WEEK 2
Food for thought

WHY TYPICAL WESTERN BREAKFASTS ARE TERRIBLE FOR PCOS

The typical western breakfast is the hardest meal to change because it generally consists of large amounts of foods that exacerbate PCOS namely, sugar, carbohydrates, gluten, and dairy (which many of us are intolerant to). That's why I want to kick off the 30 Day Challenge by first getting you set up with good breakfast habits where you're eating PCOS friendly foods that will begin to relieve your symptoms instead of making them worse.

I know that time for meal preparation, especially in the mornings is a major constraint so I have done my best to keep to the simplest breakfast recipes during the working week, with something a little more interesting on the weekends.

While I've tried to be as cost conscious as possible in formulating this breakfast plan it's likely that this week's grocery bill is going to be more than what you are used to, especially since the shopping list includes a few things you'll be using for the rest of the Challenge. It's an unfortunate reality that the least nutritious breakfast is often also the cheapest.

My suggestion here is to try and focus on the VALUE of the food, and not just the cost. When you compare what I have planned for you to a bowl of cereal or a piece of toast, the health benefits make the dollar difference look like peanuts.
WHERE TO FIND YOUR BREAKFAST INGREDIENTS (USA ONLY)

Since a lot of women in the past have found it difficult to find some of the key ingredients included in my meal plans at their local grocery store, I recently spent some time figuring out the best places to buy them online. My hope is to make things as easy as possible for you, and ensure you don’t get overwhelmed.

If you’re looking for an online store that can supply most of the main ingredients you’ll need all in the one convenient place, the best options that I’ve found are to buy pantry stuff from Amazon and to get your meats from US Wellness Meats (they also ship to Canada).

If you’re lucky enough to have Amazon Fresh available in your area, then you can also get your produce from there without having to leave home! To use this service, you’ll need an Amazon Prime account but I am pretty sure that you can do a free 30 day trial of both Amazon Prime and Amazon Fresh which can get you through the 30 days of the Challenge.

Click here for a list of my recommended breakfast ingredients and where to find them
EATING MEAT FOR BREAKFAST & WHY I RECOMMEND GRASS FINISHED PRODUCTS

As you’ll soon see, this week’s breakfast plan contains a couple of meals that include meat. While eating meat for breakfast can seem a bit unusual if you’re not used to it, it’s also one of the most powerful things you can do to heal your PCOS.

Here’s why:

• Meat is a highly bioavailable source of all the essential amino acids needed for healthy growth and cell maintenance.
• It’s rich in micronutrients not readily available from other sources such as vitamin B12, creatine, and carnosine.
• Meat is amazing at filling you up and controlling sugar cravings.
• It also helps stabilize your blood sugar levels across the morning leading to positive changes in your hormone profile.

Try checking in with yourself on the days you eat meat for breakfast, and see if you experience less cravings between breakfast and lunch than on other days.

Now, given we’re using food as medicine here, it also makes sense to me that we treat ourselves with the best medicine possible which means meat that is free from unnecessary antibiotics and other growth hormones.

A good tip when buying beef is to go for the fattier cuts. Not only are these often cheaper, but they’re also a great source of healthy fats such as omega 3s and conjugated linoleic acids (CLA). CLA has been shown to improve glucose tolerance and insulin action (Ryder et al. 2001), reduce heart disease risks (Mooney et al. 2012), and even make us lose weight (Kennedy et al. 2010), while the many health benefits of omega 3 fats come from their anti-inflammatory properties (Alexander et al. 2017).
Grass finished beef has been shown to contain up to five times more CLA and omega 3 fats than products from grain fed animals (Dhiman et al. 1999; Daley et al. 2010). It’s also free from antibiotics and growth hormones which are often used with conventionally raised cattle.

But we also can’t let the perfect be the enemy of the good. It’s far better for your PCOS health to eat conventional meat than to not eat meat at all so if you can’t afford it, please don’t let the extra cost be a barrier to doing the Challenge.
WHY I TELL YOU NOT TO HAVE DAIRY BUT IT’S GOOD TO EAT BUTTER

Butter and its close cousin ghee, are really important exceptions to my general recommendation that you avoid dairy. We’re avoiding dairy because either the lactose, whey, or casein proteins found in dairy products often cause sub-clinical inflammation that makes PCOS worse. But butter and ghee are essentially just pure milk fat and don’t contain these other inflammatory components in any significant amount. This makes them a safe, and not to mentioned delicious ingredients to use throughout your cooking.

Butter is also a rich source of the healthy fat that helps us lose weight.... Yes, I said that right. Eating butter promotes healthy weight loss, not least for the fact that it contains a lot of that CLA I mentioned earlier (Aydin 20057).

To get the most out of it’s weight loss potential, just like with beef, it’s best to buy organic butter.

7 Aydin, R. Conjugated linoleic acid: Chemical structure, sources and biological properties. TURKISH JOURNAL OF VETERINARY & ANIMAL SCIENCES, 2005.

WHY I’M ENCOURAGING YOU TO EAT LOTS OF EGGS

Eggs are often either overlooked or underrated in terms of their health benefits when the truth is that eggs:

• Are super nutrient dense.
• Improve your cholesterol profile.
• Are loaded with the important brain nutrient: choline.
• Contain high quality protein with all the essential amino acids we need.
• Satisfy hunger really well.

Despite what you may have learned elsewhere, there’s no good quality science supporting the theory that eating a couple of eggs every day will do you any harm. This is a bit of a hangover from the 90’s and eggs
feature prominently throughout the 30 Day Challenge.

While all eggs are great from a nutritional perspective some are slightly better than others. If you have the choice, then the best eggs you can buy are pastured eggs as these have been shown to be more nutritious than conventional eggs (Karsten et al. 2010).  


WHY I RECOMMEND CEYLON CINNAMON

While I’ve included cinnamon in a couple of the breakfast recipes simply for its great taste, this spice has also been shown to have a small but significant benefit in helping to regulate blood sugar levels (Allen et al. 2013).  

This is great news for those of us with insulin resistance but if you’re looking to enjoy this added benefit it’s important you buy Ceylon Cinnamon, rather than the more common Cassia Cinnamon.

Unfortunately, Ceylon Cinnamon is a little more expensive, so either one will work well in the recipes I provide if you don’t want to spend the extra money.
# Your week 2 meal plan

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**Meal Prep Note:**
This meal plan includes the Flaxseed and Almond Meal Porridge on multiple week days throughout the Challenge. To make things faster and easier during the work week, I recommend combining then storing all the dry ingredients on Sunday – see recipe for details.
Anyone who told you that if you have PCOS you can’t eat chips was 100% wrong. Brussel sprout chips, along with seaweed chips, kale chips, and coconut chips (also included in this Companion Guide) are a perfect PCOS friendly alternative and are totally guilt free.

**Ingredients**

- The outer leaves from 2 lb (1 kg) of Brussel sprouts (approximately 2 cups)
- 3-4 tbsp of macadamia nut oil, coconut oil, or ghee
- Celtic sea salt or Himalayan rock salt
- Black pepper

**Prep time = 10 mins  
Total time = 30 mins**

Preheat your oven to 350°F (180°C) and line two baking sheets with parchment paper. In a bowl, mix together the Brussel sprout leaves and a generous serving of macadamia nut oil, coconut oil, or ghee and season with some salt and pepper to taste.

Place the leaves in a single layer on the lined baking sheets, and bake for 8-10 minutes or until the edges turn brown and crispy.
When creating this recipe, it was difficult to decide how much everyone would like to eat for breakfast so I made this on the bigger side for those of you who are ravenous first thing in the morning. If it’s too much for breakfast, consider taking some for your mid-morning snack as the goal is to get you through to lunch time without the onset of sugar cravings or intense hunger.

This recipe is for 2 breakfast servings for one person. The intention here is that you’ll have the second serving the next day as a quick but healthy breakfast during the work week.

Make sure to multiply the quantities given if you plan on feeding more people.

Ingredients

• 2 fresh sausage patties or sausages [around 7 oz (200 g) in total]. These should be gluten free, sugar free, and preferably from grass fed sources like the ones I recommend here.

• 5 cups baby spinach [this is about half a 10 oz (280 g) bag].

• 8 oz (220 g) sweet potato, peeled, cut into ½” (12 mm) cubes.

• ½ red bell pepper, diced.

• ¼ red onion, diced.

• ¼ cup unsweetened almond milk.

• Virgin coconut oil.

• 4 pastured eggs.

• ¼ teaspoon garlic powder.

• Celtic sea salt or Himalayan rock salt and ground black pepper to taste.
Instructions

1. Turn your oven on to 350°F (180°C) on ‘bake’.

2. In a large fry pan, cook your sausages with a tablespoon of coconut oil. Cut them up as they cook and break them down. Transfer the cooked sausage meat to a large bowl keeping the fat in the bottom of the fry pan.

3. Sauté the sweet potato cubes in the same frying pan, using the fat leftover from the sausage patties. Once the cubes are soft transfer them to the large bowl containing the sausage.

4. Sauté the red onion and bell pepper together until the pepper is tender, then add to the large bowl too.

5. Quickly sauté the spinach to reduce the volume using the same fry pan. Add this to your large bowl of sausage meat, sweet potato, red onion and pepper when ready.

6. In a separate bowl, mix your eggs, almond milk, garlic powder, salt, and pepper and then add this to the large bowl.

7. Pour the contents into a baking dish, after rubbing some coconut oil on the surface first. Bake at 350°F (180°C) for 30 minutes or until the egg is cooked through. Hint: You can tell it’s cooked if you stick a knife into it, and it comes out clean.

8. Have half your Frittata now and store the rest in the fridge for a grab and go breakfast tomorrow! You can have this cold, or reheat it in a microwave on a medium power setting.
Porridge

This recipe is great for PCOS as both flaxseeds and almonds are known to lower testosterone levels. This is exactly what you’re looking for when trying to restore your period or reduce unwanted hair and acne.

The three main ingredients in this porridge: flax seeds, almonds, and blueberries all have been shown to:

• Have massive amounts of nutrients.
• Be loaded with antioxidants.
• Improve blood sugar regulation for women with insulin resistance.
• Improve cholesterol.
• Help manage hunger.

This porridge is also really quick and easy which is why I think it is great for mid-week breakfasts.

One of the key objectives of breakfast is to fill you up until lunch. This recipe is great because of its ability to lower testosterone, however it may not be as filling as the other meals suggested because the protein serving is relatively low.

If you notice after eating this meal for a day that you don’t feel as full as with the other meals, and experience some cravings before lunch time, then consider having one or two hard boiled eggs along with the porridge to get you through the morning.

For a creative variation, some of my past Challenge participants have added an egg and a teaspoon of baking powder to the ingredients listed below and turned this porridge into a PCOS friendly waffle mixture!

Flax Seed and Almond Meal Porridge

SERVINGS = 6
PREP TIME = 5 MINS
TOTAL TIME = 5 MINS

Ingredients:

- 1/2 cup of flax seeds
- 1/2 cup of almonds
- 1 cup of blueberries
- 2 cups of water

Instructions:

1. In a small saucepan, combine flax seeds and almonds with blueberries.
2. Add 2 cups of water to the saucepan.
3. Bring the mixture to a boil.
4. Reduce the heat to low and simmer for 5 minutes.
5. Serve immediately.

For a creative variation, add an egg and a teaspoon of baking powder to the ingredients listed above and turn this porridge into a PCOS friendly waffle mixture!
**Dry Ingredients**

This quantity of dry ingredients is enough for one person to have 6 breakfasts. The idea is to mix enough of these ingredients on Sunday to get you through the whole challenge which will then save you time during the week days when you’ll be having it.

- 10 oz (280g) almond meal [about 3 cups].
- 4 oz (115g) of flaxseed meal [about ¾ cup].
- 1 tablespoon Ceylon Cinnamon powder.
- ¼ teaspoon Celtic sea salt or Himalayan salt.

**Wet Ingredients**

This quantity of wet ingredients is enough for 1 breakfast for one person. You will need to add these ingredients each morning to your pre-mixed dry ingredients when you want to make the porridge.

- 1 tablespoon butter.
- ½ cup boiling water.
- ¼ cup unsweetened almond milk.
- ½ cup blueberries.
- 2 tablespoons coarsely chopped almonds (optional)

**Instructions**

1. Mix dry ingredients together in a plastic container and store in the freezer until needed.

2. When you’re ready for breakfast, add butter and boiling water to one sixth (about ½ a cup) of the dry ingredients, stirring occasionally for at least 1 minute. Add your blueberries, coarsely chopped almonds, and unsweetened almond milk.

3. If you need more flavor, experiment with adding more butter, salt and blueberries to taste.
This recipe is for one person. Make sure to multiply the quantities given if you plan on feeding more people.

**Ingredients**

- 1 or 2 fresh sausages or sausage patties [around 7 oz (200g) in total]. These should be gluten free, sugar free, and preferably from grass fed sources like the ones I recommend here.
- 2 pastured eggs.
- 1-2 tablespoons unsweetened almond milk.
- 1/4 red bell pepper, diced.
- 1/8 red onion, diced.
- 1 cup baby spinach [about a BIG handful].
- 1 large tomato, diced.
- 1/2 an avocado.
- 1 teaspoon butter.
- Celtic sea salt or Himalayan salt and ground black pepper to taste.

**Veggie Scramble**

**Servings** = 1

**Prep Time** = 10 mins

**Total Time** = 15 mins
Instructions

1. Cook your sausage/s either in a fry pan with some butter, or throw it in a pot of boiling water for 5-10 minutes if it’s still frozen or you’re in a hurry.

2. Beat your eggs together with almond milk, add salt and pepper, then set aside.

3. Sauté the red onion and bell pepper in butter until soft, then add the spinach and egg, and scramble together until cooked.

4. Serve veggie scramble with avocado and tomato on top.
Steak and Eggs

**SERVINGS** = 1  
**PREP TIME** = 5 MINS  
**TOTAL TIME** = 15 MINS

This is one of the best meals you can have to get you through the morning without the onset of sugar and carb cravings. Try it out, and pay attention to how you feel compared to the other mornings!

*This recipe is for one person.*

**Ingredients**

- 2 pastured eggs.
- 6 oz (170 g) steak [cut of your choice].
- 3 cups baby spinach [the rest of your 10oz (280g) bag].
- 1 large tomato, cut into quarters.

- ½ an avocado.
- 1 teaspoon virgin coconut oil.
- 2 teaspoons butter.
- ¼ lemon, juiced.
- Celtic sea salt or Himalayan salt and ground black pepper.
Instructions

1. Heat up your fry pan until hot. Add coconut oil, and fry the steak at a high temperature until seared. Flip the steak (once only), searing the other side for a minute or so, then lower the temperature until cooked to your liking. Set aside [steak tastes best once it’s had 5 – 10 minutes to rest on a plate].

2. While the steak is cooking, prepare your avocado, tomato and lemon.

3. Fry your eggs in butter (or scramble them if you prefer) and add to the plate with your steak.

4. Fry your generous serving of spinach in butter and lemon, add it to your plate and you’re done!

5. Add salt and pepper to taste.
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