

MEAL PLAN

Sample

Menu Plan ▪ Recipes ▪ Shopping List

PCOS *Divai*[®]

Getting Started

Food has the Power to Heal

Eating like a Diva is never about the 3 D's - Diet, Deprivation and Denial. It isn't about how many calories or carbs you are eating. It is NOT about numbers on a scale – it IS about how good you can feel when you “Sizzle in the Kitchen”, cook real food, and eat in a balanced way. Being a Diva is about the four N's – Nourishment of mind, body and soul, New foods, thoughts, ideas and lifestyle, as well as being Nurturing and Nice to yourself.

Food is medicine. It truly has the power to heal us. When we crowd out the foods that aggravate PCOS (refined sugar, refined white carbohydrates, gluten, most dairy, soy and processed foods which contain trans-fat, chemicals, artificial flavorings and colorings) and make way for nutrient rich vegetables, fruit, whole grains, healthy fat, high quality protein - magic happens. You'll notice your eyes become brighter, your skin becomes clearer, brain fog lifts, anxiety lessens, cycles return, energy soars, moods stabilize, and PCOS symptoms subside.

Important Note:

The full [6-week Seasonal Meal Plans](#) include a Menu Plan, Getting Started Guide and Shopping Lists. This sample only includes sample recipes.

Recipes: Breakfast

STRAWBERRY ALMOND SCONES – Spring Plan

Makes 8 servings

- 2 cups almond flour
- 1/2 cup coconut flour
- 4-5 T coconut sugar
- 1/2 tsp. sea salt
- 1/2 tsp. baking soda
- 1 tsp. almond extract
- 2 eggs
- 4 T butter melted
- 1/2 cup chopped strawberries

Heat oven to 350. In a large bowl, combine almond flour, coconut flour, salt, baking soda and coconut sugar. In a smaller bowl, combine eggs, melted butter and almond extract. Mix wet ingredients into the dry. Fold in strawberries. Mix dough and form into a circle that is about 1" thick. Cut into 8 wedges and separate. Place on parchment paper lined cookie sheet and bake for about 15 minutes until lightly browned.

APPLE PIE SMOOTHIE – Fall Plan

Makes 1 serving

- 1 cup almond, hemp or coconut milk
- 1 small apple peeled and chopped
- 1/4 cup vanilla protein powder (I like [Growing Naturals Brand](#))
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/2 tsp. vanilla extract
- 1 T almond butter
- 1 T chia seed
- 1 handful of baby spinach

5 ice cubes

Blend all ingredients until smooth

Lunch

RICH AND CREAMY CHICKEN STEW – Winter Plan

Makes 6-8 servings

- 4 quarts chicken stock
- 2 cups cooked brown rice
- 1 T olive oil
- 1 onion, chopped
- 1/4 cup shallots, finely chopped
- 3 cloves garlic, minced
- 3 stalks celery, diced
- 3 carrots, chopped
- 8 oz. mushrooms, sliced
- 1 zucchini, chopped
- 1/4 cup peas
- 2 cups kale, chopped
- 3 cup cooked chicken cut into bite size pieces
- 1/2 tsp. cayenne pepper (if desired)
- 1 tsp. thyme
- 1 tsp. rosemary
- 1 tsp. paprika
- 2 bay leaves
- 1/4 cup chopped parsley
- Sea salt and black pepper to taste

In a blender combine cooked rice and 1 quart of chicken stock and blend until smooth. In a large pot, heat oil and cook onion, shallots and garlic until translucent. Add all remaining ingredients except parsley including the rice/stock blend. Simmer for 45 minutes. Remove bay leaves and stir in fresh parsley. Season to taste with salt and pepper.

WHITE BEAN DIP with ROSEMARY – Summer Plan

Makes approximately 1 cup

- 1 15 oz. can cannellini beans, drained and rinsed
- 2 cloves garlic, peeled and minced
- 1 lemon, juiced and zested
- 3 T olive oil
- 3 sprigs fresh rosemary, rinsed with tough stems removed
- 1 tsp. sea salt
- 2 green onions, chopped

Add the beans, garlic cloves, lemon zest and lemon juice to the bowl of a food processor or blender, and process until smooth. With the machine running, drizzle the olive oil into the bowl. Add in the rosemary, green onions and salt and pepper to taste; blend until combined. Add more olive oil if you want a smoother consistency. Transfer to a bowl, and serve with gluten-free crackers and crudités.

Recipes: Dinner

MAPLE MUSTARD SALMON – Fall Plan

Makes 4 servings

4 wild salmon fillets, about 6 ounces each, skin on

3 T maple syrup

1 T Dijon mustard

1 T tamari soy sauce

Juice of 1/2 lemon

1 clove garlic minced

Sea salt

Ground pepper

1 T finely sliced green onions for garnish

Grease a 9x13x2-inch baking pan. Heat oven to 400 . Place salmon, skin-side down, in the prepared baking pan. Combine the syrup, mustard, tamari, lemon juice and garlic and stir until well blended. Sprinkle the fillets with salt and pepper then spoon the maple and mustard mixture over the fillets. Bake for 8 to 12 minutes until sauce begins to caramelize and fish flakes easily with a fork. Garnish salmon with green onion.

CHICKEN NUGGETS WITH BLACKBERRY MUSTARD DIPPING SAUCE – Fall Plan

Makes 4 servings

1 lb. boneless chicken breast cut into nugget size pieces

1/3 cup ground corn meal

1 egg beaten

1 tsp. sea salt

1/2 tsp. ground pepper

1/3 cup blackberry all-fruit jam

1 -2 T whole grain mustard

3 T coconut oil (divided)

Mix cornmeal with salt and pepper in a shallow dish. Dip chicken in the egg and then in the cornmeal

mixture. Cook in a skillet coated with coconut oil 1 1/2 T of coconut oil in two batches until golden brown and chicken is cooked through. In the meantime combine jam and mustard until combined. Serve chicken with Blackberry Mustard Sauce on the side as a dipping sauce.

SIDE DISHES:

GARLICKY KALE –Summer Plan

Makes 4 servings

- 2 T butter
- 4 garlic cloves, peeled and smashed with the side of a chef's knife
- 1 T olive oil
- One bunch of kale, chopped (remove fibrous stems)
- 2 tsp. wheat-free tamari soy sauce
- 1 tsp. fresh lemon juice
- 1 T sesame seeds (optional)

Melt butter in a skillet and add garlic and sauté for 1 min. Add in the olive oil and soften the garlic for about 10 minutes, stirring frequently to ensure it doesn't burn, and then remove the garlic from the skillet. Keep the garlic-flavored oil/butter in the pan. Increase the heat to medium, place the kale into the skillet, and cover. Allow to slightly wilt for about 5-7 minutes, stirring occasionally. Remove from the heat, and stir in the soy sauce and lemon juice, and sprinkle with sesame seeds.

ORANGE AND FENNEL SALAD - Winter Plan

Makes 4 servings

- 1 large fennel bulb, trimmed and very thinly sliced (I use a mandolin for this task)
- 2 medium oranges, peeled and sliced with pith removed
- 1/4 cup fresh squeezed orange juice
- 1 T olive oil
- 1 T white wine vinegar
- Sea salt and black pepper
- 2 T dried cranberries

Place the sliced fennel in a salad bowl. Slice oranges and remove pith and membranes. Drizzle with olive oil, vinegar, orange juice, salt and pepper. Toss, top with cranberries and serve.

Snack Ideas

GRAIN-FREE CHOCOLATE CHIP COOKIES – Spring Plan

Makes 24-30 cookies

- 1 cup almond butter (I use Barney Brand Smooth Salted Almond Butter.)
- 1/3 cup almond flour
- 1/2 cup coconut sugar (I think you could use less – 1/3 cup if using Barney Butter)
- 1/2 tsp. baking soda
- 1 tsp. vanilla
- 1 egg
- 1/2 cup chocolate chips (I use Ghiradelli 60% cacao chips.)

Heat oven to 350, and line baking sheet with parchment paper. Combine all ingredients except chocolate chips. Gently fold in chips, and then drop in spoonful's on the cookie sheet. Gently flatten dough to 1" diameter. Bake for 10 minutes, then place on baking rack to cool.

CHOCOLATE BANANA PROTEIN BARS – Winter Plan

Makes 10- 12 bars

- 1 mashed banana
- 1 1/2 cups rolled oats
- 2 T milled flax seed
- 1/2 cup vanilla protein powder (I like [Growing Naturals Brand](#))
- 2 tsp. vanilla extract
- 1/2 cup almond butter
- 1/3 cup chopped walnuts
- 1/4 cup shredded coconut
- 1/4cup coconut oil, melted
- 1/4 cup water
- 3 oz. 60% cacao or higher chocolate bar or 1/2 cup 60% cacao chocolate chips

Mix banana through water well and press into a parchment lined 9'x9" pan. Melt chocolate in the microwave and drizzle over the mixture in the pan. Place the pan in the freezer for 2 hours and cut into 10-12 bars and wrap each bar in foil and store in the freezer until ready to serve.