

D R J E S S I C A W H E L A N

7 DAY P C O S M E A L P L A N



Welcome!

I carefully curated a super well-balanced week full of nourishing meals to help you along your PCOS-healing process. These meals provide a diversity of healthy fats, proteins, and veggies to support your gut-microbiome and supply plenty of anti-inflammatory antioxidants.

Feel free to choose a couple of the recipes to double (or triple) to eat throughout the week - to keep things a bit simpler. You can rotate the recipes over the course of several weeks versus 7 days.

Just by cooking at home with more whole foods, you are reducing exposure to harmful plastics (often found in restaurant food!), pesticides, and inflammatory seed oils.

These recipes are gluten and dairy free.

Cheers to your health journey!

Dr. Jessica Whelan



7 DAY PCOS MEAL PLAN

GROCERY LIST

SUNDAY	Brunch: Protein pancakes and 2 slices bacon Snack: apple/celery/carrots and nut butter D: Chicken and cauliflower soup
MONDAY	B: Scrambled eggs with baby kale or spinach, mushrooms, cilantro L: Leftover chicken soup D: Sheet pan salmon and brussels sprouts, sweet potatoes
TUESDAY	B: Coconut protein chia pudding L: Chicken salad D: Shrimp Stirfry
WEDNESDAY	B: Coconut protein chia pudding L: Tuna and avocado salad D: Spaghetti squash and ground turkey
THURSDAY	B: Brussels sprouts hash L: Leftover spaghetti squash/turkey D: Hamburger Soup
FRIDAY	B: Coconut protein chia pudding L: Leftover Hamburg soup D: Sardine patties with sauteed cabbage
SATURDAY	B: Tex-Mex scrambled eggs L: Leftover sardine patties and cabbage D: Thai curry

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FROM _____ TO _____

Chicken Cauliflower Soup

Ingredients

- One whole organic chicken
- 1 large yellow onion, diced
- 2 carrots, peeled and diced
- 1 head cauliflower, chopped
- 14 oz canned coconut milk
- salt, pepper to taste

Directions

1. Place chicken in large pot and fill with filtered water
2. Bring to a boil, then simmer for 2 hours.
3. Remove chicken from pot. Allow to cool then pick meat off the bones.
4. Optional step: If you used a very large pot, you can save a quart of the chicken stock to sip on as a snack throughout the week.
5. Saute onions and carrots in avocado or olive oil.
6. Add the onions, carrots, and cauliflower to the stock pot. Bring to a boil, then reduce heat and simmer for 15 minutes (or until veggies are soft)
7. Add coconut milk and about 1/2 to 2/3 of the chicken meat (chopped or shredded). Save rest of chicken meat for chicken salad recipe.
8. Add salt and pepper to taste

Notes:

Crockpot option: If you have a large crockpot you can cook the chicken and veggies in the crockpot.

Low 6-8 hours or high 3-5 hours.

Protein Pancakes

Ingredients

- 1 banana, mashed
- 2 eggs, whisked
- 2 tablespoons coconut flour
- 1/4 cup almond milk, unsweetened
- 1 scoop collagen or clean protein powder (like Ancient Nutrition bone broth protein)

Directions:

1. Combine banana, eggs, almond milk in a bowl. Mix dry ingredients in another bowl.
 2. Add wet ingredients into the dry ingredients and stir until combined.
 3. Heat skillet with avocado oil. Over low-medium heat, add pancake batter to the skillet.
 4. Top with berries or cinnamon if desired.
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Chicken Salad

Ingredients

- Leftover chicken from soup, chopped (about 2 cups)
- 1/4 cup avocado mayo
- 1/2 red onion, chopped
- 1-2 stalks celery, chopped
- salt/pepper to taste

Directions:

Mix all ingredients together.

Notes:

If not using whole chicken, you can bake 2 chicken breasts in the oven at 350 degree for 40 minutes.

Protein Chia Pudding

Chia seeds are a nutritional powerhouse. 2 tablespoons of chia seeds = 10 grams of fiber, 5 grams of omega 3 fatty acids, and 5 grams of protein.

Omega 3 is necessary for proper brain function and hormone synthesis. Our body can not make omega 3 so we must get it from our diet. Omega 3 has been researched to be effective treatment for depression and anxiety. It is anti-inflammatory so helps with menstrual cycle pain and cramping. It also supports healthy ovulation.

This is a highly adaptable recipe and great for breakfast, snacks, or dessert! I make a big batch and put in individual jars or small pyrex containers so that I have several servings on hand throughout the week.

Adding warming spices (like cinnamon, ginger, cardamon, fennel) will support your “digestive fire,” improving digestion and decreasing inflammation.

Recipe:

Makes 1 serving

- o ¼ cup chia seeds

- o 1/4 cup canned organic coconut milk *

- o 1/2 cup almond milk

- o 1 scoop clean protein powder or collagen (brands I like: Vital proteins, Ancient Nutrition or Designs for Health)

**Note: you can pour 1 can of full-fat coconut milk into a quart jar, fill the rest with water, and shake to mix. This will last in the fridge for 1 week. Use ½ cup of this diluted coconut milk in the recipe instead.

Optional add-in ideas:

- o 1 tablespoon raw cacao powder

- o 1 tsp matcha powder

- o ½ cup berries

- o ¼ cup canned pumpkin puree

Mix or blend together. Let sit at least 10 minutes before eating for the chia seeds to hydrate OR put in fridge. Can double (triple) recipe as needed for weekday meal prep. Can keep in fridge for a week.

Topping options: ¼ cups Walnuts (5 grams protein), 2-3 tablespoons hemp seeds (10 grams protein!), cocoa nibs, berries

Sheet Pan Salmon and Veggies

Ingredients

1 lb salmon filet, cut into 4 pieces
2 sweet potatoes, diced
1 lb brussels sprouts , diced
Olive or avocado oil
Salt/pepper

Directions:

1. Preheat oven to 400 degrees.
2. Place salmon and sliced veggies on a large baking sheet. Drizzle with oil and salt/pepper
3. Bake 20-25 minutes, or until salmon internal temperature reaches 145 degrees (it will flake easily)

Notes:

- Preheat baking sheet in oven to prevent veggies from sticking to pan. OR line pan with parchment paper for easier cleanup.
 - Optional toppings on salmon before baking: avocado mayo, lemon juice, dijon mustard
 - This recipe is very versatile. Try different veggies: broccoli, cauliflower, squash, etc
 - Or sub salmon for chicken thighs (cook 350 for 30-40 minutes)
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Quickest Shrimp Stir-fry

Ingredients

1/2 lb shrimp, de-shelled
1 bag of frozen stir-fry veggies
1 small bag cauliflower rice
2-4 Tablespoons soy sauce (or tamari or coconut aminos)
1 teaspoon garlic powder (or 2 cloves diced fresh garlic)
1 teaspoon ginger powder (or 1 Tablespoon diced fresh ginger root)
2-4 tablespoons toasted sesame oil

Directions:

Defrost shrimp under cold running water for 10-15 minutes

Saute veggies with spices over med-high heat. Add shrimp and cook 3-5 minutes or until pink.

Note: This recipe makes enough for 2 people or to have leftovers. If you just want one serving, half the recipe.

Spaghetti Squash and Turkey

Ingredients

1 spaghetti squash
1 lb ground turkey
1 onion, diced
2 cups baby kale
spices: garlic powder, salt, pepper, red pepper flakes

Directions:

1. Preheat oven to 375 degrees and line baking sheet with parchment paper. Sprinkle squash with a bit of oil and salt/pepper. Place flesh side down on baking sheet and roast for 30 minutes.
2. Meanwhile, heat a large pan over medium heat. Add avocado oil. Add onions and garlic. Saute until translucent, about 3 minutes. Add ground turkey. Break it up with a spoon. Cook 2-3 minutes.
3. Add kale and cook until wilted and turkey is browned with no pink.
4. Remove from heat. Stir in spices.
5. Remove squash from oven when done. Thread flesh with a fork. Mix with turkey/veggies.

Notes: If you have a crockpot, you can just put the squash in the crockpot and cook on low for 5-6 hours or high for 3-4 hours. Prick the squash with fork to create vents. No need to add water!

Super Simple Tuna-Avocado Salad

Ingredients

1 can tuna, (SafeCatch is a great brand)
(1 small avocado
1/2 red onion, diced
1 pickle, diced
salt/pepper

Directions:

Mix all ingredients together.

Enjoy plain or with seaweed snacks, celery/carrot sticks

Thai Chickpea Curry

Ingredients

1 tablespoon coconut oil
1 tablespoon fresh grated ginger (or 1 tsp powdered)
3 cloves garlic, minced (or 1 tsp powdered)
1 large carrot, sliced
1 small head broccoli, broken into florets
1 red pepper, sliced
1 can coconut milk
1/3 cup water
2 tablespoons red curry paste
1 can chickpeas, rinsed and drained
Optional additional veggies: 1/2 frozen peas, chopped green beans, spinach

Directions

- Place a large pot over medium high heat. Add in coconut oil, garlic, ginger. Cook 30 seconds.
- Add carrot, broccoli. Saute 3-5 minutes.
- Add in coconut milk, water, curry paste. Stir to combine.
- Add bell pepper, chickpeas. Simmer over medium-low heat for 10 minutes.
- Stir in frozen peas and/or baby spinach, optional.
- Optional garnish: cilantro, chopped cashews/peanuts. Can serve over cauliflower rice, if desired.
- Notes:
- A clean red curry paste brand is [Mekhala](#).

Notes

Substitutions for the chickpeas: lentils, chicken, shrimp

Hamburger Soup

Ingredients

2 Tbsp olive or avocado oil
1 onion, diced
1 carrot, peeled and sliced
4 sticks celery, diced
1 lb ground beef
2 Tbsp tomato paste
3 cloves garlic, inced
28 oz canned diced tomatoes
8 cups beef broth
1 large potatoe, peeled and chopped
1 tsp Italian seasoning
1 tsp salt
black pepper, parsley

Directions

- Preheat a large soup pot with oil over medium heat. Add chopped onion, carrots, celery. Saute veggies until softened.
 - Add ground beef, breaking it apart as you go. Cook it until it turns golden brown.
 - Stire in diced tomatoes, garlic, tomato paste, potatoe, and beef broth. Season with spices.
 - Bring soup to a boil. Reduce heat and simmer 30 minutes or until potatoes are tender. Season to taste.
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Sardine Patties

Sardines are a hormone superfood – high in B12, selenium, vitamin D, anti-inflammatory omega 3 fatty acids, and blood sugar-stabilizing protein.

Ingredients

1 can sardines, drained
1/2 almond flour
1 large egg, whisked
Seasoning options: dried parsley, salt/pepper, cayenne pepper, old bay, dijon mustard
Optional add-ins: diced onion, black olives, fresh parsley

Directions

Preheat skillet over medium heat with 1-2 TBS avocado oil.
Mix all ingredients together. Form into 4-6 patties.
Cook 5 minutes/side or until golden brown.
Sides ideas: sauteed purple or green cabbage; steamed broccoli

Brussels Sprouts Hash

serves 2

Brussels sprouts are the richest food source of glutathione - a potent liver detoxifying antioxidant.

Cilantro is one of the best natural ways to bind and detox heavy metals. This recipe provides a lot of gut-supporting fiber.

Ingredients

1/2 pound brussels sprouts
1 tablespoon coconut oil or avocado oil
1/2 sweet potatoe, diced
1 tsp chili powder
1/2 tsp cumin powder
1/2 sp coriander powder
1/2 tsp salt
4 large eggs
1/4 cup chopped fresh cilantro

Directions

- Trim brussels sprouts and slice finely.
 - Peel and finely dice sweet potatoe.
 - Heat oil in skillet over med-high heat.
 - Add veggies and seasonings. Simmer 10 minutes.
 - make four shallow indentations in the veggie mixture. Crack 1 gg into each indentation, then cover the skillet with a lid. reduce heat to low. Continue to simmer until the egg whites are cooked and yolks are done to your preference.
 - Top with cilantro and/or sriracha sauce.
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Tex-Mex Scramble

Ingredients

4 turkey sausage links, cooked and diced
1/2 onion, diced
1/2 can black beans
1 bell pepper, diced
1/4 cup salsa
2 eggs, whisked
seasonings: 1/2 tsp cumin, 1/2 chili powder, 1/2 salt, fresh chopped cilantro

Directions

Saute onion and pepper until soft
Add eggs and cook until done
Mix in sausage, seasonings, salsa, and cilantro

