

HAVENHER

by Dr. Mehwish Saif

THE MIAMI PCOS GROCERY LIST

Anti-Inflammatory Shopping Guide for
Publix, Walmart, Presidente & Aldi
N 79th Ave & South Florida Edition

Balance hormones. Reduce inflammation. Eat real food.

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PROTEINS

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- ☐ **Organic Chicken Breast** *Publix GreenWise or Walmart* Publix / Walmart
- ☐ **Wild Salmon or Cod** *Frozen is fine — look for wild-caught* Any
- ☐ **93% Lean Ground Turkey** *Great for batch cooking* Walmart
- ☐ **Pasture-Raised Eggs** *1 dozen — richer in omega-3* Publix / Aldi
- ☐ **Plain Greek Yogurt** *2% or Full Fat, no added sugar* Any
- ☐ **Tofu or Tempeh** *Hormone-safe plant protein* Presidente / Publix
- ☐ **Canned Wild Tuna in Water** *Budget-friendly omega-3 source* Aldi / Walmart

■ PCOS TIP: Protein & Blood Sugar

Aim for 25–35 g of protein at each meal to stabilize blood sugar and reduce androgen-driven cravings. Protein at breakfast is especially important for cortisol regulation in PCOS.

LOW-GI CARBS

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- ☐ **Quinoa** *Complete protein + complex carb* Aldi / Walmart
- ☐ **Brown Rice or Cauliflower Rice** *Lower-GI alternatives to white rice* Any
- ☐ **Sweet Potatoes** *Rich in fiber & beta-carotene* Any
- ☐ **Rolled Oats** *NOT instant — check label* Aldi / Walmart
- ☐ **Lentils & Black Beans** *Dried or canned (no/low salt)* Presidente / Walmart
- ☐ **Blueberries & Strawberries** *Fresh or frozen — both equally nutritious* Aldi
- ☐ **Apples & Pears** *Eat with skin for maximum fiber* Any

■ PCOS TIP: Pair Carbs with Protein or Fat

Low-glycaemic carbs keep insulin spikes small. Pair any carb with protein or fat — e.g. apple + almond butter — to further blunt the blood sugar response. Avoid eating carbs alone.

HEALTHY FATS

HEALTHY FATS

- ☐ **Avocados** *2–3 per week; rich in oleic acid* Presidente / Walmart
- ☐ **Extra Virgin Olive Oil** *Cold-pressed; primary cooking oil* Any
- ☐ **Raw Almonds & Walnuts** *Handful as a daily snack* Aldi / Walmart
- ☐ **Chia Seeds** *Add to yogurt, smoothies, or overnight oats* Walmart / Publix
- ☐ **Ground Flaxseed** *Must be ground for absorption* Walmart
- ☐ **Natural Peanut / Almond Butter** *No sugar added — check ingredients* Aldi / Any
- ☐ **Pumpkin Seeds** *Rich in zinc — supports hormonal balance* Walmart / Publix

PCOS TIP: Fats & Hormone Production

Healthy fats slow glucose absorption and support sex hormone production. Omega-3-rich fats (walnuts, flaxseed, chia) specifically reduce the inflammation driving PCOS symptoms.

VEGGIES & ANTI-INFLAMMATORY

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- ☐ **Spinach & Mixed Greens** *Load half your plate with leafy greens* Any
- ☐ **Broccoli & Cauliflower** *Cruciferous veg support estrogen metabolism* Any
- ☐ **Bell Peppers — All Colors** *Highest vitamin C content when raw* Presidente / Publix
- ☐ **Zucchini & Cucumber** *Low-carb volume foods for satiety* Any
- ☐ **Tomatoes** *Lycopene reduces inflammation* Any
- ☐ **Garlic & Onion** *Prebiotic fiber + anti-inflammatory* Any
- ☐ **Turmeric + Ginger + Cinnamon** *Spices with real anti-inflammatory evidence* Any

■ PCOS TIP: Spices That Actually Work

Cinnamon (1/2 tsp daily) has been shown in small RCTs to improve insulin sensitivity in PCOS. Stir into Greek yogurt, oats, or coffee. Turmeric absorbs 20x better with black pepper — always pair them.

MIAMI PANTRY STAPLES

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- ☐ **Coconut Aminos** *Soy sauce swap — lower sodium* Publix / Walmart
- ☐ **Apple Cider Vinegar** *1 tbsp in water before meals* Any
- ☐ **Spearmint Herbal Tea** *2 cups/day — RCT evidence for testosterone* Any
- ☐ **Sparkling Water** *Soda replacement for cafecito cravings* Aldi
- ☐ **Dark Chocolate 85%+** *1–2 squares for cravings; antioxidant-rich* Aldi / Walmart
- ☐ **Hummus** *Pair with veggies for a balanced snack* Any

■ PCOS TIP: Spearmint Tea — The Evidence

Spearmint tea is not the same as peppermint. Only spearmint (*Mentha spicata*) has RCT evidence for reducing testosterone in PCOS. Two cups per day is the studied protocol. Brew hot, then refrigerate for a refreshing Miami-style iced tea.

WHAT TO AVOID

■ Foods That Spike Insulin & Worsen PCOS

- ✗ **Sugary cereal & white bread**
Causes rapid blood sugar spikes
- ✗ **Soda & sweet cafecito**
High-fructose drinks worsen insulin resistance
- ✗ **Processed snacks & chips**
Trans fats drive inflammation
- ✗ **Flavored yogurt with added sugar**
Often 15–20 g sugar per serving
- ✗ **Fruit juice (even "natural")**
Lacks fiber — acts like liquid sugar
- ✗ **Fast food & fried foods**
Combines refined carbs + inflammatory oils
- ✗ **Alcohol (especially sweet cocktails)**
Disrupts cortisol & hormone balance

✓ CHOOSE INSTEAD

Sweet cafecito → Spearmint tea or black coffee with cinnamon
White bread → Ezekiel bread or lettuce wraps
Chips → Cucumber slices + hummus or raw almonds
Flavored yogurt → Plain 2% Greek yogurt + fresh berries

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