



Luteal Phase Support Program



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Luteal Phase Support Meal Plan

This luteal phase support meal plan is designed to nourish your body during the luteal phase of your menstrual cycle, which is often marked by changes in mood, energy levels, and physical sensations. This plan focuses on foods that promote hormonal balance, support mood stability, and reduce bloating and discomfort.

Key Features:

- **Nutrient-Dense Foods:** The plan emphasises complex carbohydrates, lean proteins, and healthy fats, which are important for maintaining energy and stabilising blood sugar levels.
- **Focus on Magnesium and B Vitamins:** These nutrients are vital for reducing PMS symptoms, managing mood swings, and promoting relaxation.
- **Hydration and Fibre:** Incorporating hydrating foods and fibre-rich options helps alleviate bloating and supports digestive health.

Supplements for the Luteal Phase

1.

Magnesium

- **Benefits:** Helps reduce cramps, bloating, and mood swings.
- **Sources:** Magnesium citrate or glycinate supplements.

2.

Vitamin B6

- **Benefits:** Supports mood regulation and reduces PMS symptoms.
- **Sources:** Vitamin B6 supplements or foods like chickpeas, potatoes, bananas, and poultry.

3.

Omega-3 Fatty Acids

- **Benefits:** Anti-inflammatory properties can help alleviate menstrual discomfort and improve mood.
- **Sources:** Fish oil or flaxseed oil supplements.

4.

Calcium

- **Benefits:** May help alleviate PMS symptoms and support mood stability.

- **Sources:** Calcium carbonate or citrate supplements.

5.

Vitamin D

- **Benefits:** Supports overall hormonal balance and mood.
- **Sources:** Vitamin D3 supplements or foods like fatty fish and fortified dairy.

Food Types for the Luteal Phase

1.

Fruits and Vegetables

- **Types:** Bananas, leafy greens (like spinach and kale), sweet potatoes, and cruciferous vegetables (like broccoli and cauliflower).
- **Benefits:** Rich in vitamins, minerals, and fiber to support overall health and digestion.

2.

Whole Grains

- **Types:** Brown rice, quinoa, oats, and whole grain bread.
- **Benefits:** Provide complex carbohydrates for sustained energy and help stabilise blood sugar levels.

3.

Lean Proteins

- **Types:** Chicken, turkey, fish (especially fatty fish like salmon), eggs, and legumes.
- **Benefits:** Essential for muscle repair and hormone production.

4.

Healthy Fats




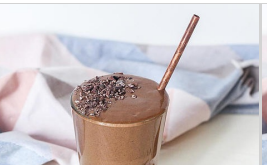
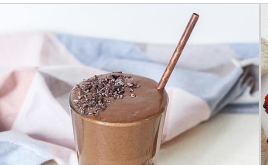

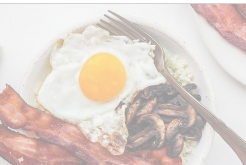
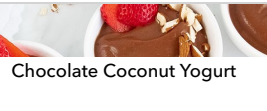
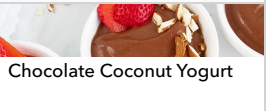
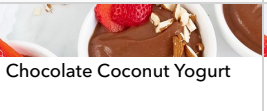
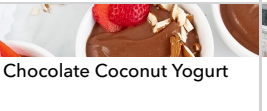

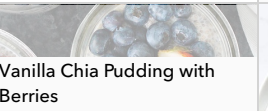


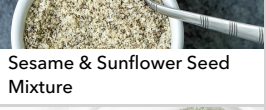
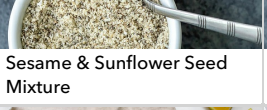
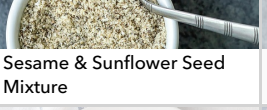
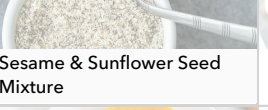
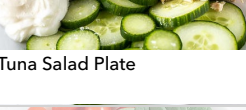




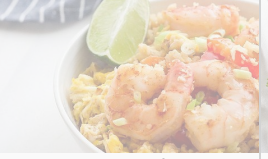








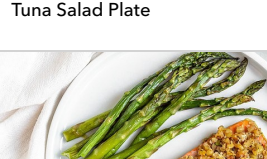
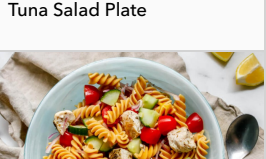











- **Types:** Avocados, nuts (like walnuts and almonds), seeds (chia, flax, pumpkin), and olive oil.
- **Benefits:** Important for hormone synthesis and reducing inflammation.

5.

Fermented Foods

- **Types:** Yogurt, kefir, sauerkraut, and kimchi.
- **Benefits:** Support gut health, which is linked to hormone regulation.

You can mix and match ingredients so it suits your taste buds :-)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cauliflower Rice Breakfast Hash	 Cauliflower Rice Breakfast Hash	 Cauliflower Rice Breakfast Hash	 Chocolate Zucchini Bread Smoothie	 Chocolate Zucchini Bread Smoothie	 Cauliflower Rice Breakfast Bowl	 Cauliflower Rice Breakfast Bowl
Snack 1	 Chocolate Coconut Yogurt	 Chocolate Coconut Yogurt	 Chocolate Coconut Yogurt	 Chocolate Coconut Yogurt	 Vanilla Chia Pudding with Berries	 Vanilla Chia Pudding with Berries	 Tuna Salad Plate
	 Sesame & Sunflower Seed Mixture	 Sesame & Sunflower Seed Mixture	 Sesame & Sunflower Seed Mixture	 Sesame & Sunflower Seed Mixture	 Sesame & Sunflower Seed Mixture	 Sesame & Sunflower Seed Mixture	 Tuna Salad Plate
Lunch	 Turmeric Chicken Salad	 Walnut Crusted Salmon with Asparagus	 Chicken & Chickpea Pasta Salad	 Lemon Cilantro Cod with Peppers	 Shrimp Fried Cauliflower Rice	 Steak, Butternut Squash & Broccoli	 Turmeric Chicken Salad
Snack 2	 Tuna Salad Plate	 Tuna Salad Plate	 Turkey & Hummus Rollups	 Turkey & Hummus Rollups	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples
	 Tuna Salad Plate	 Tuna Salad Plate	 Turkey & Hummus Rollups	 Turkey & Hummus Rollups	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples
Dinner	 Walnut Crusted Salmon with Asparagus	 Chicken & Chickpea Pasta Salad	 Lemon Cilantro Cod with Peppers	 Shrimp Fried Cauliflower Rice	 Steak, Butternut Squash & Broccoli	 Turmeric Chicken Salad	 Steak, Butternut Squash & Broccoli

Fruits

- ☐ 1 1/2 Apple
- ☐ 1 1/2 Avocado
- ☐ 1 Banana
- ☐ 2/3 cup Blueberries
- ☐ 1 Lemon
- ☐ 3 1/8 tbsps Lemon Juice
- ☐ 2 cups Strawberries

Breakfast

- ☐ 2 tbsps Almond Butter
- ☐ 1 1/16 cups Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1 1/2 cups Chia Seeds
- ☐ 1/4 tsp Chili Powder
- ☐ 1 1/3 tbsps Cinnamon
- ☐ 2 1/2 tps Italian Seasoning
- ☐ 1 1/8 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 cups Sesame Seeds
- ☐ 2 cups Sunflower Seeds
- ☐ 1 1/2 tps Turmeric
- ☐ 1/4 cup Walnuts

Frozen

- ☐ 10 cups Cauliflower Rice

Vegetables

- ☐ 2 cups Asparagus
- ☐ 5 cups Baby Spinach
- ☐ 3 cups Broccoli
- ☐ 4 1/2 cups Butternut Squash
- ☐ 3 1/2 cups Cherry Tomatoes
- ☐ 1 1/2 tbsps Chives
- ☐ 3/4 cup Cilantro
- ☐ 2 1/2 Cucumber
- ☐ 2 1/4 tps Fresh Dill
- ☐ 3 stalks Green Onion
- ☐ 2 1/8 Red Bell Pepper
- ☐ 1/4 cup Red Onion
- ☐ 1 1/2 tps Thyme
- ☐ 1 Tomato
- ☐ 8 White Button Mushrooms
- ☐ 2 Yellow Bell Pepper
- ☐ 1 1/2 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 255 grams Chickpea Pasta
- ☐ 1 cup Lite Coconut Milk
- ☐ 3 cans Tuna

Baking

- ☐ 2 tps Cacao Nibs
- ☐ 2 tbsps Cacao Powder
- ☐ 3/4 cup Cocoa Powder
- ☐ 1 1/2 tbsps Nutritional Yeast
- ☐ 1 cup Unsweetened Shredded Coconut
- ☐ 1 3/4 tbsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 10 slices Bacon
- ☐ 1.6 kilograms Chicken Breast
- ☐ 2 Cod Fillet
- ☐ 680 grams Ny Striploin Steak
- ☐ 64 grams Prosciutto
- ☐ 227 grams Salmon Fillet
- ☐ 227 grams Shrimp
- ☐ 241 grams Sliced Turkey Breast

Condiments & Oils

- ☐ 1/3 cup Avocado Oil
- ☐ 3 tbsps Coconut Aminos
- ☐ 1/4 cup Extra Virgin Olive Oil

Cold

- ☐ 10 Egg
- ☐ 2/3 cup Hummus
- ☐ 2 cups Unsweetened Almond Milk
- ☐ 8 3/4 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/2 cup Chocolate Protein Powder



Cauliflower Rice Breakfast Hash

3 servings

25 minutes

Ingredients

6 slices Bacon
1 1/2 Yellow Onion (chopped, small)
1 1/2 Yellow Bell Pepper (chopped)
4 1/2 cups Cauliflower Rice
6 Egg
Sea Salt & Black Pepper (to taste)
1 1/2 tbsps Chives (optional, chopped)

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
- 2 Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
- 3 Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor: Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings: Serve with avocado.

No Chives: Use another fresh herb such as parsley.



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Cauliflower Rice Breakfast Bowl

2 servings

25 minutes

Ingredients

4 slices Bacon
8 White Button Mushrooms (sliced)
1 tbsp Coconut Aminos
3 cups Cauliflower Rice
2 Egg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
- 2 Meanwhile, in a pan over medium heat, add the mushrooms and cook for 3 to 4 minutes. Add the coconut aminos to the pan and stir. Then add the cauliflower rice and cook for 2 to 3 minutes. Remove and set aside.
- 3 Crack the eggs into the pan and cook until the whites are set and the yolk is done to your preference. Place the egg on top of the cauliflower rice and add the bacon on the side. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, consume the eggs the same day they were cooked.

More Flavor: Add chili flakes, sea salt or hot sauce.

Additional Toppings: Add sliced avocado or extra greens on the side.

No Pork: Use turkey bacon instead.

No Coconut Aminos: Use tamari or soy sauce instead.



Chocolate Coconut Yogurt

4 servings

10 minutes

Ingredients

2 cups Unsweetened Coconut Yogurt
1 tsp Vanilla Extract
1/4 cup Maple Syrup
3 tbsps Cocoa Powder
1 tsp Cinnamon
1/3 cup Strawberries (sliced)
1/4 cup Almonds (chopped)

Directions

- 1 In a bowl, combine the coconut yogurt, vanilla extract, maple syrup, cocoa powder and cinnamon. Whisk together until evenly combined.
- 2 Divide evenly into bowls and top with strawberries and almonds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to 1/2 cup of yogurt.

Nut-Free: Use pumpkin seeds, sunflower seeds or shredded coconut instead of almonds.

Additional Toppings: Top with blueberries or raspberries.



Sesame & Sunflower Seed Mixture

8 servings

10 minutes

Ingredients

1/2 cup Sesame Seeds (white or black)
1/2 cup Sunflower Seeds
1/4 cup Unsweetened Shredded
Coconut
1/4 cup Chia Seeds

Directions

- 1 Add all ingredients to a food processor or blender and pulse until a fine crumb forms. Do not overmix.
- 2 Transfer to an airtight container. Enjoy!

Notes

Serve it With: Oats, cereals, yogurt, smoothies, pancakes, energy bites or sprinkle on top of salads

Leftovers: Keep refrigerated or freeze until ready to use.

Serving Size: One serving is about 3 tablespoons of the seed mixture.

No Chia Seeds: Use hemp seeds instead.

No Coconut: Omit or use a chopped nut, like almonds or walnuts, instead.

No Food Processor: Use a coffee grinder or personal blender with a milling blade.



Vanilla Chia Pudding with Berries

2 servings

3 hours

Ingredients

- 1 cup Lite Coconut Milk (canned)
- 2 tsps Maple Syrup
- 1 1/3 tsps Vanilla Extract
- 1/3 cup Chia Seeds
- 2/3 cup Blueberries
- 2/3 cup Strawberries

Directions

- 1 In a medium-sized bowl, whisk together the coconut milk, maple syrup, and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
- 2 Divide the chia pudding between bowls or containers and top with blueberries and strawberries. Enjoy!

Notes

Storage: Keeps well in an airtight container in the fridge for up to 5 days.



Tuna Salad Plate

2 servings

5 minutes

Ingredients

2 cans Tuna (drained, broken into chunks)
1 Avocado (pit removed)
1/2 cup Unsweetened Coconut Yogurt
1/2 Cucumber (sliced)
1/2 tsp Sea Salt

Directions

- 1 Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek yogurt instead.



Turmeric Chicken Salad

1 serving

30 minutes

Ingredients

227 grams Chicken Breast (skinless, boneless)

1 1/2 tsps Avocado Oil

1/2 tsp Turmeric

Sea Salt & Black Pepper (to taste)

1 cup Baby Spinach

1/2 cup Cherry Tomatoes

1/4 Cucumber (sliced)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Toss the chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Divide the spinach, cherry tomatoes, and cucumber between plates. Top with the chicken and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Top with your favorite dressing, a scoop of guacamole, some hummus, or additional vegetables.



Chicken & Chickpea Pasta Salad

3 servings

20 minutes

Ingredients

128 grams Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil
454 grams Chicken Breast (cubed)
1 tsp Italian Seasoning
1/4 tsp Sea Salt
1 cup Cherry Tomatoes (halved)
1/2 Cucumber (quartered)
2 tbsps Red Onion (thinly sliced)
1/2 Lemon (zested and juiced)

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for about five to seven minutes or until cooked through.
- 3 In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest and toss well to coat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is about 1 1/2 cups of pasta salad.

Make it Vegan: Use tofu or tempeh instead of chicken.

More Flavor: Add crumbled feta, goat cheese, garlic and/or balsamic vinegar.



Turkey & Hummus Rollups

2 servings

5 minutes

Ingredients

2/3 cup Hummus
241 grams Sliced Turkey Breast
2 cups Baby Spinach
2/3 Red Bell Pepper (medium, sliced)

Directions

- 1 Spread the hummus on the turkey slices.
- 2 Place the spinach and bell pepper on top. Wrap tightly into a roll and secure with a toothpick. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately three rolls.

More Flavor: Sprinkle with paprika or chili flakes and a squeeze of lemon juice. Add sliced cucumber and carrot to the roll.

No Spinach: Use arugula or lettuce instead.



Prosciutto-Wrapped Apples

3 servings

10 minutes

Ingredients

- 1 1/2 Apple (cored and sliced)
- 64 grams Prosciutto (cut in half)
- 2 1/4 tsps Fresh Dill (chopped)

Directions

- 1 Gently wrap the apple slices with prosciutto and top with dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Add lemon juice to the apples to keep them fresh longer, or slice just before enjoying.

Serving Size: One serving is roughly four pieces.

Additional Toppings: Ricotta or parmesan cheese.



Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

Ingredients

1/4 cup Walnuts (very finely chopped)
1 stalk Green Onion (very finely chopped)
1/4 tsp Sea Salt
1/2 tsp Italian Seasoning
1/2 tsp Lemon Juice
1 tbsp Extra Virgin Olive Oil (divided)
227 grams Salmon Fillet
2 cups Asparagus (trimmed)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



Lemon Cilantro Cod with Peppers

2 servings

35 minutes

Ingredients

3 tbsps Lemon Juice
3 tbsps Avocado Oil (divided)
3/4 cup Cilantro (finely chopped, divided)
1/2 tsp Sea Salt (divided)
2 Cod Fillet
1/2 Red Bell Pepper (sliced)
1/2 Yellow Bell Pepper (sliced)
1 Tomato (diced)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

Fillet Size: Each cod fillet is equal to 231 grams or 8 ounces.

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon: Use lime instead.

No Cod: Use another white fish, like haddock, instead.



Shrimp Fried Cauliflower Rice

2 servings

20 minutes

Ingredients

227 grams Shrimp (peeled, deveined)
1/4 tsp Chili Powder
1 tsp Avocado Oil (divided)
2 Egg
2 1/2 cups Cauliflower Rice
1 Red Bell Pepper (diced)
2 tbsps Coconut Aminos
2 stalks Green Onion (sliced)

Directions

- 1 Season the shrimp with the chili powder and heat a skillet over medium heat. Add half of the avocado oil and cook the shrimp for about 3 minutes per side. Remove and set aside.
- 2 In the same pan, add the eggs and scramble. Once cooked, remove and set aside.
- 3 Add the remaining avocado oil to the pan and cook the cauliflower rice and red pepper over medium heat. Let it cook undisturbed for 3 to 4 minutes, allowing the cauliflower rice to get crispy. Then stir and cook for 5 more minutes. Add the coconut aminos and stir.
- 4 Add the shrimp and egg back to the pan and stir. Top with the green onion, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season with toasted sesame oil, lime juice, hot sauce and/or chili flakes.

Additional Toppings: Add additional vegetables such as peas or carrots.

Make it Vegan: Use edamame and tofu instead of egg and shrimp.

No Coconut Aminos: Use tamari or soy sauce instead.



Steak, Butternut Squash & Broccoli

3 servings

40 minutes

Ingredients

4 1/2 cups Butternut Squash (peeled, seeds removed, chopped)
1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Sea Salt
680 grams NY Striploin Steak
1 1/2 tsps Thyme
3 cups Broccoli (chopped into florets)
1 1/2 tbsps Nutritional Yeast

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
- 5 Top the broccoli with nutritional yeast and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic and your favorite herbs to the steak.