

PRINTABLEPLATE

PCOS Diet Plan to Get Pregnant PDF

A fertility-focused PCOS nutrition plan to support natural conception

PCOS DIET PLAN | 7 DAYS

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

Plan Overview .

Women with PCOS face unique fertility challenges driven by insulin resistance, elevated androgens, and irregular ovulation. This plan combines evidence-based fertility nutrition with PCOS management — prioritising zinc, folate, iron, omega-3s, and inositol-rich foods to support healthy egg development and regular ovulatory cycles.

DURATION

7 days

TARGET GOAL

Improve ovulation, support follicular development, balance reproductive hormones

DAILY CALORIES

1,600 – 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

~1,650 cal

Day 2

~1,620 cal

Day 3

~1,680 cal

Day 4

~1,640 cal

Day 5

~1,620 cal

Day 6

~1,660 cal

Day 7

~1,640 cal

Grocery List .

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

PROTEINS

- Wild salmon (×2)
- Mackerel (×2)
- Trout (×2)
- Sardines in olive oil (×2 tins)
- Chicken liver (200 g)
- Turkey mince (300 g)
- Lean beef (200 g)
- Prawns (200 g)
- Eggs (1 dozen)

GRAINS AND PULSES

- Quinoa (500 g)
- Brown rice (300 g)
- Rolled oats (400 g)
- Rye bread
- Wholegrain bread
- Green lentils (400 g)
- Red lentils (300 g)
- Puy lentils (250 g)
- Chickpeas (×2 tins)
- Edamame (200 g)

FRUITS

- Mixed berries (300 g)
- Blueberries (200 g)
- Strawberries (200 g)
- Raspberries (150 g)
- Banana (×3)

DAIRY AND ALTERNATIVES

- Greek yoghurt (500 g)
- Cottage cheese (250 g)
- Feta (100 g)
- Plain kefir (400 ml)
- Almond milk (1 L)
- Coconut milk (×1 tin)

VEGETABLES

- Baby spinach (400 g)
- Kale (200 g)
- Broccoli (×2)
- Sweet potato (×3)
- Asparagus (1 bunch)
- Courgette (×2)
- Bell peppers (×4)
- Mushrooms (200 g)
- Beetroot (×2)
- Cherry tomatoes (300 g)
- Cucumber (×2)
- Avocado (×4)
- Pumpkin (200 g)

PANTRY

- Chia seeds (200 g)
- Flaxseed ground (200 g)
- Hemp seeds (100 g)
- Pumpkin seeds (100 g)
- Brazil nuts (50 g)

- Kiwi (×4)
- Pear (×2)
- Apple (×2)
- Mango (×1)
- Medjool dates (×6)
- Açaí packets (×2)

- Walnuts (150 g)
- Almonds (100 g)
- Cashews (100 g)
- Almond butter (1 jar)
- Tahini (1 jar)
- Dark chocolate 85% (1 bar)
- Olives (1 jar)
- Sundried tomatoes (50 g)
- Sesame seeds (50 g)
- Tamari
- Olive oil
- Raw honey

HERBS AND SPICES

- Turmeric
- Cumin
- Cinnamon
- Chilli flakes
- Dill
- Parsley
- Garlic (1 bulb)
- Ginger (fresh)
- Lemon (×5)

Nutrition Summary .

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

Nutrient	Daily Target
Average Daily Calories	1,647 kcal
Protein	95 – 115 g
Total Carbohydrates	165 – 185 g
Dietary Fibre	30 – 38 g
Total Fat	58 – 68 g
Folate	> 400 mcg DFE
Omega-3 Fatty Acids	2.5 – 3.5 g
Zinc	> 8 mg
Iron	> 18 mg
Glycaemic Load	Low

Benefits of This Plan .

- ✓ High folate content from leafy greens and legumes supports healthy follicle and embryo development
 - ✓ Omega-3 rich meals (salmon, mackerel, sardines, walnuts) improve egg quality and reduce inflammation
 - ✓ Zinc from pumpkin seeds and eggs supports ovulation and progesterone production
 - ✓ Selenium from Brazil nuts protects eggs from oxidative damage
 - ✓ Iron-rich foods (chicken liver, lentils, spinach) support healthy uterine lining
 - ✓ Low-glycaemic plan reduces insulin-driven androgen excess that suppresses ovulation
 - ✓ Gut-friendly fermented foods (kefir) support the oestrogen metabolism pathway
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Meal Prep & Wellness Tips .

- ✓ Start taking a prenatal supplement with methylfolate when beginning this plan.
 - ✓ Maintain a healthy BMI — even a 5-10% weight reduction with PCOS can restore ovulation.
 - ✓ Limit alcohol and caffeine to further support hormone balance and egg quality.
 - ✓ Include Brazil nuts daily — just 2-3 provides the full recommended daily selenium dose.
 - ✓ Castor oil packs over the lower abdomen before ovulation may complement nutritional efforts (consult your doctor).
 - ✓ Track your cycle using a basal body temperature app — this plan often helps regularise cycles within 2-3 months.
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Important Notice & Disclaimer

This meal plan is for informational purposes only and does not constitute medical advice. If you are trying to conceive with PCOS, work with a reproductive endocrinologist and registered dietitian for personalised support.

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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