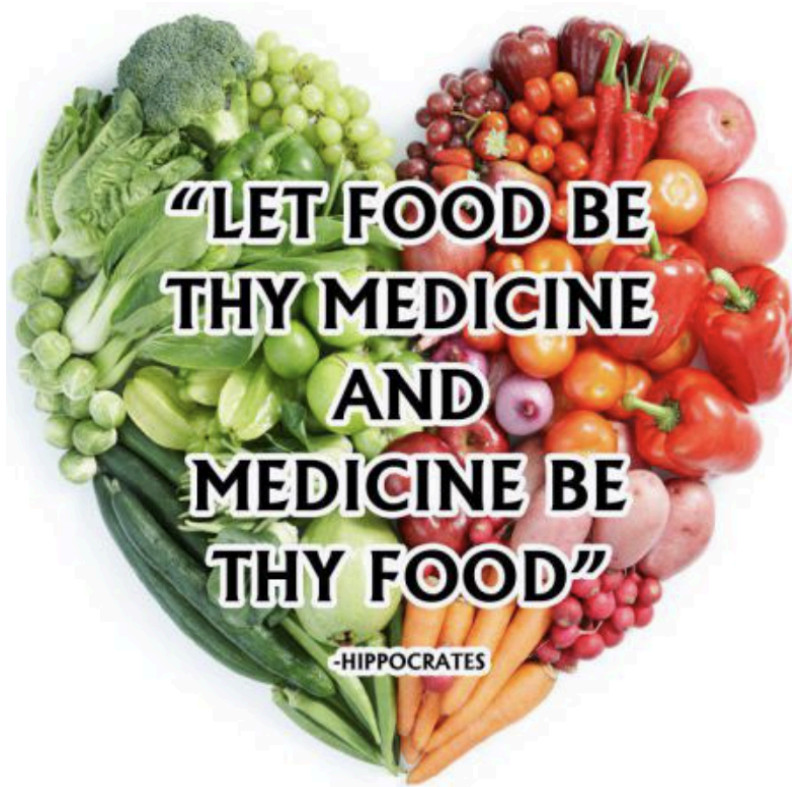


PCOS QUEEN: HEALING MEALS



Tips for a happy & healthy tummy:

- ❖ ALWAYS take a bite of **veggies** or **protein** before anything else
- ❖ **Chew** up food into as small pieces as possible to avoid bloating or abdominal pain
- ❖ Always eat meals with at least one other person, and **don't forget to talk** about your day in between bites :)

BREAKFAST

*BREAKFAST TIPS:

- ❖ Before eating, help boost digestion enzymes, reduce bloating, and avoid overeating:
 - Have hot tea with:
 - Honey
 - Lemon
 - Ginger
 - Or 8 oz warm water with ½ squeezed lemon (to boost digestion)
 - Or a plain full glass of water
- ❖ Express gratitude for the meal and your day before eating - will set off the day right :)

Hearty Omelette



- ❖ Ingredients:
 - 2 eggs
 - Salt & pepper
 - Olive or avocado oil
 - 1 Dark green (spinach or collard greens)
 - Optional:
 - Onions
 - Bell pepper
 - Tomatoes
 - Mushrooms
 - Avocado
 - Other veggies of choice!
- ❖ Tips:
 - Have fruit as a side or coconut yogurt

LUNCH

*LUNCH TIPS:

- ❖ Drink half a glass of water before lunch
- ❖ Eat lunch 3 ½ - 4 hours after breakfast
- ❖ Take a walk, dance, or do some stretches right after lunch to avoid feeling sleepy

The Most Delicious Salad Ever

Serves 3-5, 1 hour total



Tip: Make with Joe! Me and John-Michael always make this together because it's a lot of chopping..but it's sooooo worth it. We made this recipe up ourselves!

❖ Ingredients

- 3 chicken breasts
- Olive oil
- Salt, pepper & garlic powder
- Spring mix organic lettuce
- ½ red onion diced
- 1 cup artichokes
- Kalamata olives (however much you want)
- Organic tomatoes (however much you want)
- 1 red pear
- 1 container of microgreens/watercress (come in little plastic containers usually by the lettuce of salad dressings)



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- Honey mustard dressing (Follow Your Heart brand)



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- ❖ Instructions

- Oven at 400F
- Cut chicken breast in half (so they are thinner, you will end up having 6 pieces)
- Lay oven on parchment paper, rub a touch of olive oil on each one, salt, pepper, garlic powder
- Put chicken in oven for 24-30 minutes (check temperature)
- Rinse lettuce and watercress
- Cut up red onion to tiny pieces
- Chop up artichoke, olives, and tomatoes to desired size
- Cut up red pear into thin slices
- Once chicken is done, cut up into small pieces
- Options
 - 1. Everyone has their own small bowl, and add chicken and toppings as desired. Then add Honey Mustard dressing and mix up. (This keeps everything fresh for leftovers)
 - OR 2. Mix all ingredients in a giant bowl and serve! The dressing is the secret ingredient by far.

DINNER

*DINNER TIPS:

- ❖ Drink half a glass of water before dinner (or hot herbal tea)
- ❖ Most nights, eat dinner **at least 2 hours before bedtime** (preferably 3 or more)
- ❖ Put things away as you cook to make clean up less time consuming
 - Wash the dishes while things are in the oven!!!!

Gluten Free Orange Chicken

Serves 4, 1 hour total



- ❖ Ingredients
 - 2 cups white rice (1 cup water)
 - 1/2 cup freshly squeezed orange juice
 - 2 TBSP apple cider vinegar
 - 3 TBSP coconut aminos
 - 1 TBSP maple syrup
 - 2 TBSP olive or avocado oil

- 1 lb ground chicken (or turkey)
- 1 tsp sea salt
- 1-inch piece ginger, grated or minced
- 4 cloves garlic, crushed
- 1 TBSP orange zest
- 1/2 TBSP tapioca starch + 1/4 cup water
- 1 bag frozen broccoli or fresh broccoli (we usually do frozen because it saves time)

❖ Instructions

- Start rice in rice cooker first (add rice, 1 Tablespoon olive oil, salt, and water)
- Prep all the herbs:
 - Cut up ginger
 - Cut up raw garlic
 - Zest the outside of an orange (only need a tablespoon, don't do too much or it will taste too orange-y)
- Prep the sauce before cooking chicken:
 - In a small bowl combine orange juice, apple cider vinegar, coconut aminos and maple syrup and set aside.
- In a large skillet, heat oil on medium heat.
- Once hot, add ground chicken, salt, ginger, garlic and orange zest and brown the meat, leaving clumps of ground chicken together for some texture if desired.
- As chicken is cooking, boil water on stovetop
 - Once boiling, add broccoli and steam for a few minutes
- Once the chicken is fully cooked, lower the heat slightly and add the orange sauce.
- Bring to a simmer and then combine tapioca starch and water to make a slurry. Stir slurry into the dish until the sauce begins to thicken.
- Remove from heat
- Combine rice, broccoli, and chicken in a bowl and enjoy!

EXTRAS

*SNACKS

- ❖ Apples and peanut butter or almond butter
- ❖ Vegan/GF Puffs (very tasty)

*DESSERT

- ❖ Dark chocolate
- ❖ Cake!!! The brand is By the Way Bakery. It's the best!!!!!! (at Whole Foods)
 - Flavors: Chocolate, Birthday Cake, Red Velvet, Coconut Cloud

