

• The plan I build for clients managing PCOS — always with their care team

PCOS isn't about willpower. It's about your **food schedule**.

Your hormones and blood sugar are linked. Your plate should honor that.

PCOS often runs on blood-sugar swings and insulin resistance — which is why crash diets backfire and the weight can feel stuck. Mayan Botanicals builds a balanced, lower-glycemic, whole-food schedule to support steady blood sugar, personalized *with* your care team. No crash diets. No extremes. No guessing what's for dinner.

[See the Meal Plans →](#)

[Start My Intake](#)

↓ [Download the plan overview \(PDF\)](#)

[🌿 Root-Cause Approach](#)

[🍲 Real, Whole Foods](#)

[✂️ Jamaican Roots](#)

25

DAY STRUCTURE

4

DAILY MEAL RHYTHMS

50+

BALANCED RECIPES

1

CLEAR DOORWAY

WHY REGULAR DIETS FAIL WITH PCOS

It's not willpower. It's **blood sugar**.

With PCOS, blood-sugar swings and insulin resistance make the usual diet advice backfire. Here's what's really going on — and why a steady *schedule* works better than another diet.



Insulin & Cravings

Many women with PCOS have insulin resistance, so refined carbs spike blood sugar and drive cravings and storage. Balanced plates — protein, fiber, healthy fat — smooth the ride.



Crash Diets Backfire

Very restrictive diets can stress the body and worsen the cycle. Steady, regular, nourishing meals support your body instead of fighting it.



Steady Beats Extreme

Skipped meals and roller-coaster eating keep blood sugar swinging. A consistent daily schedule with balanced meals is what helps you feel steady.

What's inside your **plan**

Not a rigid diet — a rhythm you can actually live. Every plan is built around four working parts.



Daily Meal Rhythm

A simple flow of tonic, meals, and rest windows so your body always knows what's coming next.



Therapeutic Food Library

Swap-friendly, lower-glycemic recipes chosen to support steady blood sugar and energy.



Batch-Cook Simplicity

Cook once, eat right all week. Prep maps keep the plan realistic for a busy life.



Hydration & Tonics

Water rhythm plus traditional herbal tonics to support cleansing and curb false hunger.

One day, mapped for you

Here's a sample day from a Mayan PCOS-support plan — balanced, lower-glycemic, built to keep blood sugar steady. Your plan is personalized to your body, tastes, and needs.

ON WAKING



On Waking

Warm water with lemon, or a protein-forward start

Why: a steadier start helps set blood sugar for the day.

BREAKFAST



Breakfast

Eggs with greens and avocado, or Greek yogurt with berries, nuts and seeds

Why: protein and fat first keeps the morning rise gentle.

MIDDAY



Midday

Grilled chicken or salmon with leafy greens, roasted veg, and a little quinoa

Why: protein + fiber + slow carbs to keep energy and blood sugar even.

AFTERNOON



Afternoon

A small handful of nuts with fruit, or hummus and veg

Why: a balanced snack to steady the afternoon.

DINNER



Light & Early

Salmon or lentils with roasted vegetables and greens — kept lighter and earlier

Why: nourishing, lower-glycemic, and gentle overnight.

THE METHOD

The 5-part rhythm

Every Mayan PCOS-support journey follows the same gentle arc — always with your care team.

1

Reset

Clear the refined carbs and start with steady, whole foods.

2

Rebuild

Build balanced plates — protein, fiber, healthy fat — that steady blood sugar.

3

Rhythm

Lock in a daily meal schedule your body can rely on.

4

Steady

Keep blood sugar even, morning to night — no roller-coaster.

5

Reinforce

Make it the way you eat for good — alongside your care team.

CHOOSE YOUR PATH

Four ways to start

Every path includes a personalized PCOS-support meal plan built to steady your blood sugar with balanced, whole foods. Choose the level of guidance that fits where you are right now.

ENTRY

Reset Plan

A clean, focused starting point to steady your blood sugar and your plate.

- ✓ Personalized reset meal plan
- ✓ Core food & tonic guide
- ✓ Simple daily rhythm

Start Reset →

View Details

SIGNATURE

MOST CHOSEN

Signature Plan

The complete PCOS-support meal system — plan, library, and structured guidance.

- ✓ Full personalized plan
- ✓ Therapeutic food library
- ✓ Batch-cook & hydration maps
- ✓ Structured check-in rhythm

Start Signature →

View Details

HIGH-TOUCH

Concierge Plan

Closer guidance and hands-on support as your plan evolves with your body.

- ✓ Everything in Signature
- ✓ Priority practitioner support
- ✓ Ongoing plan adjustments

Start Concierge →

View Details

PREMIUM

VIP Transformation

The full transformation experience — deepest support for a lasting change.

- ✓ Everything in Concierge
- ✓ Full transformation roadmap
- ✓ Highest level of guidance

Start VIP →

View Details

YOU'RE NOT ALONE

Support that walks it with you

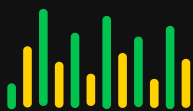
The reason most plans fail isn't the food — it's doing it alone. Every Mayan plan pairs your personalized meals with steady coaching and check-ins, so the days you feel like quitting are the days you feel most held. Rooted structure, real accountability, one clear next step at a time.

Start My Intake →

AI VOICE COACH — LIVE NOW

Talk to Coach Prince

Prefer to talk to a person? Call [470-684-4813](tel:470-684-4813)



Coaching Support Included

Guidance that stays with you between meals

YOUR FIRST STEP

Ready to feel **steady with PCOS?**

Tell us where you are. We'll point you to the right plan and get your personalized schedule started.

First Name

Your first name

Email

you@email.com

Your Main Goal

Select one...

[Get My Weight Management Plan →](#)

We'll take you to a short intake to personalize your plan. Live healthy, be healthy.

MAYAN BOTANICALS

[Reset Plan](#) [Signature Plan](#) [Concierge Plan](#) [VIP Transformation](#)

Live healthy, be healthy.

These meal plans are educational nutrition guidance and are not medical advice. They are not intended to diagnose, treat, cure, or prevent PCOS or any condition. PCOS care is individual — always work with your doctor, gynecologist, or dietitian, and never stop or change any medication, including metformin or birth control, without your doctor. If you are pregnant or trying to conceive, coordinate any diet or supplement changes with your doctor first. These plans are meant to work alongside your medical care, never to replace it. Individual results vary.

© 2026 Mayan Botanicals · DocTA Dwight · Jamaican Built 