

PRINTABLEPLATE

PCOS 30-Day Meal Plan PDF

A complete 30-day hormone-balancing meal plan for
women with PCOS

PCOS DIET PLAN | 30 DAYS

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

Plan Overview .

This 30-day PCOS meal plan delivers a full month of structured, science-backed eating designed to regulate insulin, reduce androgens, and restore hormonal balance. Every week introduces new recipes to prevent meal fatigue while maintaining consistent low-glycaemic, anti-inflammatory principles throughout.

DURATION**30 days****TARGET GOAL****Hormone balance, insulin regulation,
sustained weight management****DAILY CALORIES****1,500 – 1,800****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

Your Daily Meal Plan .

Day 1

~1,560 cal

Day 2

~1,540 cal

Day 3

~1,590 cal

Day 4

~1,570 cal

Day 5

~1,610 cal

Day 6

~1,580 cal

Day 7

~1,550 cal

Grocery List.

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

PROTEINS

- Salmon fillets (×2)
- Cod fillets (×2)
- Trout fillets (×2)
- Chicken breast (×4)
- Turkey mince (400 g)
- King prawns (200 g)
- Lamb shoulder (300 g)
- Canned tuna (×4)
- Eggs (1 dozen)

GRAINS AND PULSES

- Quinoa (500 g)
- Brown rice (500 g)
- Rolled oats (500 g)
- Buckwheat groats (200 g)
- Wholegrain bread
- Rye bread
- Butter beans (×1 tin)
- Black beans (×2 tins)
- Red lentils (400 g)
- Chickpeas (×1 tin)

FRUITS

- Berries mixed (300 g)
- Mango (×1)
- Kiwi (×3)
- Pear (×3)
- Apple (×3)
- Banana (×3)

DAIRY AND ALTERNATIVES

- Greek yoghurt (500 g)
- Feta (100 g)
- Plain kefir (200 ml)
- Almond milk (1 L)
- Coconut milk (×2 tins)

VEGETABLES

- Spinach (300 g)
- Broccoli (×2)
- Asparagus (1 bunch)
- Sweet potato (×4)
- Courgette (×2)
- Bell peppers (×6)
- Bok choy (×2)
- Mushrooms (250 g)
- Cherry tomatoes (300 g)
- Cucumber (×2)
- Celery (1 bunch)
- Avocado (×4)

PANTRY

- Chia seeds (200 g)
- Flaxseed (200 g)
- Almond butter (1 jar)
- Tahini (1 jar)
- Hummus (1 tub)
- Guacamole (1 tub)

- Orange (×2)
- Raspberries (150 g)
- Medjool dates (6)
- Açaí packets (×2)

- Pumpkin seeds (100 g)
- Walnuts (150 g)
- Almonds (150 g)
- Mixed nuts (150 g)
- Dark chocolate 85% (1 bar)
- Olives (1 jar)
- Tamari soy sauce
- Olive oil
- Raw honey
- Maple syrup
- Salsa (1 jar)

HERBS AND SPICES

- Turmeric
- Cumin
- Cinnamon
- Chilli flakes
- Ginger (fresh)
- Garlic (1 bulb)
- Lemon (×4)
- Lime (×2)

Nutrition Summary .

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

Nutrient	Daily Target
Average Daily Calories	1,575 kcal
Protein	90 – 110 g
Total Carbohydrates	155 – 180 g
Dietary Fibre	28 – 34 g
Total Fat	52 – 62 g
Omega-3 Fatty Acids	2 – 3 g
Sugar (natural)	28 – 38 g
Sodium	< 1,500 mg
Glycaemic Load	Low

Benefits of This Plan .

- ✓ Full 30-day structure removes daily decision fatigue
 - ✓ Cyclic variety prevents nutritional gaps and meal boredom
 - ✓ Low-glycaemic throughout to support consistent insulin regulation
 - ✓ Anti-inflammatory ingredients reduce PCOS symptoms over time
 - ✓ Rich in zinc, magnesium, and B vitamins for hormone synthesis
 - ✓ Adequate protein preserves lean muscle during weight management
 - ✓ Gut-friendly foods support the oestrogen-microbiome axis
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Meal Prep & Wellness Tips .

- ✓ Print the 4-week calendar and post it on your fridge for daily reference.
 - ✓ Batch-cook grains and legumes on Sundays to cut weekday prep time to under 20 minutes.
 - ✓ Rotate proteins weekly to ensure broad micronutrient coverage.
 - ✓ Keep a symptom journal alongside the plan to identify which foods most improve your PCOS signs.
 - ✓ Spearmint tea twice daily can complement the plan's hormone-balancing effects.
 - ✓ If hunger strikes between meals, add an extra handful of nuts or seeds rather than processed snacks.
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Important Notice & Disclaimer

This meal plan is for informational purposes only and does not constitute medical advice. Consult a registered dietitian or healthcare professional before starting any new dietary programme, particularly if you have a diagnosed condition such as PCOS, insulin resistance, or any other medical concern.

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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