

# 21-Day Keto Paleo PCOS Meal Plan

A Paleo and Ketogenic diet, whether on their own, or mixed together have been proven to have positive effects on your body, especially if you have PCOS or other autoimmune diseases. As some of you know, my blog is entirely devoted to low carb recipes that are gluten-free and sugar-free. I have found that by doing these three things, my health has improved drastically and my PCOS is in complete remission. You can actually read more about my story [here](#) if you'd like to know more about me and what I've been doing to take control of my symptoms.

Paleo and Ketogenic diets are actually quite similar as they both are high in fat, moderate in protein and low in carbohydrates. There are basically four rules to a Paleo diet. No grains, no legumes, no dairy and no sugars. A ketogenic diet, depending on which type of keto dieter you are, is usually between 0-50g net carbs per day, but most commonly between 0-20g. Moreover, not all keto dieters will stop eating grains/high carb vegetables, legumes and dairy. The general rule is that as long as it fits within your macros, it is acceptable, but then again that really depends on the belief of the dieter. Everyone is different. I personally do not do grains, gluten, or sugar, but I do the other things in moderate amount. Personally, if I were to eat gluten or sugar again, I feel like my body would crave it so bad and it would be hard for me to go back to a low carb lifestyle, so I try to avoid them as best as I can.

**This meal plan is Paleo = Grain-free, Gluten-free, Sugar-free, Dairy-free**

If you're familiar with my blog 'My PCOS Kitchen', you'll know that I do not post recipes that contain gluten or sugar as I sincerely believe that these are bad for us PCOS cysters. Even if you do not follow a ketogenic diet, by simply eliminating gluten and sugar, you will start to notice positive changes within your body as time goes by. My blog is not entirely dairy-free as I do consume dairy from time to time, but for the sake of this meal plan, I decided to keep it Paleo friendly because people seem to lose more weight when they cut out dairy. If you find yourself stalling in your diet and haven't lost weight in a while, it's a good idea to cut back on the dairy and see if you lose more weight that way. I wanted to show everyone that it is possible to eat dairy-free on a keto diet, it's hard as everything taste so good with it, but definitely doable. I did not nor do not usually upload recipes with grains because they're high carb, so this meal plan also does not include grains. I know that tenchically ghee is Paleo, but I really wanted to keep this meal plan dairy-free so I have not included it in any of my recipes. I used olive oil to fry my veggies and meat, but you are free to choose your preferred oil of cooking, whether coconut, beef tallow, lard, duck fat or any other type of healthy oils/fats.

# 21 Day Keto Paleo Pcos Meal Plan Mypcoskitchen

**Rosina Ehmann**



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