

FORGEWICK / STUDIO EDITION

The Everyday PCOS Meal Planner

Flexible meals, a simpler shop
and a calmer week.

PLAN · SHOP · PREP · COOK

7 original recipes + six printable worksheets

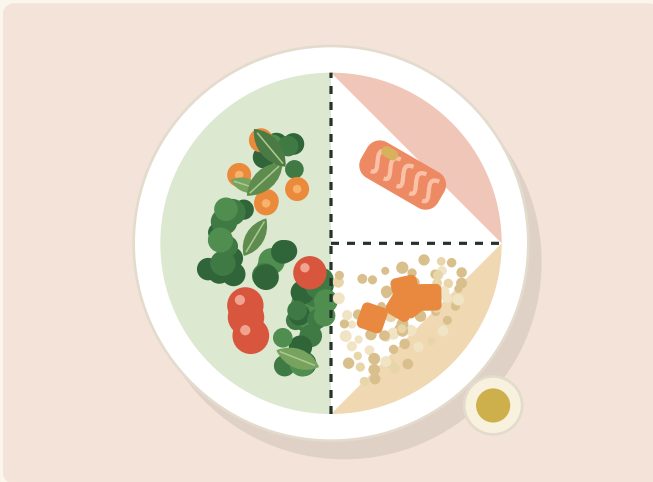
STUDIO SAMPLE · NOT MEDICAL ADVICE



Food planning without the rule book.

If you live with PCOS, you have probably met a lot of loud food advice. This guide is quieter: it helps you plan meals you enjoy and can repeat.

PCOS is now also known as **PMOS** (polyendocrine metabolic ovarian syndrome); this guide uses both names. [4] Many people with the condition find the hardest part is not cooking but the daily decision: what to eat, what to buy and how to keep going when the week gets busy. This planner turns those decisions into a simple routine: build a flexible plate, plan a realistic week, cook a few components once and keep the tools that help.



By the end, you will have...

A plate pattern you can adapt, a week of meals on paper, a shopping list sorted by section, a prep plan and a place to note questions for your care team.

How to use this edition

Read pages 4-9 for the flexible plate. Use pages 10-15 to plan and shop. Cook from pages 16-23 whenever you like. Print the worksheets on pages 25-30, or copy the prompts into a notebook.

A STUDIO SAMPLE, READ THIS FIRST

Created by Forgewick in September 2026 to show the quality of our ebook work. It is general food-planning information, not medical or dietetic advice, and it has not been reviewed by a registered dietitian. A partner edition is built from the creator's own expertise and reviewed by a qualified professional before release. Illustrations are original and recipes contain no nutrient analysis.

Four sections. One calmer week.

Follow the whole guide, or use the linked sections to go straight to what you need today.

01 **Build a flexible plate** **04**
What the guideline says, a plate pattern and mix-and-match ideas.

02 **Plan a realistic week** **10**
Twenty-minute planning, components, a worked week and shopping.

03 **Cook once, eat well** **16**
Seven original everyday recipes with simple swaps.

04 **Keep the useful tools** **24**
Appointment notes and six printable worksheets.

The aim is not a perfect diet. It is a way of eating that supports your health, fits your life and feels like yours.

Start with what the evidence says.

Good planning begins by setting aside rules that are not supported.

The 2023 international PCOS guideline recommends healthy eating and physical activity for everyone with PCOS, for general health. It also found **no evidence that any one type of diet is better than another**, and advises lasting healthy eating that suits your own preferences. That is useful news: you can build meals around your culture, budget and appetite. [1]

01 Choose balance over bans

There is no need to cut out whole food groups unless a health professional has advised it for you, for example because of an allergy or coeliac disease.

02 Make it repeatable

A plan you can keep for months is worth more than a strict plan you abandon in a week. Regular meals, familiar favourites and easy backups all count.

03 Keep weight talk out of the kitchen

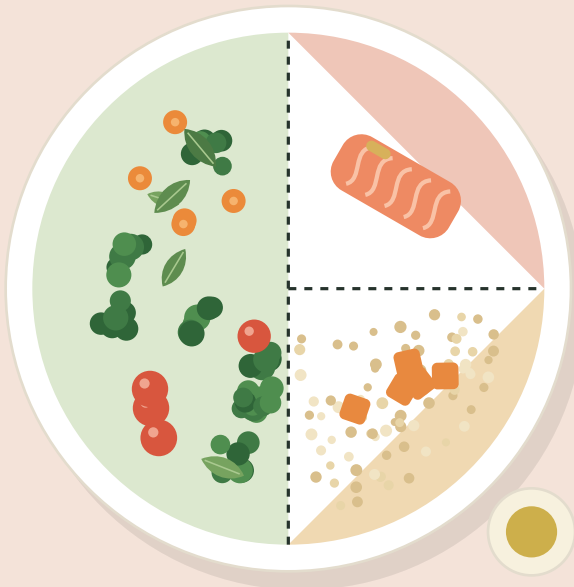
This guide does not use calorie targets, weigh-ins or “good and bad” foods. The guideline recognises the harm of weight stigma and that eating disorders should be considered whatever a person’s weight. If weight is part of your care, your care team can tailor advice to you. [1]

THIS IS NOT A TREATMENT PLAN

Food choices are one part of looking after your health with PCOS. They do not replace diagnosis, medication or advice from your doctor or a registered dietitian. Talk to them before making big changes, especially if you take medication or have another health condition.

Build a flexible plate.

A simple visual pattern that works for breakfast, lunch or dinner.



● **About half: vegetables + fruit**

Fresh, frozen or canned. Aim for colour and variety.

● **About a quarter: protein**

Fish, chicken, eggs, beans, lentils, tofu or yogurt.

● **About a quarter: fibre-rich carbs**

Whole grains, oats, potatoes, beans or wholegrain bread.

● **Plus: a little healthy fat**

Olive oil, nuts, seeds or avocado.

This pattern reflects common general healthy-eating guidance, such as filling half the plate with vegetables and fruit and choosing whole grains often. [2] Treat it as a starting point, not a rule. Some meals will be a bowl, a wrap or a soup, and appetite varies from day to day.

TRY THIS NOW

Look at a meal you already enjoy. What would you add to move it a little closer to the pattern: a side salad, a handful of beans, or wholegrain bread instead of white? Small adjustments keep meals familiar.

Mix and match your building blocks.

Pick one from each column and you have the outline of a meal.

Protein	Fibre-rich carbs	Vegetables + fruit	Flavour + fats
Eggs, Greek or soy yogurt	Rolled oats, wholegrain toast	Berries, apples, oranges	Nuts, seeds, nut butter
Chicken, turkey, lean mince	Brown rice, quinoa, farro	Spinach, peppers, tomatoes	Olive oil, avocado
Salmon, tuna, white fish	Wholewheat pasta, noodles	Broccoli, carrots, cabbage	Lemon, lime, vinegar
Chickpeas, lentils, beans	Potatoes, sweet potatoes	Frozen mixed vegetables	Garlic, ginger, herbs
Tofu, tempeh, edamame	Corn tortillas, wholegrain wraps	Cucumber, lettuce, onions	Spices, salsa, yogurt sauces

Build from what you have

Start with the protein or vegetable already in your fridge. Pair it with a carb you enjoy and one flavour from the last column. This is how a list of ingredients becomes dinner without a new recipe.

BEANS DO DOUBLE DUTY

Chickpeas, lentils and beans bring both protein and fibre. They are also affordable and keep for months in the cupboard, which makes them one of the most useful staples in this planner.

Three formulas for every meal.

Use these when you are tired of deciding. Change the ingredients, keep the shape.

BREAKFAST

Protein + fibre-rich carb + fruit

Greek yogurt with oats and berries · Eggs on wholegrain toast with tomatoes · Overnight oats with chia and fruit (page 17)

LUNCH

Grain or bread + protein + a big handful of vegetables

Chickpea grain bowl (page 19) · Lentil soup with wholegrain bread (page 20) · Tuna, bean and salad wrap

DINNER

Half vegetables + protein + fibre-rich carb

Salmon traybake (page 21) · Chicken stir-fry with brown rice (page 22) · Burrito bowls (page 23)

Portions are up to you and your appetite. If you have been given specific portion advice, follow that guidance.

Snacks and drinks that fit your day.

A snack is simply a small meal. Plan it like one when you know you will be hungry.

When it helps	Try pairing	Easy examples
A long gap between meals	Protein + fibre	Apple with peanut butter · Hummus with carrots
Before or after exercise	Carb + protein	Yogurt with berries · Wholegrain crackers and cheese
An afternoon slump	Something crunchy + something filling	Roasted chickpeas · A handful of nuts and fruit
On the go	Portable + no fridge needed	Unsalted nuts · Banana · A small bag of seeds

Drinks

Water is the everyday default; sparkling water, tea and coffee can all be part of a normal routine. If sugary drinks are a habit you want to change, try swapping one a day rather than all at once.

LISTEN TO YOUR HUNGER

There is no required number of snacks. Some people prefer three meals; others feel better with smaller meals more often. Use Worksheet 5 (page 29) to notice what keeps you comfortable, without judging yourself.

Make it work for how you eat.

Your culture, beliefs, budget and preferences belong in the plan.

Vegetarian or vegan

Build protein from beans, lentils, tofu, tempeh, eggs or dairy if you eat them. Every recipe in this guide includes a plant-based swap.

Halal, kosher or other practices

Choose the proteins that fit your practice. The plate pattern works with any protein source you use.

Family dishes you love

Dal with rice, stir-fries, tacos, soups and stews already fit the pattern. Adjust the ratio: more vegetables, a protein, a fibre-rich carb.

A tight budget

Frozen vegetables, canned beans, eggs, oats and seasonal produce are affordable, and frozen and canned options are just as useful for planning.

Allergies and intolerances

Check every label. Swap ingredients to suit your needs, and ask a professional before removing foods for suspected intolerance.

IF FOOD FEELS STRESSFUL

If planning meals brings up anxiety, guilt or a difficult relationship with food, you deserve support. A doctor or a dietitian experienced with eating concerns can help, and it is fine to set this planner aside.

Plan the week in twenty minutes.

A short weekly habit that removes a daily decision.

01 Check your week first (5 minutes)

Which evenings are busy? Which days are you eating out, travelling or cooking for others? Plan simpler meals for the busiest days.

02 Choose two or three dinners (5 minutes)

Pick recipes that make leftovers. Two dinners that feed you twice can cover four evenings.

03 Repeat breakfast and lunch (5 minutes)

Choose one or two breakfasts and lunches for the week. Repetition is not boring when it gives you back time.

04 Write the list and the prep (5 minutes)

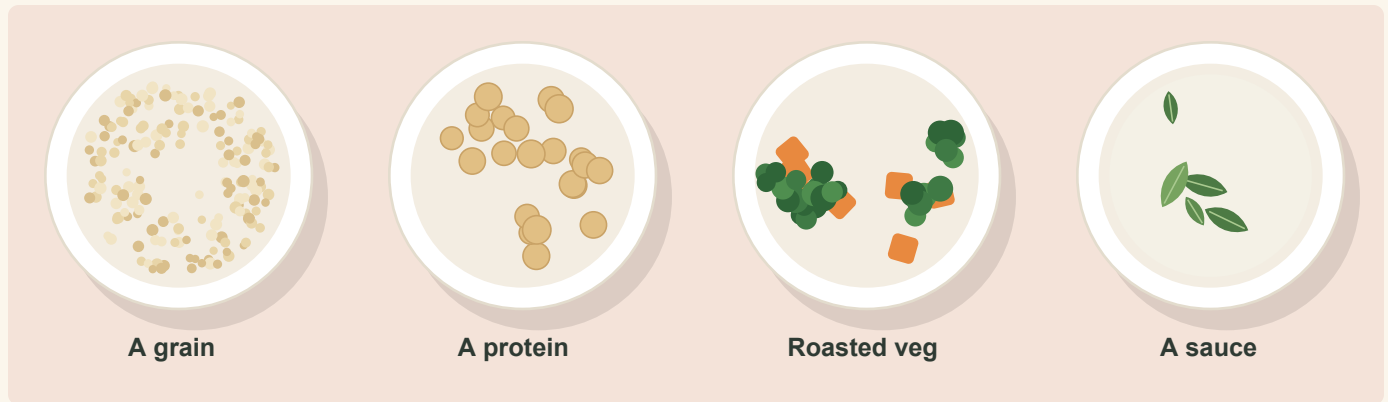
Check your cupboards, then write the shopping list by section (Worksheet 3) and pick one prep session (Worksheet 4).

LEAVE ONE FLEXIBLE NIGHT

Plans change. Keep one evening open for eating out, leftovers or a backup meal from page 15. A flexible night makes the rest of the plan easier to keep.

Cook components, not whole menus.

Prepare a few building blocks once, then assemble different meals all week.



Component	Make once	Use it in
Grain	Cook a pot of brown rice or quinoa	Grain bowls, stir-fry, burrito bowls
Protein	Roast chicken or cook a pot of lentils	Wraps, salads, soups
Roasted veg	One tray of mixed vegetables	Bowls, omelettes, pasta
Sauce	Yogurt-herb sauce or a lemon dressing	Everything that needs flavour

KEEP PREPARED FOOD SAFE

Refrigerate cooked food within 2 hours (within 1 hour if it is above 32°C / 90°F). Eat refrigerated leftovers within 3-4 days, or freeze portions. Reheat leftovers to 74°C / 165°F, until steaming hot throughout. [3]

A worked week.

A fictional two-person household, planned with the recipes in this guide. Adapt it; do not copy it.

Day	Breakfast	Lunch	Dinner
Sun	Overnight oats	Snack plate	Prep day: lentil soup
Mon	Overnight oats	Lentil soup	Salmon traybake
Tue	Egg muffins + fruit	Chickpea grain bowl	Chicken stir-fry
Wed	Overnight oats	Stir-fry leftovers	Burrito bowls
Thu	Egg muffins + fruit	Chickpea grain bowl	Lentil soup + salad
Fri	Yogurt, berries, seeds	Burrito bowl leftovers	Flexible night
Sat	Eggs on wholegrain toast	Leftovers or soup	A family favourite

Why it works

Three dinners are cooked from scratch and each one covers a second meal. Breakfast rotates between two make-ahead options. Friday stays open on purpose.

Fictional teaching example. It does not describe a real person, a prescribed diet or a result.

Shop by section.

The shopping list for the worked week, grouped the way most shops are laid out.

PRODUCE

- ☐ Berries, fresh or frozen (2 cups)
- ☐ Lemons (2) and a lime
- ☐ Cucumber (1)
- ☐ Cherry tomatoes (500 g)
- ☐ Red onions (2), onion (1)
- ☐ Red peppers (2), spring onions
- ☐ Baby spinach (1 bag)
- ☐ Carrots (4), celery (2 sticks)
- ☐ Broccoli (1 head), sweet potato (1)
- ☐ Snap peas, small cabbage
- ☐ Lettuce, avocado (1)
- ☐ Garlic, ginger, fresh herbs

PROTEIN + DAIRY

- ☐ Eggs (1 dozen)
- ☐ Salmon fillets (4)
- ☐ Chicken breast or thigh (500 g)
- ☐ Plain Greek yogurt (500 g)
- ☐ Milk or soy drink (1 litre)
- ☐ Feta (small block)

GRAINS + CUPBOARD

- ☐ Rolled oats, chia seeds
- ☐ Quinoa, brown rice
- ☐ Red lentils (200 g)
- ☐ Chickpeas (2 cans)
- ☐ Black beans (2 cans)
- ☐ Chopped tomatoes (1 can)
- ☐ Low-salt vegetable stock

FROZEN + FLAVOUR

- ☐ Sweetcorn (frozen)
- ☐ Cumin, smoked paprika, cinnamon
- ☐ Chilli powder, garlic powder
- ☐ Reduced-salt soy sauce
- ☐ Rice vinegar, sesame oil
- ☐ Cornflour, Dijon mustard
- ☐ Olive oil, neutral oil
- ☐ Nuts or seeds, salsa

Quantities are approximate and depend on your household. Check cupboards before you shop; many staples last for weeks.

A cupboard that saves weeknights.

Keep a few long-lasting staples and a quick meal is always within reach.



Keep in the cupboard	Keep in the freezer	Keep in the fridge
Oats, rice, quinoa, pasta	Mixed vegetables, spinach	Eggs, yogurt
Canned beans, lentils, fish	Berries, sweetcorn	Cheese, milk or soy drink
Canned tomatoes, stock	Wholegrain bread	Lemons, carrots, cabbage
Spices, oils, vinegars	Cooked grains in portions	Hummus, salsa

Spend where it counts

Buy frozen fruit and vegetables for anything you will cook. Choose store brands for staples. Cook a big pot of beans or lentils instead of buying ready meals. Rinse canned beans to reduce added salt.

No prices are listed because costs vary by shop, country and season.

Backup meals for low-energy days.

Five meals you can put together in about ten minutes with staples from page 14.

01 Beans on wholegrain toast

Warm canned beans or chickpeas with tomatoes and spices. Serve on toast with spinach wilted in.

02 Egg and vegetable scramble

Scramble eggs with frozen mixed vegetables. Add toast or leftover grains.

03 Tuna or bean grain bowl

Leftover rice or quinoa, canned tuna or beans, cucumber and a squeeze of lemon.

04 Lentil soup from the freezer

Defrost a portion of soup (page 20) and add a handful of spinach.

05 Yogurt snack plate

Greek yogurt, fruit, a few nuts, wholegrain crackers and carrots.

LOW ENERGY IS NORMAL

Some days a backup meal is the plan. Assembling a simple meal from staples is still looking after yourself.

Before you cook.

Seven original everyday recipes, written to be flexible.

Servings and portions

Recipes serve two to four, with a note on leftovers. Adjust portions to your appetite or to any advice you have been given.

Swaps

Every recipe includes a plant-based or dairy-free option. Swap vegetables for whatever is in season, on offer or already in your fridge.

Food safety

Cook fish to 63°C / 145°F, poultry to 74°C / 165°F and egg dishes until set (71°C / 160°F). A food thermometer takes the guesswork out. [3]

Allergies

Check labels for allergens such as gluten, dairy, egg, soy, sesame, fish and nuts, and use the swap notes as needed.

What these recipes are not

They are not a clinical meal plan and contain no nutrient analysis. A dietitian partner edition can add tailored guidance.



Berry chia overnight oats

Make two jars in five minutes; breakfast is ready when you wake up.



SERVES 2

ACTIVE + TOTAL 5 min + overnight

Ingredients

- 90 g (1 cup) rolled oats
- 2 tbsp chia seeds
- 240 ml (1 cup) milk or unsweetened soy drink
- 125 g (½ cup) plain Greek or soy yogurt
- 140 g (1 cup) berries, fresh or frozen
- ½ tsp ground cinnamon
- 2 tbsp chopped nuts or pumpkin seeds

Method

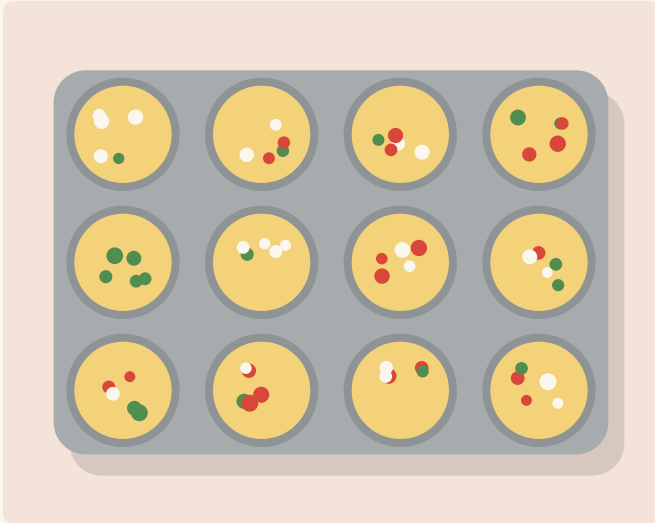
1. Divide the oats, chia seeds and cinnamon between two jars or containers.
2. Stir in the milk and yogurt until no dry oats remain.
3. Top with the berries, cover and refrigerate for at least 4 hours or overnight.
4. Add the nuts or seeds just before eating. Loosen with a splash of milk if thick.

SWAPS + KEEPING

Use certified gluten-free oats if you need to avoid gluten. Use soy yogurt and soy drink for a dairy-free version, and seeds for a nut-free version. Keeps for up to 2 days in the fridge.

Spinach and feta egg muffins

Twelve grab-and-go muffins for busy mornings.



SERVES 4 (3 muffins each)

ACTIVE + TOTAL 15 min + 25 min

Ingredients

- 8 large eggs
- 60 g (2 cups) baby spinach, chopped
- 1 red pepper, finely diced
- 4 spring onions, sliced
- 75 g (½ cup) crumbled feta
- Black pepper
- Oil for greasing

Method

1. Heat the oven to 180°C / 350°F. Lightly oil a 12-hole muffin tin.
2. Divide the spinach, pepper, spring onions and feta between the holes.
3. Whisk the eggs with black pepper and pour evenly over the vegetables.
4. Bake for 20-25 minutes, until set in the centre (71°C / 160°F).
5. Cool for 5 minutes before removing. Serve with wholegrain toast and fruit.

SWAPS + KEEPING

Dairy-free: leave out the feta and add chopped herbs. Any finely chopped vegetable works: mushrooms, courgette or tomatoes. Cool, then refrigerate for 3-4 days or freeze for later. Reheat until steaming hot.

Lemony chickpea grain bowl

A bright, filling bowl that tastes better the next day.



SERVES 4

ACTIVE + TOTAL 20 min + 15 min

Ingredients

- 190 g (1 cup) quinoa, farro or brown rice
- 2 cans (400 g each) chickpeas, drained and rinsed
- 1 cucumber, diced
- 300 g (2 cups) cherry tomatoes, halved
- ¼ red onion, finely sliced
- Handful of parsley or mint, chopped
- Dressing: 3 tbsp olive oil, juice of 1 lemon, 1 tsp Dijon mustard, 1 small garlic clove, grated

Method

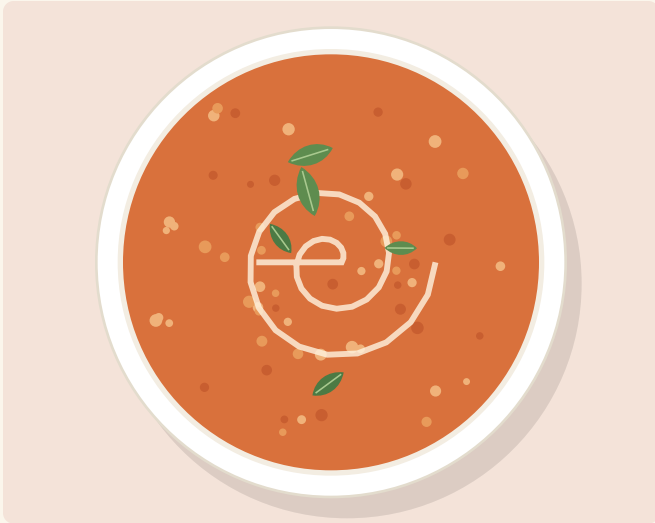
1. Cook the grain according to the packet, then spread it out to cool.
2. Whisk the dressing ingredients with a pinch of salt and pepper.
3. Combine the grain, chickpeas, cucumber, tomatoes, onion and herbs.
4. Toss with the dressing just before serving. Top with feta or grilled chicken if you like.

SWAPS + KEEPING

Swap chickpeas for any beans or lentils. Use quinoa or brown rice if you need a gluten-free grain. Store undressed in the fridge for up to 3 days.

Red lentil and tomato soup

A thick, warming soup that freezes well.



SERVES 4

ACTIVE + TOTAL 15 min + 30 min

Ingredients

- 1 tbsp olive oil
- 1 onion, 2 carrots and 2 celery sticks, diced
- 2 garlic cloves, crushed
- 1 tsp ground cumin, 1 tsp smoked paprika
- 200 g (1 cup) red lentils, rinsed
- 1 can (400 g) chopped tomatoes
- 1 litre low-salt vegetable stock
- 2 handfuls of spinach, juice of ½ lemon

Method

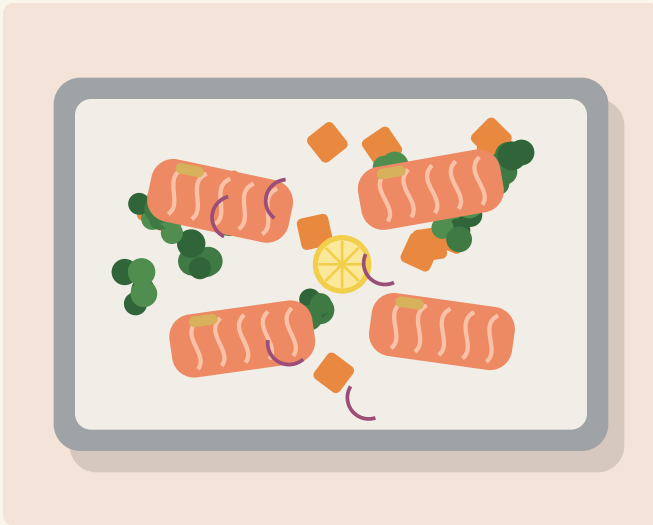
1. Heat the oil and gently cook the onion, carrot and celery for 8 minutes.
2. Add the garlic and spices and stir for 1 minute.
3. Add the lentils, tomatoes and stock. Simmer for 20-25 minutes, until the lentils are soft.
4. Stir in the spinach until wilted. Blend part of the soup for a thicker texture, then add lemon juice.

SWAPS + KEEPING

Already vegan. Serve with wholegrain bread or a spoon of yogurt. Swap spinach for kale or frozen greens. Refrigerate for 3-4 days, or freeze in portions for 2-3 months for best quality.

Sheet-pan salmon with roasted vegetables

One tray, one clean-up and plenty of colour.



SERVES 4

ACTIVE + TOTAL 15 min + 30 min

Ingredients

- 4 salmon fillets (or chicken thigh fillets or firm tofu)
- 1 sweet potato, cubed
- 1 head of broccoli, in florets
- 1 red onion, cut into wedges
- 2 tbsp olive oil, 1 tsp garlic powder
- Zest and juice of 1 lemon
- Sauce: 125 g (½ cup) Greek yogurt, 1 tbsp chopped dill, squeeze of lemon

Method

1. Heat the oven to 200°C / 400°F. Toss the sweet potato and onion with half the oil and roast for 15 minutes.
2. Add the broccoli to the tray. Brush the salmon with the remaining oil, garlic powder and lemon zest, and place it on the tray.
3. Roast for 12-15 minutes, until the salmon reaches 63°C / 145°F. Chicken takes longer and must reach 74°C / 165°F.
4. Mix the sauce and serve with lemon juice squeezed over the tray.

SWAPS + KEEPING

Tofu version: press and cube firm tofu, and roast it with the vegetables from the start. Use a dairy-free yogurt for the sauce. Refrigerate leftovers for up to 3-4 days.

Chicken and vegetable stir-fry

Faster than a takeaway, with a sauce you can adjust.



SERVES 4

ACTIVE + TOTAL 15 min + 15 min

Ingredients

- 500 g chicken breast or thigh, sliced (or extra-firm tofu)
- 1 tbsp neutral oil
- 1 red pepper, 2 carrots, 100 g snap peas, 2 cups shredded cabbage
- 2 garlic cloves and 1 tbsp ginger, grated
- Sauce: 3 tbsp reduced-salt soy sauce, 1 tbsp rice vinegar, 1 tsp sesame oil, 1 tsp cornflour mixed with 3 tbsp water
- To serve: brown rice or noodles, sesame seeds

Method

1. Heat the oil in a large pan. Cook the chicken for 5-6 minutes until cooked through (74°C / 165°F), then set aside.
2. Stir-fry the vegetables for 3-4 minutes, keeping some crunch.
3. Add the garlic and ginger for 30 seconds.
4. Return the chicken, pour in the sauce and bubble for 1 minute until glossy. Serve with rice and sesame seeds.

SWAPS + KEEPING

Tofu version: fry cubed tofu until golden before the vegetables. Use tamari if you need a gluten-free soy sauce. Refrigerate leftovers for up to 3-4 days and reheat until steaming hot.

Black bean and corn burrito bowls

Build-your-own bowls that everyone can adjust.



SERVES 4

ACTIVE + TOTAL 10 min + 30 min

Ingredients

- 185 g (1 cup) brown rice
- 2 cans (400 g each) black beans, drained and rinsed
- 200 g (1½ cups) sweetcorn, frozen or canned
- 1 tsp ground cumin, ½ tsp chilli powder (optional)
- Shredded lettuce, 150 g cherry tomatoes, 1 avocado
- 125 g (½ cup) plain yogurt, salsa, lime and coriander

Method

1. Cook the rice according to the packet.
2. Warm the beans and sweetcorn with the spices and a splash of water for 5 minutes.
3. Build bowls with rice, beans and corn, lettuce, tomatoes and sliced avocado.
4. Finish with yogurt, salsa, lime juice and coriander.

SWAPS + KEEPING

Vegan: use a dairy-free yogurt or skip it. Add grilled chicken for extra protein, or serve in wholegrain tortillas. Store components separately in the fridge for up to 3 days; slice avocado when serving.

Bring food notes to your appointments.

Your care team can tailor advice in ways a general guide cannot.

PCOS (PMOS) affects people differently, and care is personal. The NHS advises seeing a GP if you think you might have the condition or your symptoms are affecting daily life. It has no cure, but treatments and lifestyle changes can help symptoms, and it can raise the risk of conditions such as type 2 diabetes. [4] A registered dietitian can tailor eating advice to your health, medication and preferences.

Worth mentioning	Questions you might ask
Medication or supplements you take	Should I time meals around any medication?
What a normal day of eating looks like	Is there anything you would change first?
Foods you avoid, and why	Do I need to avoid this, or could I bring it back?
Energy, hunger or digestion patterns	Could these be related to what or when I eat?
Plans for pregnancy, or other conditions	Does this change the advice for me?

SEEK MEDICAL ADVICE PROMPTLY

Contact your doctor if you have new or worsening symptoms, or if you are worried about your health. Get urgent medical help for severe symptoms. This guide cannot assess your individual situation.

My weekly meal plan

Plan the busy days first. Leave one flexible slot.

Day	Breakfast	Lunch	Dinner	Snack / notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

TIP Write the dinner you will cook first, then add the meals that use its leftovers.

My meal ideas bank

Collect the building blocks you actually enjoy.

Proteins I like	Fibre-rich carbs I like	Vegetables + fruit I like	Flavours + fats I like

BREAKFASTS I ENJOY AND COULD REPEAT

LUNCHES THAT KEEP ME COMFORTABLE

DINNERS MY HOUSEHOLD LIKES

FAMILY OR CULTURAL DISHES I WANT TO KEEP IN MY WEEK

There are no wrong answers. Favourites you look forward to make a plan easier to keep.

Shopping list by section

Check the cupboard first. Tick items as you shop.

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN + DAIRY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GRAINS + CUPBOARD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HERBS, SPICES + SAUCES

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Already have it? Cross it off before you leave. Buy frozen or canned alternatives when they are better value.

My prep-day plan

One session, a few components, a calmer week.

Task	Time needed	Done
Cook a grain		
Cook or prepare a protein		
Roast or chop vegetables		
Make a sauce or dressing		
Make breakfast ahead		

CONTAINERS AND LABELS I NEED

MEALS I WILL COOK FRESH THIS WEEK

LEFTOVERS TO FREEZE, AND THE DATE

SAFETY Refrigerate food within 2 hours (1 hour above 32°C / 90°F). Label containers with the date and eat refrigerated leftovers within 3-4 days. [3]

Meals and how they felt

Optional. Notice patterns kindly; this is not a food score.

Day	Meal	Energy + fullness 2-3 hours later	Notes

PATTERNS I NOTICED

Useful for your own planning, or to share with your doctor or dietitian if you choose. Skip this page if tracking food feels unhelpful.

Appointment notes

Write it down before you go, so nothing important is forgotten.

DATE / WHO I AM SEEING

WHAT I WANT TO TALK ABOUT MOST

MEDICATION AND SUPPLEMENTS I TAKE

WHAT IS GOING WELL WITH FOOD

WHAT FEELS HARD RIGHT NOW

QUESTIONS TO ASK

WHAT WE AGREED / NEXT STEPS

Bring this page and Worksheet 5 if you are using it.

The useful fine print

Sources behind the specific statements in this studio sample, and what this edition is and is not.

1 / International PCOS guideline (2023)

Teede HJ et al. Recommendations from the 2023 International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome. J Clin Endocrinol Metab 2023;108(10):2447-69 (recommendations 3.1.2, 3.3.1-3.3.2, 3.6.1, 2.5.1). Supports statements on pages 4 and 5.

[Open the source](#)

2 / General healthy-eating pattern

US Department of Agriculture, What is MyPlate. Supports the general plate guidance on page 5: make half your plate fruits and vegetables; make half your grains whole grains.

[Open the source](#)

3 / Food safety temperatures and leftovers

FoodSafety.gov (US government): safe minimum internal temperatures, 4 steps to food safety and cold food storage charts. Supports cooking temperatures, refrigeration timing, leftovers and freezer guidance on pages 11, 16-23 and 28.

[Open the source](#)

4 / Polyendocrine metabolic ovarian syndrome (PMOS)

NHS. PMOS used to be called polycystic ovary syndrome (PCOS). Supports the naming note on page 2 and the care-seeking and long-term risk statements on page 24.

[Open the source](#)

Further reading / AskPMOS

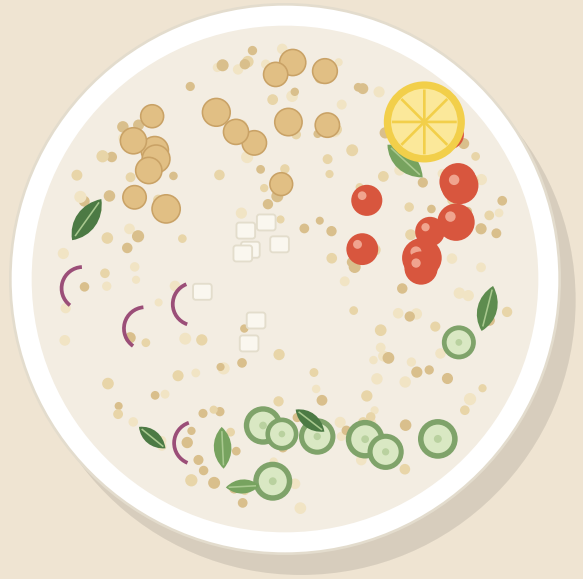
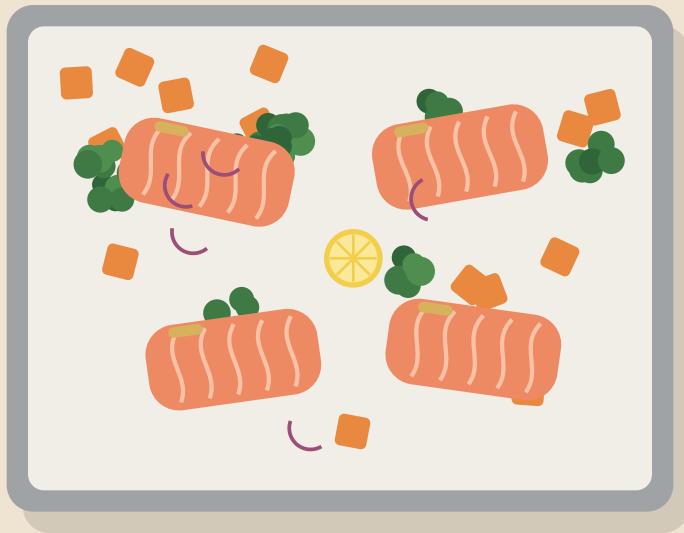
AskPMOS (formerly AskPCOS), an evidence-based information app from Monash University, based on the international guideline. Listed as an optional resource.

[Open the source](#)

About this edition

Written, illustrated and designed by Forgewick, operated by Haris Sohail. Studio Edition 1.0, September 2026. All recipes, illustrations, diagrams and worksheets are original. PCOS is now also called PMOS. This is general information for adults already diagnosed with the condition, not medical or dietetic advice, and it has not been reviewed by a registered dietitian or clinician.

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THE EVERYDAY PCOS MEAL PLANNER

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