



Trista Chan, RD, MHSC



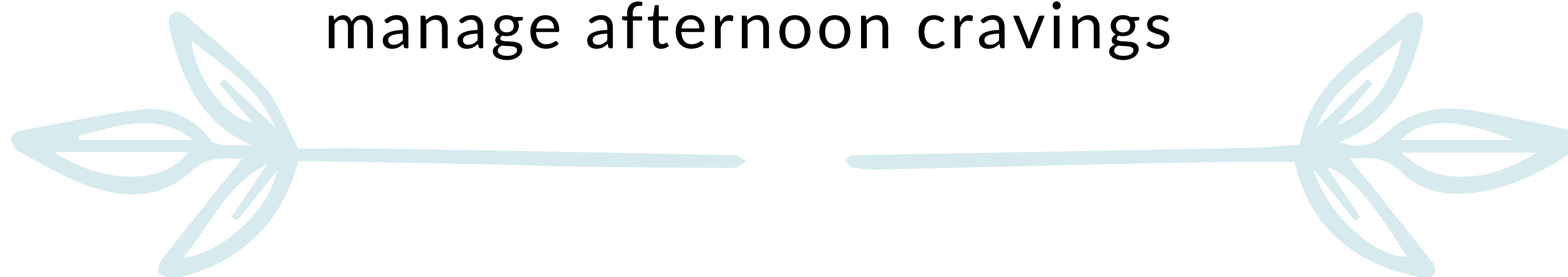
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Carly Rothman, Dietetic Intern



Lunch 101 - Meal Planning for PCOS

Learn how to build blood sugar balancing lunches and manage afternoon cravings



Tuesday, August 15th, 2023

12:00 - 12:40 pm EST

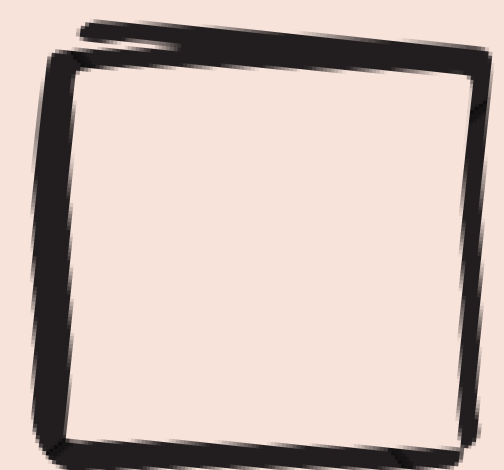
\$20*

***Profits will be donated to PCOS Together**

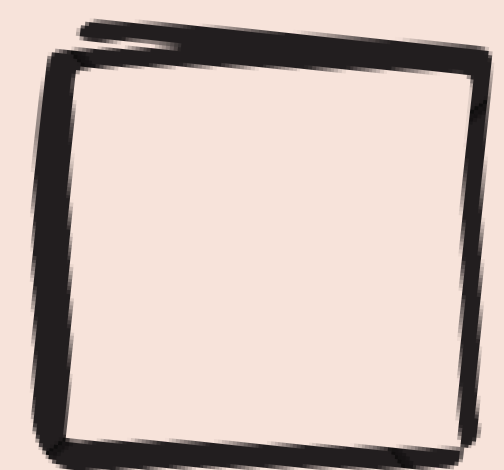




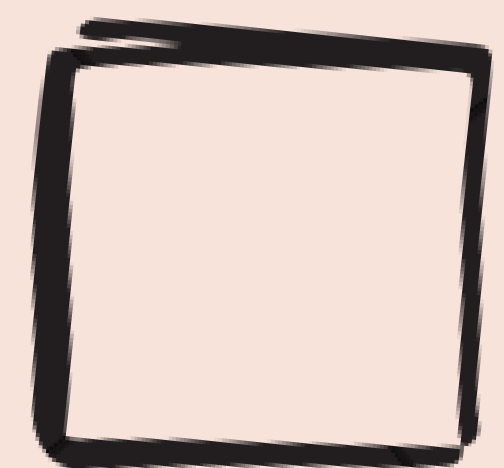
Walk away knowing...



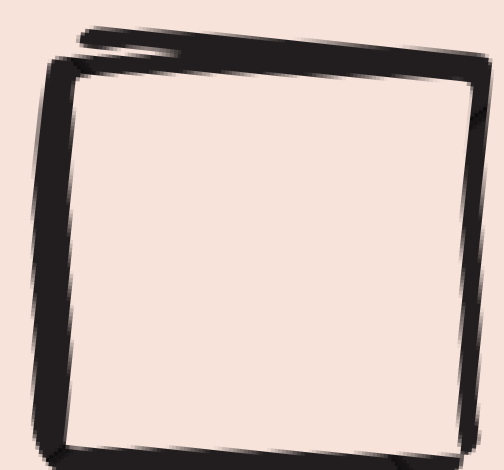
Why PCOS drives up your afternoon cravings



A framework to build blood sugar balancing meals



3 easy and PCOS-friendly lunches recipes for busy workdays



Strategies to address cravings

