



Planning Your Insulin Resistance PCOS Diet

1. Set Clear Goals

- **Identify Objectives:**

What do you aim to achieve with your diet? (e.g., weight management, regular menstrual cycles, improved insulin sensitivity)

Your goals: _____

- **Consult Professionals:**

Have you spoken with a healthcare professional or dietitian for personalized guidance?

Notes from consultation: _____

2. Understand Key Nutrients

- **Focus on Whole Foods:**

List fruits, vegetables, whole grains, lean proteins, and healthy fats you enjoy:

Fruits and Vegetables: _____

Whole Grains: _____

Lean Proteins: _____

Healthy Fats: _____

- **Low Glycemic Index Foods:**

List low GI foods you can include:

3. Create a Balanced Meal Plan

- **Plate Division:**

Plan your meals based on this division:

- 1/4 lean protein (e.g., chicken, tofu): _____

- 1/4 whole grains (e.g., quinoa, brown rice):

- 1/2 non-starchy vegetables (e.g., broccoli, spinach):

- Include healthy fats (e.g., avocado, olive oil):



- **Color Variety:**
List colorful fruits and vegetables for a range of nutrients:
-

4. Incorporate Healthy Habits

- **Mindful Eating:**
How will you practice mindful eating?
-
- **Regular Physical Activity:**
What exercises will you incorporate?
-
- **Hydration:**
How much water will you aim to drink daily?
-

5. Plan and Prep Meals

- **Meal Prepping:**
What meals will you prepare in advance?
-
- **Portion Control:**
How will you manage portion sizes?
-

6. Track Your Progress

- **Use Apps:**
Which health app will you use to monitor your food intake and symptoms?
-
- **Document Changes:**
How will you keep a food diary?
-



7. Make Sustainable Changes

- **Start Small:**
What small changes will you introduce first?
-
- **Seek Support:**
How will you find support? (e.g., join support groups, connect with others)
-

8. Review and Adjust

- **Regular Check-Ins:**
How often will you evaluate your diet's effectiveness?
-
- **Adjustments:**
What changes might you need to make based on progress and professional advice?
-

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