

7 Smoothie Recipes for PCOS

TO BEAT CRAVINGS & KICKSTART
PCOS REPAIR



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WELCOME!

Hello, love!

I'm Samantha! I'm a Certified Nutritionist and founder of ***The PCOS Repair Plan: a step-by-step system for ambitious women to drop the PCOS weight gain, restore their cycle, and gain back their fiercely feminine energy.***

I help you identify the *root cause* of your PCOS so you can finally address those underlying contributing factors causing your cravings, weight gain, unwanted hair growth, and irregular cycles—specific to *you*.

In fact, there are four different types of PCOS and what might work for one cyster, may not work for you. I know this because I was once in your shoes!

In 2017, I went to the doctor to finally get answers about why I was exhausted, why my cycles were irregular, why I was developing cystic acne (for the first time in my life), and where the heck this unwanted hair growth was coming from...



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After some blood work and a pelvic ultrasound, I left the doctor's office being told everything looked "normal" but I had cysts on my ovaries. He told me to do high intensity interval training (HIIT) or I could go on birth control to regulate my cycles, and I couldn't have been more confused.

You see, at that time I had been skipping meals, drinking coffee on an empty stomach, and experiencing extreme amounts of stress.

I wondered if stress was contributing to my symptoms. So I dove deeper into the underlying causes of PCOS. This is when I found out there were four different types of PCOS, and despite the growing popularity of low carb diets and HIIT training for PCOS, that prescription didn't align with what I was personally experiencing, and I didn't want to go on the pill as I knew that would be masking the problem.



I quickly realized that repairing my PCOS didn't need to involve under-eating carbs and overexercising, but instead, it needed to focus on making my body feel safe with nourishing, blood sugar balancing meals and gentle movement.

This is when I came up with the "hormone nutrient trifecta." When I started to incorporate these 3 key nutrients together and ate at regular meal times, my body felt like it was in balance again. Finally my acne started to resolve, and my periods came within the 28 to 35 day window!

Incorporating a nutritionally-dense breakfast that encompasses the hormone nutrient trifecta (protein, fat, and fibre) is one of the best ways to kickstart PCOS repair. It's this combination of nutrients that makes you feel satiated (finally), beat those sugar cravings, and boost your energy!

TIPS TO GET YOU STARTED

In my experience, the best and easiest way to get all of these nutrients into breakfast is by making smoothies. This is why I'm sharing my 7 favourite PCOS-friendly smoothies with you!

Before sharing the recipes, I have a few tips for you:

- 1. Don't skip on protein powder, but find one that works for you.** Protein powder is an easy way to get the recommended amount of protein into your diet. But, if you are experiencing acne of any nature, you should avoid whey and casein protein which can exacerbate acne. I personally love beef isolate, collagen, or a fermented vegan protein powder.
- 2. Have frozen fruits & vegetables stocked up in your freezer.** Not only are these a must for flavour & consistency, but they also add fibre and antioxidants – two powerhouse ingredients that help combat PCOS. These also go on sale frequently, and will be months before they go bad. Being prepared is key!
- 3. Choose unsweetened nutmilk.** Carefully look at the nutritional information on the nut milk you are purchasing/using and aim to look for low or no sugar.
- 4. Drink your smoothie within one hour of waking up** to keep stress hormone at bay – a key hormone you want to optimize for PCOS.

Now check out your recipes!

Fudgsicle Smoothie



Ingredients

- 1 cup water (or more for thinner consistency)
- 3 leaves of romaine lettuce
- 1/2 zucchini (chopped, frozen)
- 1/2 avocado (can be frozen)
- 1/2 banana (can be frozen)
- 1/4 cup or 1 scoop chocolate protein powder
- 1 tbsp cacao powder
- 1 tbsp all natural peanut butter
- 1 tsp cacao nibs (optional for topping)

Nutritional Info

- 476 Calories
- 27g Fat
- 36g Carbohydrates
- 15g Fibre
- 13g Sugar
- 29g Protein

Instructions

Place all ingredients into a blender and blend until smooth. Pour into a glass, drink and enjoy!

Snazzy Raspberry Smoothie



Ingredients

- 1 cup frozen cauliflower
- 1 cup frozen raspberries
- 1 freshly juiced lemon
- 1/4 cup or 1 scoop of vanilla protein powder
- 1 tbsp chia seeds
- 1 1/2 cup unsweetened almond milk

Nutritional Info

- 312 Calories
- 10g Fat
- 36g Carbohydrates
- 16g Fibre
- 12g Sugar
- 27g Protein

Instructions

Place all ingredients into a blender and blend until smooth. Pour into a glass, drink and enjoy!

High Protein Blueberry Smoothie



Ingredients

- 1/4 cup or 1 scoop vanilla protein powder
- 1 tbsp ground flaxseed
- 1 cup frozen blueberries (wild is preferred)
- 1 cup baby spinach
- 1 cup water (cold) or unsweetened almond milk

Nutritional Info

- 206 Calories
- 4g Fat
- 23g Carbohydrates
- 7g Fibre
- 13g Sugar
- 22g Protein

Instructions

Place all ingredients into a blender and blend until smooth. Pour into a glass, drink and enjoy!

Creamy & Nutty Squash Smoothie



Ingredients

- 1 1/3 cups unsweetened almond milk
- 1/2 cup frozen cauliflower
- 4 leaves romaine lettuce
- 3/4 cup frozen, cubed butternut squash
- 1/2 banana
- 1/8 tsp cinnamon
- 1/4 cup or 1 scoop vanilla protein powder
- 1 1/2 tbsp chia seeds
- 1 tbsp almond butter

Nutritional Info

- 446 Calories
- 19g Fat
- 46g Carbohydrates
- 17g Fibre
- 12g Sugar
- 31g Protein

Instructions

Place all ingredients into a blender and blend until smooth. Pour into a glass, drink and enjoy!

High Fibre Chocolate Smoothie



Ingredients

- 1 cup unsweetened almond milk
- 1/2 zucchini (chopped, frozen)
- 1/4 cup or 1 scoop of chocolate protein powder
- 1/2 banana
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1 tbsp cacao powder
- 1 tsp cacao nips (optional for topping)

Nutritional Info

- 392 Calories
- 19g Fat
- 30g Carbohydrates
- 12g Fibre
- 10g Sugar
- 28g Protein

Instructions

Place all ingredients into a blender and blend until smooth. Pour into a glass, drink and enjoy!

Craving Booster Berry Smoothie



Ingredients

- 1 cup unsweetened almond or coconut milk
- 1/2 zucchini (chopped, frozen)
- 1/4 cup frozen cauliflower
- 1/2 cup frozen mixed berries
- 1/4 avocado
- 1 tbsp chia seeds
- 1/4 cup or 1 scoop vanilla protein powder

Nutritional Info

- 370 Calories
- 17g Fat
- 33g Carbohydrates
- 12g Fibre
- 18g Sugar
- 25g Protein

Instructions

Place all ingredients into a blender and blend until smooth. Pour into a glass, drink and enjoy!

Glowing Green Smoothie



Ingredients

- 1 cup water
- 1 1/2 ozs pure aloe juice or fresh aloe gel
- 2 tsp fresh ginger (peeled)
- 1 cup frozen pineapple
- 1/2 avocado (fresh or frozen)
- 1/4 cup collagen powder
(optional: vanilla protein powder)
- 4 ice cubes
- Optional: touch of raw honey

Nutritional Info

- 352 Calories
- 15g Fat
- 31g Carbohydrates
- 9g Fibre
- 17g Sugar
- 27g Protein

Instructions

Place all ingredients into a blender and blend until smooth. Pour into a glass, drink and enjoy!