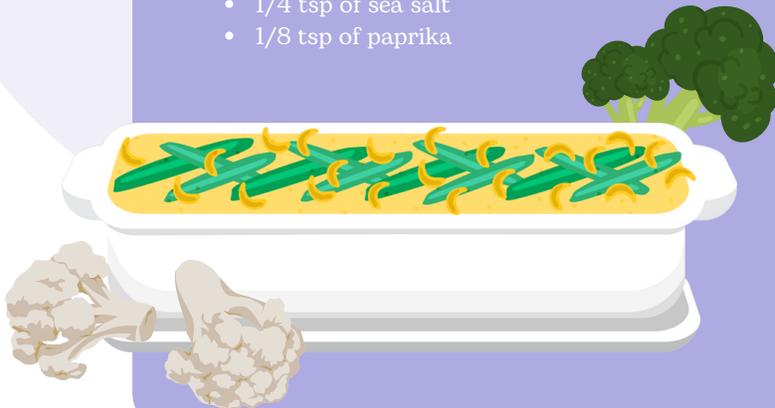
(3 servings)

### Ingredients

- 1 cup of butternut squash (peeled, seeded, and cubed)
- 1/2 yellow onion (medium, diced)
- 1 garlic (cloves, minced)
- 1/4 cup of water
- 1/2 head of cauliflower (medium, chopped into florets)
- 2 cups of broccoli (chopped into florets)
- 1/4 cup of cashews
- 1/4 cup of nutritional yeast
- 1/4 tsp of sea salt
- 1/8 tsp of paprika

### Directions

1. Preheat the oven to 375°F (191°C).
2. In a small saucepan, combine the butternut squash, onion, garlic, and water. Cover the pot and bring it to a boil over high heat for about 5 minutes or until everything is soft. Remove the pot from the heat when done.
3. While the squash is cooking, place the cauliflower and broccoli in a steamer. Steam for 3 minutes or until they're tender.
4. To make the "cheese" sauce, add the cashews, nutritional yeast, salt, and paprika to your blender. Pour in the softened butternut squash, onion, garlic, and water. Blend the mixture on high for about 1 minute or until it's smooth. (Note: If you do not have a high-powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
5. Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir it all gently to mix.
6. Bake the dish for 40 minutes.





## Cajun chicken, sweet potatoes, and kale

(2 servings)

### Ingredients

- 1 sweet potato (medium, diced into 1/2 inch thick pieces)
- 1 1/2 tsp of extra virgin olive oil
- 1 tbsp of cajun spice (divided)
- 1 1/2 tsp of coconut oil (divided)
- 8 oz of extra lean ground chicken
- 4 cups of kale leaves (sliced)
- Sea salt and black Pepper (to taste)

### Directions

1. Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
2. Place the diced sweet potatoes in a mixing bowl. Drizzle them with olive oil and add half of the cajun spice. Toss them well. Spread the potatoes across the baking sheet and bake them for 30 minutes, tossing them at the halfway mark.
3. Meanwhile, heat half of the coconut oil in a skillet over medium heat. Add the ground chicken. Saute the chicken for 10 minutes or until it's completely cooked through, breaking it up as it cooks.
4. Add in the remaining cajun spice. Continue to saute the chicken until the spice is evenly distributed. Transfer the chicken to a bowl and cover it to keep it warm.
5. Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season it with sea salt and black pepper, then saute it just until the kale is wilted. Turn off the heat.
6. Divide the cajun chicken, sweet potatoes, and sauteed kale between plates.



## Dark chocolate peanut butter cups

(10 servings)

### Ingredients

- 5 1/4 oz of dark chocolate (at least 70% cacao, broken into pieces)
- 1 1/2 tbsp of coconut oil
- 1/2 cup of all natural peanut butter
- 1/2 tsp of vanilla extract
- 1/8 tsp of sea salt

### Directions

1. Arrange the paper baking cups on a plate or a small baking sheet. Set the sheet aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top. Make sure the water isn't touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam shouldn't be able to escape.
3. Bring the water to a boil, then reduce it to the lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir the mix until melted. Remove it from heat.
4. Divide half of the melted chocolate between the paper baking cups. There should be a thin, even layer of chocolate in each baking cup. Freeze for 10-15 minutes until it's solid.
5. Meanwhile, in a bowl, combine the peanut butter, vanilla, and salt. Stir them until they're smooth.
6. Divide the peanut butter between the baking cups by spooning the peanut butter into the center of solid chocolate. Drizzle the remaining melted dark chocolate around and overtop the peanut butter.
7. Return the cups to the freezer for about 30 minutes or until solid.



Follow Taylor for more  
PCOS-friendly nutrition information at

@[simplyhealthyrd!](https://www.instagram.com/simplyhealthyrd/)