

A bowl of colorful salad with cucumbers, tomatoes, blueberries, and purple grains. The bowl is white and sits on a white surface. The background is a soft, out-of-focus image of the same salad. The text is overlaid on the center of the image.

HOW TO BUILD A PCOS POWER PLATE

A PCOS MEAL GUIDE

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INTRODUCTION

hello!

Managing PCOS can be overwhelming, especially when it comes to nutrition, but with the right approach, it doesn't have to be.

As an award-winning PCOS Coach, NASM-Certified Personal Trainer, Nurse, and Dietetic Intern, my own journey with PCOS has fueled my passion for empowering others with science-backed strategies that make eating for PCOS simple, effective, and sustainable.

This guide is designed to help you build balanced, nourishing meals that support blood sugar control, hormone health, and overall well-being.

Whether you're new to PCOS nutrition or looking for fresh ideas, this resource will give you the confidence to fuel your body in a way that truly works for you.

Best regards,

Letisha Bates

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WHAT IS PCOS?



Polycystic Ovary Syndrome (PCOS) is one of the most common endocrine disorders. The prevalence of PCOS varies depending on the diagnostic criteria used. When using the Rotterdam criteria, which are more inclusive, the prevalence of PCOS can be as high as 15% to 20%. PCOS is a lifelong condition, existing beyond menopause, and currently has no cure.

PCOS can show up in a lot of different ways, but some of the most common symptoms include irregular or missing periods, high androgen levels that can cause acne, excess facial and body hair (hirsutism), and hair thinning on the scalp. Many people with PCOS also struggle with weight gain, insulin resistance, fatigue, and mood issues like anxiety and depression. On top of that, PCOS increases the risk of more serious health conditions like type 2 diabetes, heart disease, endometrial cancer, and fertility challenges.

Since there's no cure, managing PCOS means focusing on symptom relief and reducing health risks through lifestyle changes, medical treatments, and finding the right support.

70% WITH PCOS ARE MISDIAGNOSED PER THE WHO	\$15BILLION ANNUAL ECONOMIC BURDEN <small>*NOT INCLUDING MENTAL HEALTH COSTS</small>
2X MORE LIKELY TO BE HOSPITALIZED	200K+ NUMBER OF STROKE CASES ATTRIBUTED TO PCOS YEARLY
50% BECOME DIABETIC OR PREDIABETIC BY AGE 40	50-70% HAVE INSULIN RESISTANCE REGARDLESS OF THEIR WEIGHT
2-6X MORE LIKELY TO DEVELOP ENDOMETRIAL CANCER	70-80% OF PCOS PATIENTS EXPERIENCE INFERTILITY
70-82% EXPERIENCE HIRSUTISM (EXCESSIVE HAIR GROWTH)	3-6X MORE LIKELY TO DEVELOP AN EATING DISORDER

5 KEYS TO MANAGING PCOS

01

Balanced Nutrition

Eating in a way that supports blood sugar, reduces inflammation, and packs in plenty of nutrients can make a huge difference with PCOS. Focus on whole foods, fiber, protein, and healthy fats to keep your hormones happy.



02

Movement

Find movement that works for you! Whether it's walking, lifting, yoga, or dancing—consistency is key. Just don't forget to prioritize rest and recovery to avoid burnout.



03

Quality Sleep

Sleep is one of your best tools for managing PCOS. Aim for 7-9 hours of quality sleep each night, and if you're struggling, don't be afraid to seek help—it's that important!



04

Stress Management

Stress can make PCOS symptoms worse, but while we can't always eliminate it, we can control how we respond. Whether it's deep breathing, journaling, or setting boundaries, find what helps you feel more balanced.



05

Personalized Support

Sometimes, you need an extra boost. Supplements, medications, or working with a specialist can help you get the support you deserve. PCOS isn't one-size-fits-all, and neither is your care.





THE POWER OF NUTRIENTS

Protein is essential for blood sugar control, muscle maintenance, and satiety—helping to curb cravings and reduce insulin resistance.

✓ **Best Sources:** Chicken, turkey, fish, eggs, tofu, Greek yogurt, cottage cheese, and legumes.

✓ **Tip:** Include 20-30g of protein per meal to keep blood sugar steady and reduce carb cravings.

Vegetables provide fiber, vitamins, and antioxidants that help reduce inflammation and support hormone health.

✓ **Best Sources:** Leafy greens (spinach, kale, arugula), cruciferous vegetables (broccoli, cauliflower, Brussels sprouts), bell peppers, zucchini, and sweet potatoes.

✓ **Tip:** Aim for half your plate to be veggies—this helps with satiety and provides essential micronutrients.

Fruits are packed with fiber, antioxidants, and vitamins, but managing portion sizes and pairing them with protein or fat can help with blood sugar balance.

✓ **Best Sources:** Berries (strawberries, blueberries, raspberries), apples, pears, oranges, and kiwis.

✓ **Tip:** Pair fruit with protein (e.g., apple + nut butter, Greek yogurt + berries) to slow glucose absorption.

Whole grains provide fiber and slow-digesting carbs to keep blood sugar stable while supporting gut health and hormone function.

✓ **Best Sources:** Quinoa, brown rice, oats, whole wheat bread, farro, barley, and sprouted grains.

✓ **Tip:** Increase fiber intake to 25-35g daily—fiber helps lower insulin resistance, supports digestion, and promotes fullness.

Healthy fats help regulate hormones, support brain function, and reduce inflammation—all essential for managing PCOS.

✓ **Best Sources:** Avocados, nuts (almonds, walnuts, macadamia), seeds (chia, flax, pumpkin), extra virgin olive oil, and fatty fish (salmon, sardines).

✓ **Tip:** Avoid highly processed fats (like vegetable oils and trans fats) and focus on whole food sources.

High **sugar** intake can worsen insulin resistance and hormone imbalances.

✓ **Best Strategies:**

- Choose whole foods over processed snacks.
- Read labels to watch for hidden sugars in sauces, dressings, and packaged foods.
- Opt for natural sweeteners in moderation, like monk fruit or stevia.

PROTEIN 20-30G PER MEAL
OR ~1.2-1.6G PER KG OF BODY WEIGHT

FIBER 25-35G PER DAY

CARBOHYDRATES: 40-50% OF DAILY INTAKE

VARIES BY INDIVIDUAL

FATS: 20-35% OF DAILY INTAKE

ADDED SUGAR LESS THAN 25G PER DAY



COMMON PCOS NUTRITION MYTHS



You Must Eliminate Carbs to Manage PCOS

Carbs get a bad rap, but they're actually super important for energy, digestion, and hormone balance. While eating too many refined carbs can mess with insulin levels, the right kinds—like fiber-rich carbs from quinoa, oats, and legumes—can *actually* help improve insulin sensitivity. It's all about choosing whole, nutrient-dense sources!



Dairy and Gluten Must Be Avoided

You don't have to cut out dairy or gluten just because you have PCOS! While some people with sensitivities or digestive issues might feel better reducing them, there's no solid evidence that eliminating them helps everyone with PCOS. Instead of stressing over restrictions, focus on what works for *your* body and aim for a balanced, diverse diet.



Sugar Must Be Completely Eliminated

Cutting back on added sugar is important for managing insulin levels, but going *all in* and cutting it out completely can backfire—leading to more cravings and even disordered eating patterns. Instead, a balanced approach that allows for mindful indulgences is way more sustainable. It's all about finding what works for you in the long run!



A Keto or Low-Carb Diet is the Best for PCOS

Low-carb diets can work for some people with insulin resistance, but research shows that moderate-carb, high-fiber diets can be just as effective—and often easier to stick with long-term. The best diet is the one that fits *your* body, metabolism, and lifestyle!



One "Perfect" Diet Works for Everyone with PCOS

There's no one perfect diet for PCOS because everyone's body is different. Things like insulin sensitivity, inflammation, gut health, and lifestyle all play a role in what works best for each person. Instead of following strict, one-size-fits-all rules, the focus should be on a balanced, personalized approach that supports overall well-being (Teede et al., 2023).

Find these studies and more in the [PCOS Research Database](#).

HOW TO BUILD THE PCOS POWER PLATE

step one

Fill half of the plate with Non-Starchy Vegetables:

Leafy greens, bell peppers, zucchini, cucumbers, Brussels sprouts, broccoli, asparagus.

step two

Fill 1/4 of the plate with Lean Proteins:

Chicken, turkey, tofu, salmon, shrimp, eggs, Greek yogurt, lentils.



step four









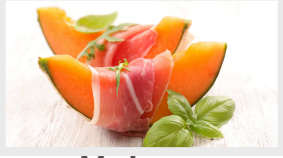







Add a Healthy Fat Source:
Avocado, olive oil, nuts, seeds.

step three

Fill 1/4 of the plate with Fiber-Rich Carbs (can be starches):
Quinoa, brown rice, lentils, beans, sweet potatoes, oats.

7 DAY PCOS MEAL PLAN

sample

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MON	 Spinach + Feta Omelette	 Apple + Nut Butter	 Whole Wheat Turkey Sandwich + Side Salad	 Hummus + Veg Sticks	 Grilled Chicken Caprese Salad
TUE	 Blood Sugar Friendly Parfait	 PCOS Trail Mix	 Tuna Salad	 Melon + Cottage Cheese	 Turkey Meatballs + Spaghetti
WED	 Avocado Toast	 Rice Cake + Nut Butter	 Grain Bowl + Protein of Choice	 Tzatziki Dip + Cucumbers	 Pesto Salmon + Asparagus
THUR	 Oats + Berries + Protein Shake	 Whole Wheat Crackers + Cheese	 Chicken Salad Wrap + Veggies	 Melon + Prosciutto	 Spinach + Feta Stuffed Chicken
FRI	 Green Smoothie Bowl	 Blood Sugar Friendly Granola	 High Protein Box	 Carrots + Guacamole	 Broiled Tilapia + Quinoa
SAT	 Egg + Veggie Scramble + Avocado	 Light Popcorn	 Chickpea Salad Wraps + Veggies	 Cherries + Dark Chocolate	 Beef Stir Fry
SUN	 Chia Pudding	 Roasted Chickpeas	 Spinach Caprese Salad	 Herb Dip + Veg	 Restaurant Meal of Choice

SPINACH & FETA OMELETTE

Author: Letisha Bates



Serves
1



Prep Time
5 Mins

Cook Time
10 Mins

Total Time
15 Mins

Calories 269

Protein 19g

Fat 20g

Total Carb 3g

Fiber 1g

Net Carb 2g

INGREDIENTS

- 2 large Eggs
- 1 cup fresh Spinach
- 1/4 cup crumbled Feta cheese
- 1/2 tsp olive oil
- Salt & pepper
- Options fresh herbs & spices

DIRECTIONS

1. Crack the eggs into a bowl and whisk them together.
2. Heat a non-stick pan over medium heat and add the olive oil.
3. Add the fresh spinach leaves to the pan and sauté for 1-2 minutes until wilted.
4. Pour the eggs over the spinach and let cook for 1-2 minutes until set.
5. Sprinkle the crumbled feta cheese over the omelette.
6. Use a spatula to gently fold the omelette in half.
7. Cook for an additional 1-2 minutes until the cheese is melted and the eggs are fully cooked.
8. Season with salt and pepper to taste. Toss on fresh herbs if you like.
9. Serve hot.

BLOOD SUGAR FRIENDLY YOGURT PARFAIT

Author: Letisha Bates



Serves
1



Prep Time
5 Mins

Cook Time
30 Mins

Total Time
35 Mins

Calories	360
Protein	31g
Fat	15g
Total Carb	25g
Fiber	7g
Net Carb	18g

INGREDIENTS

- $\frac{3}{4}$ cup of Plain Greek Yogurt
- $\frac{1}{2}$ cup of mixed berries (fresh or frozen)
- $\frac{1}{4}$ cup of Blood Sugar Friendly Granola

DIRECTIONS

1. Prepare the blood sugar friendly granola as the recipe states.
2. Start the parfait by layering the Greek yogurt at the bottom of a clear glass or jar.
3. Add a layer of fresh berries on top of the Greek yogurt.
4. Sprinkle the granola on top of the berries.
5. Repeat this layering process with the remaining ingredients.
6. Serve immediately or store it in the refrigerator until ready to eat.

BLOOD SUGAR FRIENDLY GRANOLA

Author: Letisha Bates



Serving Size
1/4 Cup



Prep Time
10 Mins

Cook Time
20 Mins

Total Time
30 Mins

Calories 180

Protein 4g

Fat 15g

Total Carb 6g

Fiber 4g

Net Carb 2g

INGREDIENTS

- 1 cup unsweetened coconut flakes
- 1 cup sliced almonds
- ¼ cup sunflower seeds
- 2 tablespoons chia seeds
- 2 tablespoons flaxseeds
- 2 tablespoons coconut oil, melted
- 2 tablespoons sugar-free maple syrup or sweetener of your choice
- 1 teaspoon vanilla extract
- Optional: ¼ cup sugar-free dark chocolate chips or cacao nibs for added indulgence. You can also substitute sesame or pumpkin seeds for any of the seeds in this recipe.

DIRECTIONS

1. Preheat your oven to 325°F (165°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the coconut flakes, sliced almonds, sunflower seeds, chia seeds, and flaxseeds. Mix well to evenly distribute the ingredients.
3. In a separate small bowl, whisk together the melted coconut oil, sugar-free maple syrup (or sweetener), and vanilla extract.
4. Pour the liquid mixture over the dry ingredients and toss until everything is well coated.
5. Spread the mixture evenly onto the prepared baking sheet.
6. Bake in the preheated oven for about 20 minutes or until golden brown, stirring occasionally to prevent burning.
7. Remove from the oven and let the granola cool completely. It will become crunchier as it cools.
8. If desired, mix in sugar-free dark chocolate chips or cacao nibs once the granola has cooled.
9. Store the keto granola in an airtight container at room temperature for up to two weeks.

LEMON ARUGULA AVOCADO TOAST

Author: Letisha Bates



Serves
1



Prep Time
5 Mins

Cook Time
15 Mins

Total Time
20 Mins

Calories 385

Protein 14g

Fat 34g

Total Carb 19g

Fiber 16g

Net Carb 3g

INGREDIENTS

- 1 slice of low-carb bread (Nature's Own Keto Soft White Bread)
- 1/2 avocado
- 1 cup arugula
- 1 large egg
- 1/2 tsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Over medium-high heat, warm up a nonstick pan using a light coating of oil spray if needed.
2. Crack the egg into the pan once the surface area is warm, scrambling the egg in the pan and cooking to desired texture.
3. While the eggs are cooking you can add toast to the toaster. Toast the bread to your desired level of crispiness.
4. While the bread is toasting, cut the avocado in half and remove the pit. Scoop out the avocado flesh and place it in a small bowl.
5. Add the lemon juice, arugula, salt, and pepper to the bowl and mash everything together with a fork until you reach your desired consistency.
6. Place the avocado mixture on top of the toasted bread.
7. Top with the scrambled egg.
8. Add any desired toppings on top such as red pepper flake, lemon juice, hot sauce, or your favorite herbs and spices.
9. Serve and enjoy!



GREEN SMOOTHIE BOWL

Author: Letisha Bates



Serves
1



Prep Time
5 Mins

Cook Time
5 Mins

Total Time
10 Mins

Calories	397
Protein	16g
Fat	26g
Total Carb	31g
Fiber	14g
Net Carb	17g

INGREDIENTS

- 2 cups Spinach
- 1 scoop of Collagen
- 1/2 cup frozen Blueberries
- 1 tbsp Flax seeds
- 1/2 Avocado
- 1/2 Kiwi fruit
- 1 cup unsweetened Vanilla Almond milk
- 1/4 tsp dried Ginger spice

DIRECTIONS

1. In a blender, combine the spinach, collagen, avocado, frozen blueberries, flax seeds, almond milk, and spices.
2. Blend until smooth and creamy.
3. Pour the smoothie into a bowl.
4. Layer sliced kiwi fruit on top with a sprinkle of additional flax seeds.
5. Enjoy!

You can add ice to this recipe for a different consistency. Fresh ginger works wonders as well as other spices like cinnamon. You can also add calorie-free sweetener if you want more sweetness!

TROPICAL VIBES CHIA PUDDING

Author: Letisha Bates



Serves
2



Prep Time
5 Mins

Cook Time
1 Hour

Total Time
1 HR 5 Mins

Calories 385

Protein 14g

Fat 34g

Total Carb 19g

Fiber 16g

Net Carb 3g

INGREDIENTS

- 1/4 cup chia seeds
- 1 cup coconut milk (unsweetened)
- 1 tablespoon honey or preferred sweetener (optional)
- 1/2 teaspoon vanilla extract
- 1/2 cup diced tropical fruits (such as mango, pineapple, and papaya)
- 2 tablespoons shredded coconut

DIRECTIONS

1. In a bowl, combine the chia seeds, coconut milk, honey (if using), and vanilla extract. Stir well to ensure the chia seeds are evenly distributed. Let the mixture sit for 5 minutes.
2. After 5 minutes, give the mixture another good stir to prevent clumping. Cover the bowl and refrigerate for at least 1 hour or overnight to allow the chia seeds to absorb the liquid and form a pudding-like consistency.
3. Once the chia pudding has thickened, give it a final stir to break up any clumps.
4. In serving glasses or bowls, layer the chia pudding with the diced tropical fruits.
5. Sprinkle shredded coconut on top of each layer and garnish with fresh mint leaves, if desired.
6. Serve chilled and enjoy!

Optional: Add [Ovasitol](#) for additional PCOS support!

PCOS FRIENDLY TRAIL MIX

Author: Letisha Bates



Serves
4



Prep Time
15 Mins

Cook Time
1 Hour

Total Time
1 Hour 15 Mins

Calories 290

Protein 14g

Fat 23g

Total Carb 9g

Fiber 4g

Net Carb 5g

INGREDIENTS

- 1/2 cup almonds
- 1/2 cup walnuts
- 1/4 cup pecans
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 2 tablespoons dried fruit (unsweetened or sweetened with a sugar substitute)
- 2 ounces sugar-free jerky, chopped into bite-sized pieces
- Optional: 1/4 teaspoon sea salt (to taste)

DIRECTIONS

1. In a mixing bowl, combine the almonds, walnuts, pecans, pumpkin seeds, sunflower seeds, dried fruit, and chopped sugar-free jerky.
2. Optional: Sprinkle the sea salt over the trail mix for a touch of savory flavor (adjust to taste).
3. Toss the ingredients together until they are evenly distributed.
4. Transfer the trail mix to an airtight container for storage.
5. Enjoy the PCOS Friendly Trail Mix as a convenient and protein-packed snack on-the-go or whenever you need a quick energy boost.

TUNA WITH MIXED GREENS & VINAIGRETTE SALAD

Author: Letisha Bates



Serves
2



Prep Time
10 Mins

Cook Time
0 Mins

Total Time
10 Mins

Calories 250

Protein 22g

Fat 16g

Total Carb 5g

Fiber 2g

Net Carb 3g

INGREDIENTS

- 2 cans (5 oz each) tuna, drained
- 4 cups mixed salad greens
- 1/4 cup sliced cucumber
- 1/4 cup cherry tomatoes, halved
- 2 tablespoons sliced red onion
- 2 tablespoons sliced black olives
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon Dijon mustard
- Salt and pepper, to taste
- Optional toppings: grated Parmesan cheese, fresh herbs

DIRECTIONS

1. In a bowl, combine the drained tuna, mixed salad greens, sliced cucumber, cherry tomatoes, sliced red onion, and sliced black olives. Toss gently to mix all the ingredients together.
2. In a small bowl, whisk together the extra-virgin olive oil, red wine vinegar, Dijon mustard, salt, and pepper to make the vinaigrette dressing.
3. Drizzle the vinaigrette over the tuna salad and toss to coat everything evenly.
4. Divide the Tuna Salad with Mixed Greens into individual serving bowls or plates.
5. Optional: Sprinkle with grated Parmesan cheese and fresh herbs for added flavor and presentation.
6. Serve the salad immediately and enjoy!

HIGH PROTEIN BOX

Author: Letisha Bates



Serves
4



Prep Time
10 Mins

Cook Time
20-25 Mins

Total Time
30-35 Mins

Calories	430
Protein	34g
Fat	28g
Total Carb	8g
Fiber	3
Net Carb	5g

INGREDIENTS

- 4 hard-boiled eggs, peeled and halved
- 4 oz sliced chicken or turkey
- 4 oz sliced leftover steak, thinly sliced
- 4 oz cheese cubes (such as cheddar or Swiss)
- 1 cup cherry tomatoes
- 1 cup cucumber slices
- 1/2 cup mixed nuts (such as almonds, walnuts, or pecans)

DIRECTIONS

1. Arrange the halved hard-boiled eggs, chicken or turkey slices, leftover steak slices, and cheese cubes in a meal prep container or a divided plate.
2. Add the cherry tomatoes and cucumber slices to the container, distributing them evenly.
3. Place the mixed nuts in a separate small container or compartment.
4. Optional: Include a small container of low-carb dip or dressing for added flavor.
5. Seal the container and store it in the refrigerator until ready to serve.
6. When ready to enjoy, simply open the container and assemble your protein box by combining the different components to your liking.

You can create endless varieties of this High Protein Snack Box. Please note that the nutrition facts provided are approximate and can vary based on the specific ingredients you use.

CHICKPEA SALAD WRAPS

Author: Lena Eccles



Serves
4



Prep Time
15 Mins

Cook Time
20 Mins

Total Time
35 Mins

Calories 380

Protein 15g

Fat 8g

Total Carb 65g

Fiber 7g

Net Carb 58g

INGREDIENTS

- 8 oz (225g) gluten-free elbow macaroni (or gluten-free pasta of your choice)
- 2 cups diced potatoes
- 1 cup diced carrots
- 1/2 cup raw cashews
- 1/4 cup nutritional yeast
- 2 tablespoons lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon turmeric
- Salt and pepper to taste
- Optional toppings: chopped fresh parsley or gluten-free breadcrumbs

DIRECTIONS

1. Cook the gluten-free elbow macaroni according to the package instructions. Drain and set aside.
2. In a medium-sized saucepan, add the diced potatoes and carrots. Cover with water and bring to a boil. Cook for about 10-15 minutes until the potatoes and carrots are fork-tender.
3. In a blender or food processor, combine the cooked potatoes, carrots, cashews, nutritional yeast, lemon juice, garlic powder, onion powder, paprika, turmeric, salt, and pepper. Blend until smooth and creamy.
4. Pour the sauce over the cooked macaroni and stir to combine. Heat over low heat for a few minutes to warm up the sauce and coat the pasta evenly.
5. Taste and adjust the seasonings if needed.
6. Serve the Gluten-Free Dairy-Free Mac and Cheese hot, and garnish with chopped fresh parsley or gluten-free breadcrumbs if desired.

TZATZIKI DIP & CUCUMBERS

Author: Letisha Bates



Serves
4



Prep Time
10 Mins

Cook Time
30 Mins

Total Time
40 Mins

Calories	70
Protein	4g
Fat	5g
Total Carb	4g
Fiber	1g
Net Carb	3g

INGREDIENTS

- 1 cup Greek yogurt (full-fat)
- 1/2 medium cucumber, grated and squeezed to remove excess moisture
- 1 clove garlic, minced
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 1 tablespoon chopped fresh dill
- Salt and pepper, to taste
- Cucumber slices, for serving

DIRECTIONS

1. In a bowl, combine the Greek yogurt, grated cucumber, minced garlic, fresh lemon juice, extra virgin olive oil, chopped fresh dill, salt, and pepper. Mix well until all the ingredients are thoroughly combined.
2. Taste the tzatziki dip and adjust the seasoning according to your preference, adding more salt, pepper, or lemon juice if desired.
3. Transfer the tzatziki dip to a serving bowl and refrigerate for at least 30 minutes to allow the flavors to meld together.
4. When ready to serve, slice the cucumber into thin rounds.
5. Serve the Tzatziki Dip alongside the cucumber slices as a refreshing and low-carb snack.

VEGGIES WITH GUACAMOLE

Author: Letisha Bates



Serves
4



Prep Time
10 Mins

Cook Time
0 Mins

Total Time
10 Mins

Calories 160

Protein 2g

Fat 14g

Total Carb 9g

Fiber 7g

Net Carb 2g

INGREDIENTS

- 2 ripe avocados
- 1/4 cup diced red onion
- 1/4 cup diced tomato
- 1/4 cup chopped fresh cilantro
- 1 small jalapeño, seeded and minced (optional for added spice)
- 1 clove garlic, minced
- 1 tablespoon fresh lime juice
- Salt and pepper, to taste
- Vegetables for dipping such as celery, sliced peppers, cucumber, or zucchini.

DIRECTIONS

1. Cut the avocados in half, remove the pits, and scoop the flesh into a bowl.
2. Mash the avocados with a fork until desired consistency is reached (smooth or chunky).
3. Add the diced red onion, diced tomato, chopped fresh cilantro, minced jalapeño (if using), minced garlic, and fresh lime juice to the bowl. Mix well to combine.
4. Season the guacamole with salt and pepper to taste.
5. Transfer the guacamole to a serving bowl.
6. Serve the Guacamole with an assortment of sliced vegetables for dipping, such as cucumber slices, bell pepper strips, and celery sticks or as a condiment to an entree.



GRILLED CHICKEN CAPRESE SALAD

Author: Letisha Bates



Serves
2



Prep Time
10 Mins

Cook Time
15-20 Mins

Total Time
25-30 Mins

Calories	380
Protein	40g
Fat	22g
Total Carb	5g
Fiber	1g
Net Carb	4g

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil, divided
- Salt and pepper, to taste
- 4 slices fresh mozzarella cheese
- 2 medium-sized tomatoes, sliced
- Fresh basil leaves
- Balsamic glaze, for drizzling

DIRECTIONS

1. Preheat your grill or grill pan to medium-high heat.
2. Brush the chicken breasts with 1 tablespoon of olive oil and season with salt and pepper.
3. Grill the chicken breasts for about 6-8 minutes per side, or until they reach an internal temperature of 165°F (74°C).
4. While the chicken is grilling, prepare the salad by layering the tomato slices, fresh mozzarella cheese, and basil leaves on a platter.
5. Once the chicken is cooked, let it rest for a few minutes, then slice it into thin strips.
6. Arrange the grilled chicken slices on top of the salad.
7. Drizzle the remaining olive oil and balsamic glaze over the salad.
8. Serve the Grilled Chicken Caprese Salad immediately and enjoy!

TURKEY MEATBALLS & RED SAUCE WITH GF SPAGHETTI

Author: Letisha Bates



Serves
4



Prep Time
15 Mins

Cook Time
15 Mins

Total Time
30 Mins

Calories 380

Protein 30g

Fat 14g

Total Carb 34g

Fiber 10g

Net Carb 24g

INGREDIENTS

- 1 pound ground turkey
- 1/4 cup gluten-free breadcrumbs
- 1/4 cup grated Parmesan cheese (optional)
- 1/4 cup finely chopped fresh parsley
- 1/4 cup finely chopped onion
- 1 clove garlic, minced
- 1 large egg
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 1 jar (24 ounces) gluten-free marinara sauce
- 8 ounces Banza chickpea pasta (or any other gluten-free pasta)
- Optional garnish: Fresh basil leaves, grated Parmesan cheese

DIRECTIONS

1. In a large bowl, combine the ground turkey, gluten-free breadcrumbs, grated Parmesan cheese (if using), chopped parsley, chopped onion, minced garlic, egg, dried oregano, dried basil, salt, and black pepper. Mix well until all the ingredients are evenly incorporated.
2. Shape the mixture into small meatballs, about 1 inch in diameter.
3. Heat the olive oil in a large skillet over medium heat. Add the turkey meatballs and cook for about 8-10 minutes, turning occasionally, until browned on all sides and cooked through.
4. While the meatballs are cooking, bring a pot of salted water to a boil. Cook the Banza chickpea pasta according to the package instructions until al dente. Drain the pasta and set aside.
5. In a separate saucepan, heat the gluten-free marinara sauce over medium heat until heated through.
6. Add the cooked turkey meatballs to the marinara sauce and simmer for a few minutes to allow the flavors to meld together.
7. Divide the cooked Banza pasta among serving plates. Top with the turkey meatballs and marinara sauce.
8. Optional: Garnish with fresh basil leaves and grated Parmesan cheese for added flavor.

PESTO SALMON & ASPARAGUS IN FOIL

Author: Letisha Bates



Serves
4



Prep Time
10 Mins

Cook Time
18-20 Mins

Total Time
28-30 Mins

Calories 400

Protein 34g

Fat 28g

Total Carb 4g

Fiber 2g

Net Carb 2g

INGREDIENTS

- 4 salmon fillets (about 4-6 ounces each)
- 1 bunch asparagus, trimmed
- 1/4 cup prepared pesto sauce (store-bought or homemade)
- 2 tablespoons olive oil
- Salt and pepper, to taste
- Lemon wedges, for serving
- Optional garnish: fresh basil leaves

DIRECTIONS

1. Preheat your oven to 375°F (190°C).
2. Cut four large pieces of aluminum foil, enough to wrap each salmon fillet and asparagus.
3. Place a salmon fillet in the center of each foil piece. Arrange a handful of trimmed asparagus next to the salmon.
4. Brush each salmon fillet and asparagus with olive oil. Season with salt and pepper.
5. Spread about 1 tablespoon of pesto sauce on top of each salmon fillet, covering it evenly.
6. Fold the sides of the foil over the salmon and asparagus, sealing the edges tightly to create a packet.
7. Place the foil packets on a baking sheet and bake in the preheated oven for about 18-20 minutes, or until the salmon is cooked through and flakes easily with a fork.
8. Carefully open the foil packets, being mindful of the hot steam. Serve the Pesto Salmon and Asparagus Foil Wraps hot.
9. Squeeze fresh lemon juice from lemon wedges over the salmon and garnish with fresh basil leaves, if desired.

SPINACH & FETA STUFFED CHICKEN

Author: Letisha Bates



Serves
2



Prep Time
15 Mins

Cook Time
25-30 Mins

Total Time
40-45 Mins

Calories 350

Protein 40g

Fat 20g

Total Carb 2g

Fiber 1g

Net Carb 1g

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 2 cups fresh spinach leaves
- 1/4 cup crumbled feta cheese
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon dried oregano
- Salt and pepper, to taste

DIRECTIONS

1. Preheat your oven to 400°F (200°C).
2. Butterfly the chicken breasts by making a horizontal cut through the thickest part of each breast, without cutting all the way through. Open up the breast like a book and pound it slightly to create an even thickness.
3. In a skillet, heat 1 tablespoon of olive oil over medium heat. Add the minced garlic and sauté until fragrant, about 1 minute.
4. Add the fresh spinach leaves to the skillet and cook until wilted, about 2-3 minutes. Remove from heat.
5. In a bowl, combine the sautéed spinach with the crumbled feta cheese. Mix well.
6. Spoon the spinach and feta mixture onto one side of each butterflied chicken breast. Fold the other side over the filling, pressing lightly to seal.
7. Season the stuffed chicken breasts with dried oregano, salt, and pepper.
8. Heat the remaining tablespoon of olive oil in an oven-safe skillet over medium-high heat. Add the stuffed chicken breasts and sear for 2-3 minutes on each side until they develop a golden crust.
9. Transfer the skillet to the preheated oven and bake for about 15-20 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).
10. Remove the stuffed chicken breasts from the oven and let them rest for a few minutes.
11. Serve the Spinach and Feta Stuffed Chicken hot, optionally garnished with fresh herbs if desired.

This recipe pairs well with lemon dressed greens!

BROILED TILAPIA & VEGGIE QUINOA

Author: Letisha Bates



Serves
4



Prep Time
15 Mins

Cook Time
8-10 Mins

Total Time
23-25 Mins

Calories	300
Protein	30g
Fat	12g
Total Carb	20g
Fiber	3g
Net Carb	17g

INGREDIENTS

- 4 tilapia fillets (about 4-6 ounces each)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup cooked quinoa
- 1 cup mixed vegetables (such as diced bell peppers, zucchini, and carrots)
- 2 tablespoons chopped fresh parsley
- Lemon wedges, for serving

DIRECTIONS

1. Preheat your broiler on high heat.
2. In a small bowl, combine the olive oil, minced garlic, lemon zest, lemon juice, dried oregano, salt, and black pepper.
3. Place the tilapia fillets on a baking sheet lined with foil or parchment paper. Brush the olive oil mixture over the tilapia, making sure to coat all sides.
4. In a separate bowl, combine the cooked quinoa, mixed vegetables, and chopped fresh parsley. Mix well.
5. Spread the quinoa and vegetable mixture around the tilapia fillets on the baking sheet.
6. Place the baking sheet under the broiler and cook for 8-10 minutes, or until the tilapia is cooked through and flakes easily with a fork.
7. Remove the baking sheet from the broiler. Serve the broiled tilapia on top of the vegetable quinoa mixture.
8. Garnish with lemon wedges for squeezing fresh lemon juice over the tilapia, if desired.

BEEF STIR FRY

Author: Letisha Bates



Serves
4



Prep Time
15 Mins

Cook Time
10 Mins

Total Time
25 Mins

Calories 350

Protein 35g

Fat 20g

Total Carb 10g

Fiber 4g

Net Carb 6g

INGREDIENTS

- 1 lb (450g) beef sirloin, thinly sliced
- 2 tablespoons coconut aminos or soy sauce (low-sodium)
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 tablespoon grated ginger
- 1 medium-sized bell pepper, sliced
- 1 medium-sized zucchini, sliced
- 1 cup broccoli florets
- Salt and pepper, to taste
- Optional toppings: sesame seeds, sliced green onions

DIRECTIONS

1. In a bowl, marinate the sliced beef in coconut aminos (or soy sauce) for about 10-15 minutes.
2. Heat 1 tablespoon of olive oil in a large skillet or wok over medium-high heat.
3. Add the minced garlic and grated ginger to the skillet and sauté for about 1 minute until fragrant.
4. Increase the heat to high and add the marinated beef to the skillet. Stir-fry for 2-3 minutes until the beef is browned and cooked to your desired level of doneness. Remove the beef from the skillet and set it aside.
5. In the same skillet, heat the remaining tablespoon of olive oil. Add the bell pepper, zucchini, and broccoli florets. Stir-fry for 4-5 minutes until the vegetables are crisp-tender.
6. Return the cooked beef to the skillet with the vegetables. Stir everything together and season with salt and pepper to taste.
7. Remove the skillet from heat and garnish the beef stir fry with sesame seeds and sliced green onions, if desired.
8. Serve immediately and enjoy!

QUICK PCOS BREAKFAST IDEAS

MINIMAL EFFORT PCOS-FRIENDLY MEALS



Wheat Bagel topped with Peanut Butter & Apple Slices with Cinnamon



Low-Sugar Yogurt with Berries & Nuts



Yogurt Smoothie with Fruit Bar & Nuts



Protein Waffle with Ricotta & Blueberries



Low-Sugar Oatmeal with Apple Sauce & Protein Drink



Multigrain English Muffin with Avocado & Boiled Eggs

QUICK PCOS LUNCH IDEAS

MINIMAL EFFORT PCOS-FRIEDLY MEALS



Caprese Salad



Tuna Dip & Celery Sticks



Turkey & Cheese Rollups with Carrot Sticks



Banana & PB Rice Cakes



Protein Drink with Hummus Cup & Fruit



Avocado Toast

QUICK PCOS DINNER IDEAS

MINIMAL EFFORT PCOS-FRIENDLY MEALS



Red Beans & Rice



Smoked Salmon & Rice Bowl



Buffalo Chicken Potato



Shrimp & Avocado Salad



Chicken Teriyaki Bowl



Vegetarian Chili

PCOS GRAB-N-GO SNACKS

MINIMAL EFFORT SNACKS



Whole Fruit



Nut Butter Packs



Individual Nut Packs



Individual Protein Snacks



Seaweed Snacks



Cheese & Cheese Crisps



Freeze Dried Fruit



Roasted Bean Snacks



Hummus or Guacamole Cups



Veggie Crisps



Fruit & Veg Pouches



Low Sugar & Sugar Free Candy



Sugar-free Meat Sticks/Jerky



Protein, Fruit, & Fiber Bars



Popcorn



Veggie Pouches

PCOS Take Out Meals

PCOS-FRIENDLY TAKE OUT OPTIONS



Chick-fil-a's Grilled Chicken Sandwich + Side Salad + Balsamic Dressing



SF Vanilla Iced Latte + Spinach, Feta, Egg White Wrap



In-and-Out Lettuce Wrap Burger + Extra Veg



Culver's Grilled Chicken Sandwich + Broccoli



Wendy's Apple Pecan Salad



Panera's Green Goddess Cobb w/ Chicken



Taco Bell's Chicken Power Bowl



Chipotle's Lifestyle Bowls



Subway's Rotisserie-style Chicken Salad



Taziki's Cafe's Shrimp Feast



New's Eatery's 1/2 Chicken Salad Wrap + 1/2 Greek Salad



Panda Express's Beef & Broccoli + White Steamed Rice



Captain D's Grilled Meals + Green Beans + Broccoli



Dunkin's Turkey Sausage, Egg, & Cheese English Muffin + SF Iced Coffee



Whataburger's Apple & Cranberry Chicken Salad

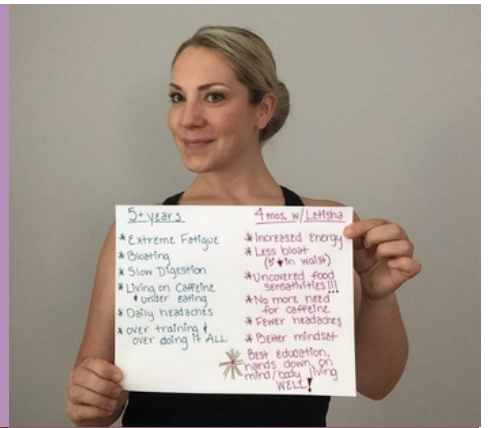


Burger King's Impossible Whopper + Apple Sauce

THIS COULD BE YOU



"I felt completely lost in managing my PCOS, but now I finally have the tools and confidence to take control of my health."



"For the first time, I feel empowered instead of overwhelmed by my diagnosis."



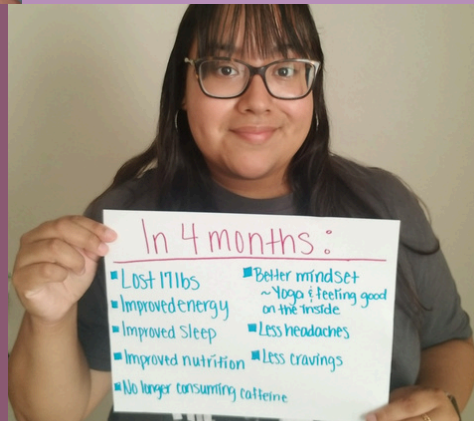
"I used to struggle with food guilt and confusion, but Letisha's guidance made nutrition feel simple, sustainable, and enjoyable."



"After years of being dismissed by doctors, Letisha actually listened to me."



"My energy levels have improved, my cycles are more regular, and I finally feel like I'm making progress with my PCOS."



"I've tried it all but Letisha's support has been life-changing and exactly what I needed."



Are you struggling with PCOS symptoms, feeling overwhelmed by conflicting advice, or unsure what actually works?

Our 1-Day PCOS Intensive + Follow-Up Package gives you personalized strategies, expert guidance, and the ongoing support you need to take control of your health—without the guesswork.

- ✓ **A full 1-on-1 intensive session** to create your custom PCOS wellness plan.
- ✓ **Post-session follow-up** for ongoing support, accountability, and adjustments.
- ✓ **Clear nutrition, movement, and lifestyle guidance** to reduce symptoms and improve energy, fertility, and overall well-being.

starting at
\$299

BOOK NOW

Our Services Are For You If...

- ✓ You've tried everything, but nothing seems to work for your PCOS symptoms.
- ✓ You're overwhelmed with all the conflicting advice online and just want a clear plan that actually fits your life.
- ✓ You feel frustrated and unheard by doctors, but you're ready to take back control of your health.
- ✓ You want guidance from someone who understands PCOS firsthand and can help you with real, practical solutions.
- ✓ You're ready to make lasting changes but need support and accountability to stay on track.

If this sounds like you, let's get started. I'll guide you through every step to help you take control of your health and finally feel your best.

BOOK NOW



THE PROCESS HOW IT WORKS

01

Book Your PCOS Intensive

Secure your spot and get ready to take control of your health! Once booked, I'll personally reach out with next steps and to schedule our initial session.

02

Complete Your PCOS & Health Assessments

I'll send you a comprehensive PCOS & health assessment to dive deep into your symptoms, lifestyle, and goals—so we can create a plan that actually works for you.

03

Your 1:1 Personalized Session (60+ Mins)

We'll meet for a 1-on-1 deep dive into your health, where I'll provide tailored nutrition, lifestyle, and supplement recommendations based on your unique needs. You'll leave with a clear, actionable plan to start seeing results.

04

Follow-Up & Fine-Tune (30 Mins)

We'll reconnect in 4-6 weeks to troubleshoot your plan, adjust strategies, interpret lab results, and provide additional guidance—ensuring you stay on track and continue making progress.

Personalized Supplements & Labs – Available as an Add-On

Get deeper insights into your PCOS with customized lab testing and supplement recommendations for an additional fee.

I'll help you choose the right tests, interpret results, and fine-tune your plan with evidence-based supplements tailored to your needs.




Thank you

I'm so grateful to be part of your PCOS journey! Your health deserves personalized care, real solutions, and the support you've been looking for—and I'm honored to help guide you along the way.

Let's connect!

 Follow me on Instagram [@EndocrineCollective](https://www.instagram.com/EndocrineCollective) for PCOS tips, nutrition guidance, and expert advice to help you feel your best.

 Have questions? Email me anytime at Letisha@EndocrineCollective.com

You deserve better care—let's keep this journey going together!

DISCLAIMER

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