

PRINTABLEPLATE

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# 7-Day PCOS Diet Plan PDF

A science-backed weekly meal plan to support hormone balance and reduce inflammation

PCOS DIET PLAN | 7 DAYS

Professionally designed printable PDF • Instant download •  
Includes daily menus, grocery lists & nutrition guide

## Plan Overview .

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This 7-day PCOS-focused meal plan is designed by registered dietitians to help manage insulin resistance, support hormonal balance, and reduce chronic inflammation. Every meal is low-glycemic, anti-inflammatory, and rich in fibre and lean protein — the three pillars of PCOS nutrition management.

**DURATION****7 days****TARGET GOAL****Hormone balance, blood sugar regulation, reduced inflammation****DAILY CALORIES****1,500 – 1,700****DIET TYPE****PCOS Diet Plan**

### WHAT'S INSIDE THIS PLAN

- ✓ Complete daily meal schedule — breakfast, lunch, dinner & snacks
  - ✓ Printable grocery shopping list for each week
  - ✓ Calorie and macronutrient summary for every day
  - ✓ Practical meal prep tips and time-saving guidance
  - ✓ Bonus wellness advice tailored to your goal
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# Your Daily Meal Plan .

**Day 1**

~1,580 cal

**Day 2**

~1,540 cal

**Day 3**

~1,620 cal

**Day 4**

~1,560 cal

**Day 5**

~1,590 cal

**Day 6**

~1,640 cal

**Day 7**

~1,510 cal

# Grocery List .

Check items off as you shop. Quantities are based on one person for the full plan duration.

## PROTEINS

- Wild salmon fillet (150 g x 2)
- Chicken thighs, skinless (2 pieces)
- Chicken breast (1 large)
- Turkey breast, sliced (200 g)
- Firm tofu (400 g block)
- Silken tofu (200 g)
- Prawns, raw (200 g)
- Lean beef strips (200 g)
- Cod fillet (2 pieces)
- Lamb shoulder, boneless (300 g)
- Canned tuna in water (2 x 185 g tins)
- Eggs (1 dozen)

## GRAINS AND PULSES

- Quinoa (500 g)
- Brown rice (500 g)
- Wild rice (250 g)
- Cauliflower rice, frozen (500 g)
- Rolled oats (500 g)
- Buckwheat flour (200 g)
- Wholegrain bread (1 loaf)
- Rye bread (1 small loaf)
- Brown rice cakes (1 pack)
- Red lentils (400 g)
- Canned black beans (1 x 400 g tin)
- Canned chickpeas (1 x 400 g tin)

## DAIRY AND ALTERNATIVES

- Full-fat Greek yoghurt (500 g)
- Feta cheese (100 g)
- Cottage cheese, low-fat (250 g)
- Parmesan (50 g)
- Plain kefir (200 ml)
- Almond milk, unsweetened (1 litre)
- Oat milk (500 ml)
- Coconut milk, full-fat (2 x 400 ml tins)

## VEGETABLES

- Spinach, baby (300 g bag)
- Romaine lettuce (1 head)
- Broccoli (2 heads)
- Sweet potato (4 medium)
- Asparagus (1 bunch)
- Bok choy (2 heads)
- Snap peas (200 g)
- Carrots (4 medium)
- Courgette (2 medium)
- Cucumber (2)
- Celery (1 bunch)
- Cherry tomatoes (300 g punnet)
- Tomatoes, vine (4)
- Red onion (2)
- Spring onions (1 bunch)
- Avocado (4 ripe)
- Seaweed, dried (1 packet)

## FRUITS

- Mixed berries, fresh (200 g)
- Blueberries, frozen (300 g)
- Strawberries (200 g)
- Raspberries (150 g)
- Apple (3 medium)
- Banana (4)
- Peach (2)
- Kiwi (3)
- Mango (1)
- Medjool dates (6)
- Açai purée packets, frozen (2)

## PANTRY AND CONDIMENTS

- Chia seeds (200 g)
- Flaxseed, ground (200 g)
- Hemp seeds (100 g)
- Pumpkin seeds (100 g)
- Raw walnuts (150 g)
- Almonds (150 g)
- Natural almond butter (1 jar)
- Tahini (1 jar)
- Raw honey (1 jar)
- Maple syrup (small bottle)
- Dried cranberries (50 g)
- Coconut flakes (50 g)
- Dark chocolate 85% (1 bar)
- Olives, pitted (1 jar)
- Sundried tomatoes (50 g)
- Edamame, frozen (200 g)
- White miso paste (1 tub)
- Tamari (gluten-free soy sauce) (1 bottle)
- Olive oil, extra-virgin (1 bottle)
- Hummus, plain (1 tub)
- Salsa, jarred (1 jar)

## HERBS AND SPICES

- Cumin
- Turmeric
- Cinnamon
- Chilli flakes
- Coriander, ground
- Ginger, fresh (1 root)
- Garlic (1 bulb)
- Fresh herbs: parsley, dill, basil (small bunches)
- Lemon (4)
- Lime (2)

# Nutrition Summary .

Average daily nutritional targets for this plan. Individual needs vary.

| Nutrient               | Daily Target      |
|------------------------|-------------------|
| Average Daily Calories | 1,580 kcal        |
| Protein                | 95 – 110 g        |
| Total Carbohydrates    | 160 – 180 g       |
| Dietary Fibre          | 28 – 35 g         |
| Total Fat              | 55 – 65 g         |
| Saturated Fat          | < 15 g            |
| Omega-3 Fatty Acids    | 2 – 3 g           |
| Sugar (natural only)   | 30 – 40 g         |
| Sodium                 | < 1,500 mg        |
| Glycaemic Load (avg.)  | Low (< 80 GL/day) |

## Benefits of This Plan .

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- ✓ Lowers insulin resistance with low-glycaemic carbohydrates and high-fibre foods
  - ✓ Supports hormone balance by including zinc, magnesium, and omega-3 rich foods
  - ✓ Reduces systemic inflammation through anti-inflammatory ingredients like turmeric, ginger, and fatty fish
  - ✓ Promotes healthy gut microbiome diversity with fermented foods like kefir and miso
  - ✓ Supports sustainable weight management without calorie deprivation
  - ✓ Improves energy levels and reduces PCOS fatigue through balanced macronutrients
  - ✓ Provides all essential micronutrients linked to PCOS management: Vitamin D, B vitamins, iron, selenium
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## Meal Prep & Wellness Tips .

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- ✓ Meal prep on Sunday and Wednesday to save time during the week — batch-cook quinoa, lentils, and proteins.
  - ✓ Swap meals between days freely as long as you maintain the daily macronutrient balance listed.
  - ✓ Drink 2 – 2.5 litres of water daily. Herbal teas such as spearmint and chamomile are PCOS-friendly extras.
  - ✓ Cinnamon added to oats or smoothies can further support blood sugar regulation.
  - ✓ Avoid skipping breakfast — steady morning blood sugar is key for PCOS hormone management.
  - ✓ Pair carbohydrate foods with protein or fat at every meal to blunt glucose spikes.
  - ✓ If you are vegetarian, swap fish and meat portions with tempeh, legumes, or quinoa to maintain protein targets.
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### **Important Notice & Disclaimer**

This meal plan is intended for informational purposes only and does not constitute medical advice. Nutritional needs vary by individual. Please consult a registered dietitian or qualified healthcare professional before making significant dietary changes, especially if you have a diagnosed medical condition such as PCOS, diabetes, or insulin resistance.

The information provided in this meal plan is for general educational and informational purposes only and does not constitute medical or nutritional advice. Always consult a qualified healthcare professional or registered dietitian before beginning any new dietary programme, especially if you have a medical condition, are pregnant, breastfeeding, or taking prescription medications.

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