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NUTRITIONAL BIOCHEMIST  
& CLINICAL NUTRITION

## 5 Day Healthy Hormone Dinner Plan for Women with PCOS

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Hello!

Welcome to your very own copy of our 5 Day Healthy Hormone Dinners for Women with PCOS! Over the following pages you will find the 5 day dinner plan that I have lovingly created for you, along with an itemised grocery list and delicious recipes. Each recipe will assist with balancing your hormones and provide required nutrients to support PCOS and have you on the road to feeling healthier, happier and symptom-free. whilst supporting your liver to eliminate excess hormones and nourish your gut health.

## Grocery List & Shopping Tips

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. The grocery list is organised into categories based on how a typical supermarket is laid out. This will allow you to do your grocery shopping in an organised order starting with fruits, then vegetables, etc. Doing your shopping this way will save you both time and money!

## Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. For example, if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion and serve or store the others.

## Medical Disclaimer

The information provided within this 5 day dinner plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. Nutritionista's meal planning services shall be used to diagnose or treat any health problem or disease. I cannot provide any medical advice outside of our clinic consultation process. We recommend that you seek prompt specialist care for specific health issues and consult your GP before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. We do not recommend self-management of health problems.

Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Hope you enjoy this weeks dinners!



Dinner

Mon



Falafel Tahini Salad

Tue



Walnut Crusted Salmon with Asparagus

Wed



Spiced Cauliflower Rice Bowl

Thu


















Beef & Broccoli

Fri



Zucchini Noodle Carbonara

Mon	Tue	Wed	Thu	Fri
<b>Fat</b>  35%	<b>Fat</b>  60%	<b>Fat</b>  42%	<b>Fat</b>  39%	<b>Fat</b>  52%
<b>Carbs</b>  43%	<b>Carbs</b>  9%	<b>Carbs</b>  49%	<b>Carbs</b>  20%	<b>Carbs</b>  17%
<b>Protein</b>  22%	<b>Protein</b>  31%	<b>Protein</b>  9%	<b>Protein</b>  41%	<b>Protein</b>  31%
<b>Calories</b> 317	<b>Calories</b> 347	<b>Calories</b> 529	<b>Calories</b> 345	<b>Calories</b> 368
<b>Fat</b> 13g	<b>Fat</b> 24g	<b>Fat</b> 26g	<b>Fat</b> 15g	<b>Fat</b> 22g
Saturated 2g	Saturated 3g	Saturated 4g	Saturated 6g	Saturated 4g
<b>Carbs</b> 36g	<b>Carbs</b> 8g	<b>Carbs</b> 68g	<b>Carbs</b> 17g	<b>Carbs</b> 16g
Fiber 15g	Fiber 4g	Fiber 14g	Fiber 4g	Fiber 4g
Sugar 3g	Sugar 3g	Sugar 4g	Sugar 6g	Sugar 5g
<b>Protein</b> 18g	<b>Protein</b> 28g	<b>Protein</b> 13g	<b>Protein</b> 36g	<b>Protein</b> 29g
Cholesterol 0mg	Cholesterol 62mg	Cholesterol 0mg	Cholesterol 102mg	Cholesterol 67mg
Sodium 892mg	Sodium 349mg	Sodium 369mg	Sodium 457mg	Sodium 1103mg
Vitamin A 174IU	Vitamin A 1298IU	Vitamin A 585IU	Vitamin A 975IU	Vitamin A 437IU
Vitamin C 15mg	Vitamin C 9mg	Vitamin C 85mg	Vitamin C 124mg	Vitamin C 27mg
Calcium 211mg	Calcium 64mg	Calcium 136mg	Calcium 115mg	Calcium 81mg
Iron 8mg	Iron 4mg	Iron 4mg	Iron 3mg	Iron 3mg
Vitamin D 0IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 6IU	Vitamin D 11IU
Folate 271µg	Folate 115µg	Folate 199µg	Folate 103µg	Folate 57µg
Vitamin B12 0.2µg	Vitamin B12 3.6µg	Vitamin B12 0µg	Vitamin B12 1.7µg	Vitamin B12 22.8µg
Magnesium 76mg	Magnesium 76mg	Magnesium 146mg	Magnesium 61mg	Magnesium 85mg
Zinc 3mg	Zinc 2mg	Zinc 3mg	Zinc 6mg	Zinc 2mg

### Fruits

- 2 Avocado
- 2 1/3 tbsps Lemon Juice

### Seeds, Nuts & Spices

- 1/3 cup Cashews
- 1 tsp Cumin
- 1 tsp Italian Seasoning
- 1 tsp Paprika
- 1 1/8 tbsps Sea Salt
- 2 tps Sesame Seeds
- 1/2 tsp Turmeric
- 1/2 cup Walnuts

### Vegetables

- 4 cups Asparagus
- 6 cups Broccoli
- 1 head Cauliflower
- 1 cup Cilantro
- 7 1/3 Garlic
- 2 tps Ginger
- 2 stalks Green Onion
- 8 cups Mixed Greens
- 1 1/3 cups Mushrooms
- 1 1/3 tbsps Parsley
- 1 tsp Thyme
- 2/3 White Onion
- 2 2/3 Zucchini

### Boxed & Canned

- 158 milliliters Bone Broth
- 1 1/3 cups Brown Rice
- 2 2/3 cups Green Lentils

### Baking

- 3 1/3 tbsps Arrowroot Powder
- 2 2/3 tbsps Nutritional Yeast

### Bread, Fish, Meat & Cheese

- 302 grams Chicken Breast
- 567 grams Flank Steak
- 5 1/3 slices Organic Bacon, Cooked
- 454 grams Salmon Fillet

### Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tsp Avocado Oil
- 1/4 cup Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 1 cup Sauerkraut
- 2/3 cup Tahini

### Cold

- 1/3 cup Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

### Other

- 1/3 cup Water



## Falafel Tahini Salad

4 servings

30 minutes

### Ingredients

2 2/3 cups Green Lentils (cooked, drained and rinsed)  
1/3 cup Tahini (divided)  
1/2 cup Cilantro (finely chopped)  
1 tsp Cumin  
1 tbsp Apple Cider Vinegar  
1 tsp Sea Salt (divided)  
1/4 cup Unsweetened Coconut Yogurt  
1/4 cup Water  
8 cups Mixed Greens  
1 cup Sauerkraut

### Nutrition

Amount per serving	
Calories	317
Fat	13g
Saturated	2g
Carbs	36g
Fiber	15g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	892mg
Vitamin A	174IU
Vitamin C	15mg
Calcium	211mg
Iron	8mg
Vitamin D	0IU
Folate	271µg
Vitamin B12	0.2µg
Magnesium	76mg
Zinc	3mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
- 3 Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
- 4 Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
- 5 Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

**Serving Size:** One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

**Additional Toppings:** Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

**No Sauerkraut:** Use pickled cabbage instead.





## Walnut Crusted Salmon with Asparagus

4 servings

20 minutes

### Ingredients

- 1/2 cup Walnuts (very finely chopped)
- 2 stalks Green Onion (very finely chopped)
- 1/2 tsp Sea Salt
- 1 tsp Italian Seasoning
- 1 tsp Lemon Juice
- 2 tbsps Extra Virgin Olive Oil (divided)
- 454 grams Salmon Fillet
- 4 cups Asparagus (trimmed)

### Nutrition

Amount per serving	
Calories	347
Fat	24g
Saturated	3g
Carbs	8g
Fiber	4g
Sugar	3g
Protein	28g
Cholesterol	62mg
Sodium	349mg
Vitamin A	1298IU
Vitamin C	9mg
Calcium	64mg
Iron	4mg
Vitamin D	0IU
Folate	115µg
Vitamin B12	3.6µg
Magnesium	76mg
Zinc	2mg

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

**No Green Onion:** Use yellow or red onion instead.

**Salmon:** Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

**Asparagus:** Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



## Spiced Cauliflower Rice Bowl

4 servings

40 minutes

### Ingredients

- 1 1/3 cups Brown Rice (dry, uncooked)
- 1/2 tsp Sea Salt
- 1 head Cauliflower (chopped into florets)
- 1/2 tsp Turmeric
- 1 tsp Paprika
- 1 tsp Thyme (dried)
- 1/4 cup Tahini
- 2 Garlic (clove, minced)
- 2 tbsps Lemon Juice
- 2 tbsps Water
- 2 Avocado (sliced)
- 1/2 cup Cilantro (chopped)
- 2 tps Sesame Seeds (for topping)

### Nutrition

Amount per serving	
Calories	529
Fat	26g
Saturated	4g
Carbs	68g
Fiber	14g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	369mg
Vitamin A	585IU
Vitamin C	85mg
Calcium	136mg
Iron	4mg
Vitamin D	0IU

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Additional Toppings:** Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

**No Brown Rice:** Use jasmine rice, cauliflower rice, quinoa or millet instead.



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Folate	199µg
Vitamin B12	0µg
Magnesium	146mg
Zinc	3mg



## Beef & Broccoli

4 servings

15 minutes

### Ingredients

158 milliliters Bone Broth  
1/4 cup Coconut Aminos  
4 Garlic (cloves, minced)  
2 tsps Ginger (fresh, minced)  
2 tbsps Arrowroot Powder  
1 tsp Avocado Oil  
567 grams Flank Steak (sliced against the grain)  
6 cups Broccoli (florets, chopped)

### Nutrition

Amount per serving	
Calories	345
Fat	15g
Saturated	6g
Carbs	17g
Fiber	4g
Sugar	6g
Protein	36g
Cholesterol	102mg
Sodium	457mg
Vitamin A	975IU
Vitamin C	124mg
Calcium	115mg
Iron	3mg
Vitamin D	6IU
Folate	103µg
Vitamin B12	1.7µg
Magnesium	61mg
Zinc	6mg

### Directions

- 1 In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and arrowroot powder until no clumps remain.
- 2 Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add toasted sesame oil once finished cooking.

**Additional Toppings:** Serve on top of rice or cauliflower rice. Top with sliced green onion and/or sesame seeds.

**No Coconut Aminos:** Use tamari instead.

**No Arrowroot Powder:** Use cornstarch or tapioca flour instead.

**No Bone Broth:** Use chicken, beef or vegetable broth instead.



## Zucchini Noodle Carbonara

4 servings

30 minutes

### Ingredients

- 1/3 cup Cashews
- 2 2/3 tbsps Extra Virgin Olive Oil (divided)
- 302 grams Chicken Breast (cubed)
- 5 1/3 slices Organic Bacon, Cooked (chopped)
- 2/3 White Onion (diced)
- 1 1/3 cups Mushrooms (sliced)
- 2 2/3 Zucchini (medium, spiralized into noodles)
- 2 2/3 tbsps Nutritional Yeast
- 1/3 cup Unsweetened Almond Milk
- 1 1/3 Garlic (clove, minced)
- 1 1/3 tbsps Arrowroot Powder
- 1 1/3 tpsps Sea Salt
- 1 1/3 tbsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	368
Fat	22g
Saturated	4g
Carbs	16g
Fiber	4g
Sugar	5g
Protein	29g
Cholesterol	67mg
Sodium	1103mg
Vitamin A	437IU
Vitamin C	27mg
Calcium	81mg

### Directions

- 1 Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the meat.
- 2 In a pan over medium heat, add half of the oil. Once heated, add the chicken breast and bacon and cook for 7 to 10 minutes or until cooked through. Discard the fat and set the bacon and chicken aside.
- 3 To the same pan, add the remaining oil, along with the onions and mushrooms. Cook on medium heat for 5 minutes or until soft.
- 4 While the mushrooms and onions are cooking, prepare the sauce. Drain the cashews and add them to a blender along with the nutritional yeast, almond milk, garlic, arrowroot powder and sea salt. Blend until smooth and creamy.
- 5 In the same pan as the onions and mushrooms, add the zucchini noodles, chopped chicken and bacon. Pour the sauce into the pan and mix well to combine. Keep everything in the pan until it is warmed through.
- 6 Divide between bowls and top with fresh parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season with black pepper or chili flakes.

**Make it Vegan:** Use cauliflower in place of the chicken, and tofu bacon in place of the bacon.



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Iron	3mg
Vitamin D	11IU
Folate	57µg
Vitamin B12	22.8µg
Magnesium	85mg
Zinc	2mg