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The background of the cover is a collage of various healthy ingredients. At the top, there's a pile of fresh green broccoli. To the right, a large portion of green lentils is visible. On the left, there are two halves of a ripe avocado showing their green flesh and brown pits. Below the avocados, there are several small glass and wooden bowls containing different types of spices, including what looks like turmeric, cinnamon, and dried herbs. In the bottom center, there are three large, fresh salmon fillets. To the right of the salmon, there's a bunch of fresh rosemary and a small bowl of mixed peppercorns. The entire collage is set against a dark, textured background.

# A Balanced Approach to PCOS

16 Weeks of Meal Prep & Recipes for Women  
Managing Polycystic Ovary Syndrome

**MELISSA GROVES AZZARO, RDN, LD**



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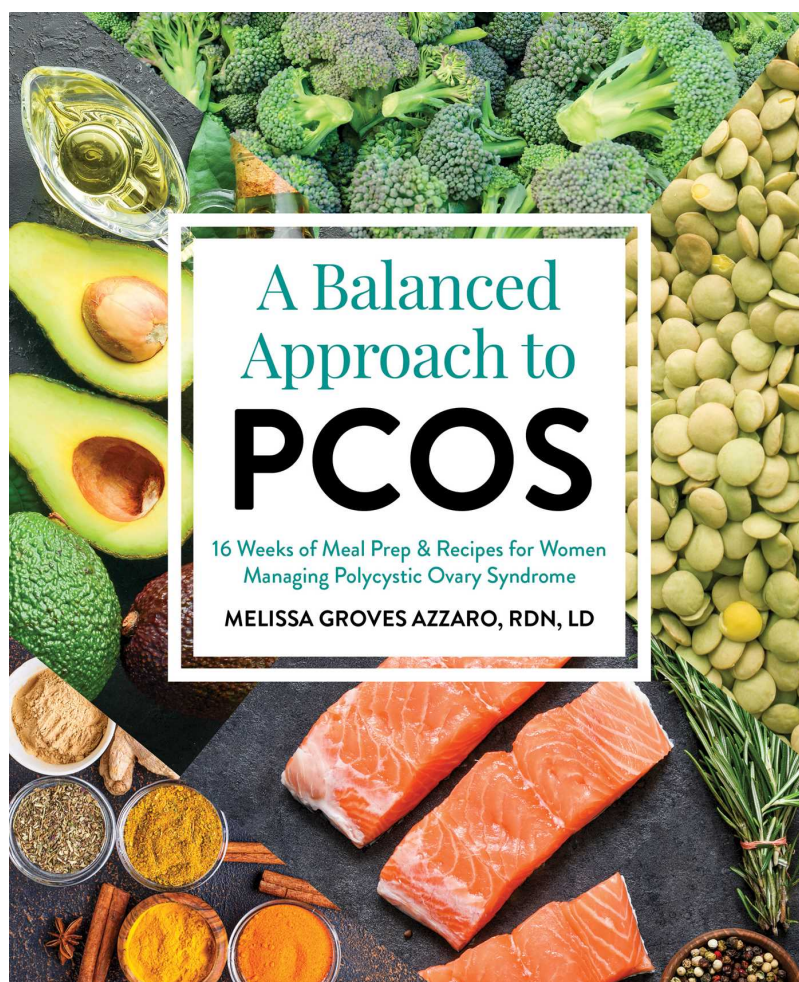
# **A Balanced Approach to PCOS: 16 Weeks of Meal Prep Recipes for Women Managing Polycystic Ovary Syndrome**

## **Melissa Groves Azzaro**

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by Melissa Groves Azzaro



### **SYNOPSIS**

**DOWNLOAD** Polycystic ovary syndrome (PCOS) is a metabolic disorder that is common among women of reproductive age. Diet and lifestyle changes have been shown to balance hormones and promote better overall health. While dietary changes have been proven to be effective, they can often seem too restrictive, resulting in women finding it difficult to sustain the diet or finding their health further diminished because

their diet falls out of balance and cutting out certain foods or food groups has caused them to become deficient in key nutrients. In her new book, *A Balanced Approach to PCOS*, Melissa Groves Azzaro, RDN, LD, an award-winning integrative registered dietitian, offers women a new approach to treating PCOS that is sustainable, all-inclusive, and provides proven results. Melissa's approach is straightforward and sensible?perfectly balanced, nutrient-dense meals that are designed to address the root causes of PCOS. Each meal features a perfect ratio of protein, fat, and fiber that will *A Balanced Approach to PCOS: 16 Weeks of Meal Prep Recipes for Women Managing Polycystic Ovary Syndrome* **popular book online top (hyyjui0986u7676)**

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