



The PCOS Nutrition Center Cookbook: 100 Easy and Delicious Whole Food Recipes to Beat PCOS

Angela Grassi, MS, RDN, Natalie Zaparzynski

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The main treatment approach for the millions of women who suffer from polycystic ovary syndrome (PCOS) is diet modification, yet there is a dearth of real-world recipe guides to help these women put such dietary rules into daily practice until now. Created by the registered dietitian nutritionists from the PCOS Nutrition Center, women who have PCOS themselves, this cookbook provides a summary of science-based know-how on what to eat (and what to avoid), as well as easy and delicious whole food recipes, to beat PCOS.

Breakfast, lunch, and dinner recipes include a variety of slow whole grains, lean proteins, healthy fats, and plenty of fruits and vegetables proven to prevent disease, boost fertility, lose weight, and optimize health.

Nutrition information is provided for each of recipes so you can know exactly what is in each. The PCOS Nutrition Center Cookbook includes a bonus four-week meal plan along with weekly shopping lists that help take the guesswork out of meal planning. This cookbook will help you rediscover the pleasure of making and eating food that is both good and good for you. For additional PCOS resources and information about personalized PCOS nutrition coaching packages, please visit the PCOS Nutrition Center website, PCOSnutrition.com

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