

PCOS RECIPE

GUIDE

WINTER EDITION



#1 APPLE CINNAMON FRENCH TOAST

prep time: 10 min cook time: 15 min



INGREDIENTS

Plant-based butter	5g (~1.5 tsp)
Maple syrup	10g (~1.5 tsp)
Soy milk (unsweetened)	25g (~1.5 tbsp)
Plant-based egg, JUST Egg	50g
Whole grain bread	65g (2 slices)
Apple	85g (1/2 pc.)
Cinnamon	1-2 tsp
Vanilla essence	2-4 Drops

METHOD

1. Peel the apple, remove the core and slice it into bite-sized pieces.
2. Add the apple slices, maple syrup and butter to a medium saucepan and cook over medium-high heat until the butter has melted.
3. Add vanilla and cinnamon, then reduce the heat to a simmer and cook for 6-8 minutes. Remove from the heat and allow to cool slightly and thicken.
4. In the meantime, add the JUST egg, more vanilla, milk and another half teaspoon of cinnamon to a large shallow dish and whisk together.
5. Completely submerge one slice of bread in the mixture, making sure that you coat both sides. Lift the bread out and allow the excess batter to drip off.
6. Cook the bread in a large pan over medium heat for 1-2 minutes until they are lightly browned, then flip and cook the other side for another 1-2 minutes.
7. Repeat with the remaining pieces of bread if appropriate.
8. Generously top the French toast with the apple and cinnamon mixture.

Kcal: 345 (protein: 19% carbs: 49% fat: 31%)

#2 CLASSIC BAKED MACARONI & CHEESE

prep time: 15 min cook time: 30 min

INGREDIENTS



Plant Butter, Flora	10g (~1.5 tsp)
Rice flour	10g (~2.5 tsp)
Vegan Mature Cheddar Flavour	35g
Red lentil pasta, uncooked	100g
Almond milk, unsweetened	125g (~125 ml)
Broth, any type, ready-to-use	50-100 ml
Paprika	1-2 Pinch
Cooking spray	1-2 Second

METHOD

1. Preheat the oven to 165°C. Grease a baking dish with cooking spray and set aside.
2. Cook the pasta in a pot of lightly salted water for 1 minute less than the instructions on the packet for al dente, then drain.
3. Meanwhile, grate the cheese. Melt the butter in a pot over medium heat. Sprinkle in the flour and whisk to combine. Cook for about 1 minute, whisking constantly. Slowly pour in half of the almond milk and broth, whisking constantly, until smooth. Slowly add in the rest of the almond milk and broth and whisk to combine until smooth.
4. Continue to cook the sauce over medium heat, whisking often, until it reaches a thick consistency. Remove from the heat and stir in 3/4 of the cheese. Season with salt, pepper and paprika to taste and stir until the cheese is melted and smooth.
5. Combine the cheese sauce with the drained pasta and stir to mix well. Pour the mac 'n cheese into the greased baking dish and top with the rest of the shredded cheese.
6. Bake in the oven for 7-10 minutes or until the cheese is golden and bubbly.
7. Let the mac 'n cheese rest for 5-10 minutes before serving. Enjoy!

Kcal: 535 (protein:20% carbs: 49% fat: 30%)

#3 PIZZA ROLLS WITH CHICKEN

prep time: 10 min cook time: 20 min



INGREDIENTS

Grated mozzarella	55g
Chicken slices, cooked	2 slices
Tomato purée, double concentrate	65g
Pizza dough, wholemeal, premade	90g

METHOD

1. Preheat the oven to 200°C.
2. Roll the dough into the shape of a rectangle.
3. Spread the tomato passata over the dough and top with grated cheese and chicken. Season with salt and pepper.
4. Roll the dough lengthwise. Then cut the dough into slices (about 2 cm per slice) and place them onto a lined baking tray.
5. Bake the pizza rolls in the oven for about 15-20 minutes until the crust turns golden and crispy.

Kcal: 535 (protein:20% carbs: 49% fat: 30%)

#4 CHICKEN NOODLE SOUP

INGREDIENTS

prep time: 10 min cook time: 30 min



Olive oil	15g (~3 tsp)
Pasta, uncooked	50g
Celery	70g (2 ½ stalks)
Carrots	105g (2 pcs.)
Chicken breast fillet, raw	170g
Parsley, fresh	1-2 tsp
Bay leaf	1-2 Leaf
Thyme, dried	1-2 tsp
Broth, any type, ready-to-use	200-300 ml

METHOD

1. Rinse and chop the celery and carrots.
2. In a large pot, cook the celery and carrots in the oil until tender. Dice the chicken and season with salt and pepper. Add to the pot and cook until the chicken is no longer pink in the middle.
3. Add the broth, pasta, spices, and salt and pepper. Let simmer for 15 minutes, until the pasta is tender. Add more water or broth if necessary.
4. Serve in a bowl and garnish with parsley. Enjoy!

Kcal: 546 (protein:30% carbs: 41% fat: 30%)

#5 PASTA WITH OVEN BAKED CHERRY TOMATOES AND CHEESE

INGREDIENTS

prep time: 10 min cook time: 25 min



Olive oil	10g (~2 tsp)
Parmesan, 28-30% fat	15g (~2 tbsp)
Pasta, uncooked	60g
Greek yoghurt	65g
Cherry tomatoes	85g (6 pcs.)
White cheese in brine/feta	100g
Red chilli pepper, raw, chopped	1/4-1 Pc
Basil, chopped	1-4 Stem
Garlic clove, pressed	1-2 Pc

METHOD

1. Preheat the oven to 200 °C and rinse the tomatoes.
2. Add the olive oil to an ovenproof dish. Add the white cheese, chilli peppers, and tomatoes to the centre of the dish and season with garlic, salt and pepper.
3. Bake the cheese and tomatoes in the oven for 15 minutes, then take it out and mash the tomatoes with a spoon. Put the oven on the grill setting and bake for another 5-7 minutes.
4. Cook the pasta in a pot of lightly salted water according to the instructions on the packet.
5. Mix the pasta with the oven-baked tomato mixture and add the chopped basil. Season the yoghurt with some salt, pepper, and any other herbs or spices of your choice.
6. Serve the pasta with the yoghurt sauce and top with grated Parmesan cheese. Enjoy!

Kcal: 537 (protein:29% carbs: 40% fat: 30%)

#6 PUMPKIN BANANA BREAD

prep time: 10 min cook time: 45 min



INGREDIENTS

A whole loaf (12 servings) - requires:

Ripe bananas, mashed	2pcs. (220g)
Canned pumpkin puree	325g
Honey	170g
White sugar	100g
Vegetable oil	73g
Eggs, large	2 (110g)
All-purpose flour	300g

METHOD

Note: this recipe should be prepared in a large batch to make approximately 12 servings

1. Preheat the oven to 180°C. Grease a 23x13-cm loaf pan with the cooking spray. Peel and mash the bananas in a large bowl.
2. To the bowl with the mashed bananas, add in the pumpkin, honey, sugar, vegetable oil, and eggs. Whisk together well.
3. In a separate bowl, combine the flour, pie spice, baking powder, baking soda, cinnamon, and salt. Stir the flour mixture into the banana mixture until just combined. Pour the batter into the prepared pan.
4. Bake in the oven for about 45 minutes, or until a toothpick inserted into the centre of the loaf comes out clean. Cool the loaf in the pan for 10 minutes before transferring to a wire rack to cool completely. Slice and enjoy!

Kcal: Loaf - 3046, 1 serving - 342
(protein:7% carbs: 69% fat: 25%)

ENJOY!

NUTRITION FT. PCOS

1 in 10 women suffer from PCOS (myself included) and we all know that what you eat directly affects the severity of your symptoms.

I started my online coaching programme because I love helping people and I don't think women should feel disadvantaged by a medical predisposition. I focus on helping women understand their bodies, strengthening themselves, loving themselves, and freeing them of the limitations imposed by PCOS.

I hope that this winter recipe guide brings you new inspiration and diversity in what you eat... PLUS I hope you find them as delicious as I do!

