

PCOS Grocery List

Shop the PCOS plate: protein first, then vegetables, slow carbs, fats and flavor.

Protein

- ☐ Eggs
- ☐ Plain Greek yogurt / skyr
- ☐ Cottage cheese
- ☐ Chicken breast or thighs
- ☐ Ground turkey or lean beef
- ☐ Salmon, cod or shrimp
- ☐ Canned tuna / salmon
- ☐ Tofu, tempeh or edamame

Vegetables

- ☐ Spinach / salad greens
- ☐ Broccoli or cauliflower
- ☐ Bell peppers
- ☐ Zucchini or green beans
- ☐ Cucumbers & carrots
- ☐ Onions, garlic, ginger
- ☐ Frozen veg / cauliflower rice

Slow carbs

- ☐ Rolled or steel-cut oats
- ☐ Quinoa, farro or brown rice
- ☐ Lentils & canned beans
- ☐ Sweet potatoes / potatoes
- ☐ Whole-grain or sourdough bread
- ☐ Corn tortillas

Fruit

- ☐ Berries (fresh or frozen)
- ☐ Apples or pears
- ☐ Citrus or kiwi
- ☐ Bananas

Healthy fats

- ☐ Extra-virgin olive oil
- ☐ Avocados
- ☐ Almonds, walnuts, pistachios
- ☐ Nut butter (no added sugar)
- ☐ Chia, flax or pumpkin seeds

Dairy & alternatives

- ☐ Feta / parmesan / cheddar
- ☐ String cheese
- ☐ Milk or unsweetened soy milk

Pantry & flavor

- ☐ Canned tomatoes / marinara
- ☐ Broth
- ☐ Cinnamon, cumin, paprika
- ☐ Vinegar, lemons, mustard
- ☐ Salsa, hot sauce, tamari
- ☐ Tahini, pesto or miso
- ☐ Dark chocolate 70%+
- ☐ Spearmint tea

Snacks

- ☐ Roasted chickpeas
- ☐ Popcorn
- ☐ Low-sugar jerky
- ☐ Hummus
- ☐ Protein bars (10 g+ protein)

My extras this week
