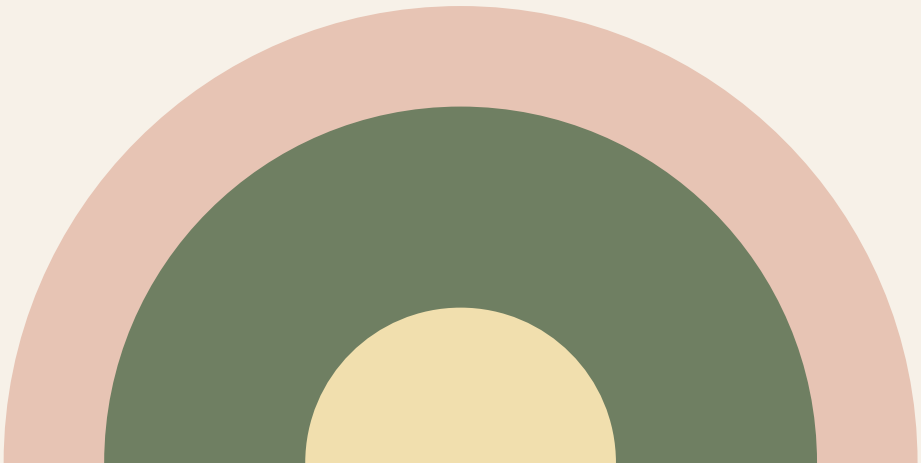
Takeout, Calmly

A PMOS-friendly guide to eating out (free sample from The PMOS Kitchen)

PMOS · formerly PCOS

- Five rules that work anywhere
- Easy orders for 11 cuisines
- Phrases that make ordering easier

Lifestyle support, not medical advice. Talk to your doctor before changing your care.



BEFORE YOU BEGIN

A quick, honest note

This guide is educational lifestyle support for people living with PMOS (formerly PCOS). It is not medical advice, and it is not a treatment or cure. Everyone's body, labs, medications and history are different.

- Talk to your doctor, nurse practitioner or a registered dietitian before making big changes, especially if you are pregnant, trying to conceive, breastfeeding, take metformin, insulin, GLP-1 medications or blood-pressure medication, or have a history of disordered eating.
- If a page in this guide doesn't feel right for you, skip it. You don't have to follow everything.
- We don't promise weight loss. The focus is on steady energy, fewer cravings, feeling full, and habits you can actually keep.
- Nutrition notes are general estimates, not exact counts.
- Seek urgent care for severe pelvic pain, very heavy bleeding (soaking a pad an hour), fainting, or thoughts of self-harm.

> About the name. In May 2026 an international consensus published in *The Lancet* renamed polycystic ovary syndrome (PCOS) to polyendocrine metabolic ovarian syndrome (PMOS). The new name better reflects the hormonal and metabolic sides of the condition, and the fact that many people with it don't have ovarian cysts at all. Your diagnosis hasn't changed, only the name. You'll still see "PCOS" in most search results, forums and older clinic paperwork, so we use both.

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EATING OUT

The takeout & eating-out cheat sheet

Real life includes restaurants, work lunches and Friday-night takeout. You don't need the "perfect" order. Use these as easy defaults.

Five rules that work anywhere

- Find the protein first. Build the order around chicken, fish, beans, tofu, eggs or lean meat, then add from there.
- Add a vegetable, any vegetable. A side salad, steamed greens, a vegetable starter or extra fajita peppers all count.
- Keep the carbs, pair them. Rice, tortillas, bread and noodles are fine. Have them with protein and vegetables, not on their own.
- Don't arrive starving. Having a snack with protein an hour or two before dinner makes ordering (and the bread basket) much calmer.
- Enjoy the thing you came for. If the restaurant is famous for its pasta, order the pasta. Add a salad, eat slowly and move on. No guilt required.

Cuisine	Easy orders	Simple upgrades
Mexican	Burrito bowl with chicken, steak or beans, fajita veg, salsa, guacamole · Fish or chicken tacos on corn tortillas · Tortilla soup	Ask for half rice and extra beans or lettuce. Choose pico or salsa verde over queso some of the time.
Japanese & sushi	Sashimi or nigiri + seaweed salad + miso soup · Poke bowl with salmon/tuna, edamame and veg · Chicken teriyaki with salad	Add edamame to start. Choose brown rice if offered. Mix regular rolls with sashimi.
Chinese	Chicken & broccoli · Steamed dumplings + stir-fried greens · Beef with mixed vegetables · Hot & sour soup	Steamed rather than battered dishes some of the time; ask for sauce on the side; share one noodle or rice dish.
Thai & Vietnamese	Larb (minced meat salad) · Green or red curry with extra veg · Pho with extra herbs & bean sprouts · Fresh rolls	Pad thai is fine shared with a protein-heavy dish. Ask for extra vegetables in curries.
Indian	Tandoori chicken or fish · Dal + chana masala · Chicken tikka with raita and salad · Saag dishes	One naan or roti shared, or rice; lentil and chickpea dishes add a lot of fiber.
Italian & pizza	Grilled fish or chicken with vegetables · Minestrone · Thin-crust pizza with a big side salad · Pasta with a protein sauce	Start with a salad or vegetable antipasti. Add chicken or shrimp to pasta. Two slices + salad is a meal.
Burgers & fast food	Burger with a side salad · Grilled chicken sandwich · Chili · Kids' or small fries alongside	Lettuce wrap or open-face if you like. Water or diet soda; save the milkshake for when you really want one.

Cuisine	Easy orders	Simple upgrades
Mediterranean & Greek	Chicken or falafel plate with hummus, salad and a little rice · Souvlaki pita · Lentil soup	Fill up on Greek salad and tzatziki. One of the easiest cuisines for PMOS-friendly eating.
Coffee shop	Egg bites or a breakfast wrap · Greek yogurt parfait · Latte (milk adds protein) + a piece of fruit	Unsweetened or half-sweet drinks; pair a pastry with a protein drink or egg bites.
Brunch	Eggs any style with whole-grain toast and avocado · Omelet with vegetables · Smoked salmon plate	Pancakes or waffles? Add eggs or bacon on the side, and share if it's a big stack.
Sandwich & salad bars	Turkey or chicken on whole-grain bread with extra veg · Grain bowl with protein · Soup + half sandwich	Ask for double protein in salads so they actually keep you full.

Ordering phrases that help: *"Can I get extra vegetables instead of fries?"* · *"Dressing on the side, please."* · *"Could I add a protein to that?"* · *"Half rice, half salad?"*