

PRINTABLEPLATE

PCOS Weight Loss Diet Plan PDF

A calorie-smart, hormone-balancing plan to lose weight with PCOS

PCOS DIET PLAN | 7 DAYS

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

Plan Overview .

Losing weight with PCOS is harder due to insulin resistance and elevated androgens. This plan uses a moderate calorie deficit paired with high-protein, low-glycaemic meals to promote fat loss without spiking cortisol or worsening hormonal imbalance. Every meal is designed to keep you full and energised while steadily reducing body fat.

DURATION

7 days

TARGET GOAL

Weight loss, insulin resistance reduction, PCOS symptom management

DAILY CALORIES

1,300 – 1,500

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

~1,380 cal

Day 2

~1,350 cal

Day 3

~1,390 cal

Day 4

~1,310 cal

Day 5

~1,420 cal

Day 6

~1,360 cal

Day 7

~1,440 cal

Grocery List .

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

PROTEINS

- Salmon fillets (×3)
- Cod fillets (×2)
- Chicken breast (×3)
- Chicken thigh (×2)
- Turkey mince (300 g)
- King prawns (200 g)
- Lean beef strips (200 g)
- Smoked salmon (100 g)
- Canned tuna (×3)
- Eggs (10)
- Whey protein powder

GRAINS AND PULSES

- Brown rice (300 g)
- Quinoa (200 g)
- Rolled oats (200 g)
- Wholegrain bread
- Rye crispbread
- Chickpeas (×1 tin)
- Red lentils (300 g)

FRUITS

- Mixed berries (300 g)
- Apple (×2)
- Banana (×1)
- Raspberries (150 g)

DAIRY AND ALTERNATIVES

- Low-fat Greek yoghurt (500 g)
- Plain kefir (200 ml)
- Almond milk (1 L)

VEGETABLES

- Spinach (300 g)
- Broccoli (×2)
- Asparagus (1 bunch)
- Courgette (×3)
- Bell peppers (×4)
- Cauliflower (×1 head)
- Cherry tomatoes (300 g)
- Cucumber (×2)
- Celery (1 bunch)
- Baby corn (100 g)
- Baby carrots (200 g)
- Green beans (200 g)

PANTRY

- Chia seeds (150 g)
- Flaxseed (100 g)
- Almond butter (1 jar)
- Tahini (1 jar)

Açai packets (×2)

Medjool dates (×4)

Hummus (1 tub)

Guacamole (1 tub)

Pumpkin seeds (100 g)

Walnuts (100 g)

Almonds (100 g)

Olives (1 jar)

Capers (1 jar)

Tamari

Olive oil

HERBS AND SPICES

Turmeric

Cumin

Cinnamon

Chilli flakes

Dill

Garlic (1 bulb)

Lemon (×4)

Nutrition Summary .

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

Nutrient	Daily Target
Average Daily Calories	1,379 kcal
Protein	100 – 115 g
Total Carbohydrates	120 – 145 g
Dietary Fibre	25 – 30 g
Total Fat	48 – 55 g
Saturated Fat	< 12 g
Sugar (natural)	22 – 30 g
Sodium	< 1,400 mg
Glycaemic Load	Low

Benefits of This Plan .

- ✓ Moderate calorie deficit promotes steady fat loss without metabolic slowdown
 - ✓ High protein intake (100+ g/day) preserves lean muscle during weight loss
 - ✓ Low-glycaemic foods reduce insulin spikes that drive PCOS fat storage
 - ✓ Anti-inflammatory nutrients reduce cortisol and androgen-driven symptoms
 - ✓ No processed foods or added sugars throughout the entire plan
 - ✓ Adequate fibre keeps hunger at bay between meals
 - ✓ Omega-3 rich meals support anti-inflammatory hormonal environment
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Meal Prep & Wellness Tips .

- ✓ Weigh yourself once weekly at the same time — daily fluctuations are misleading with PCOS.
 - ✓ Strength training 3× per week alongside this plan significantly improves insulin sensitivity.
 - ✓ Replace any snack with 1 tbsp apple cider vinegar in water before meals to further blunt glucose spikes.
 - ✓ Avoid skipping meals — undereating triggers cortisol, which worsens PCOS symptoms.
 - ✓ Sleep 7–9 hours nightly — poor sleep elevates ghrelin and undermines all dietary efforts.
 - ✓ Inositol supplementation (consult your doctor) can complement the plan's insulin-regulating effects.
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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 weight loss programme, especially with a diagnosed condition such as PCOS.

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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