



Luteal Phase Support Program

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Functional foods to support the body from ovulation to menstruation.

Our Luteal Phase Support Program is designed to reduce cravings and manage blood sugar during the second half of the menstrual cycle. Meals are high in protein and fiber, and low in carbs and sugar. This program is designed for pre-menopausal women.

This program was created with four key nutrients in mind:

Fiber

As you transition into the luteal phase of your menstrual cycle, the hormone progesterone rises. This may cause constipation and cravings for refined carbohydrates. Eating the proper amount and type of carbohydrate can help boost energy levels. This meal plan is lower carbohydrate and pairs high fiber foods with protein and fat to keep blood sugar and energy levels stable and prevent constipation.

Healthy Fats

Healthy fats can improve the regularity of periods and reduce premenstrual symptoms (PMS). Omega-3 fatty acids may reduce symptoms of PMS including bloating, headache, and breast tenderness. This plan incorporates many sources of omega-3 fatty acids including almond butter, avocado, walnuts, and salmon.




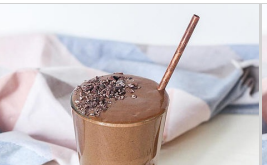
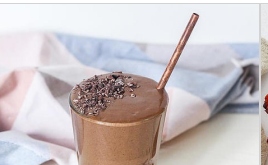

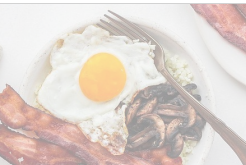

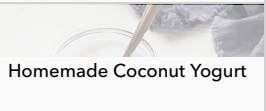
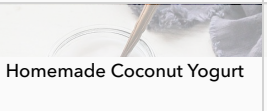


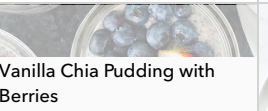


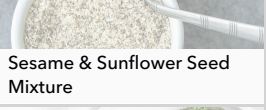
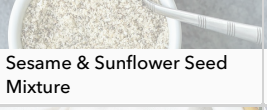
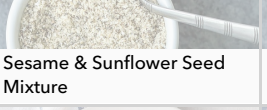
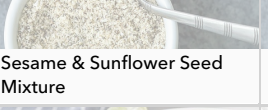
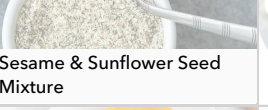




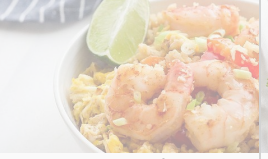
















Protein

During the luteal phase, the natural increase in progesterone levels causes protein breakdown. Getting enough daily protein will help prevent muscle loss, balance your blood sugar, and maintain a healthy weight. This meal plan will help you reach your protein goals by providing 30% of your calories from protein.

Iron

Iron is an important mineral that helps produce red blood cells and transports oxygen throughout the body. Eating iron-rich foods during the luteal phase can help prepare your body for the loss of iron stores during the follicular phase of the menstrual cycle. This meal plan contains good iron sources like beef, shrimp, tuna, and turkey. These iron sources are paired with foods that have vitamin C to enhance iron absorption.



	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	 Homemade Coconut Yogurt	 Homemade Coconut Yogurt	 Homemade Coconut Yogurt	 Homemade 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	
Lunch	 Turmeric Chicken Salad	 Walnut Crusted Salmon with Asparagus	 Pasta with Spinach & Turkey	 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 Kale Wraps	 Turkey Kale Wraps	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples
Dinner	 Walnut Crusted Salmon with Asparagus	 Pasta with Spinach & Turkey	 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
- ☐ 1/3 cup Lemon Juice
- ☐ 2/3 cup Strawberries

Breakfast

- ☐ 2 tbsps Almond Butter
- ☐ 2 tsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 2/3 cup Chia Seeds
- ☐ 1/4 tsp Chili Powder
- ☐ 1 tsp Italian Seasoning
- ☐ 1 1/16 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 cup Sesame Seeds
- ☐ 1/3 cup Sunflower Seeds
- ☐ 1 1/2 tsps Turmeric
- ☐ 1/4 cup Walnuts

Vegetables

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

Boxed & Canned

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

Baking

- ☐ 2 tsps Cacao Nibs
- ☐ 2 tbsps Cacao Powder
- ☐ 1 1/2 tbsps Nutritional Yeast
- ☐ 3 tbsps Unsweetened Shredded Coconut
- ☐ 1 1/3 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 10 slices Bacon
- ☐ 680 grams Chicken Breast
- ☐ 2 Cod Fillet
- ☐ 227 grams Extra Lean Ground Turkey
- ☐ 2/3 cup Hummus
- ☐ 680 grams Ny Striploin Steak
- ☐ 64 grams Prosciutto
- ☐ 227 grams Salmon Fillet
- ☐ 227 grams Shrimp
- ☐ 240 grams Sliced Turkey Breast

Condiments & Oils

- ☐ 1/3 cup Avocado Oil
- ☐ 3 tbsps Coconut Aminos
- ☐ 3 1/2 tbsps Extra Virgin Olive Oil

Cold

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

Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 454 grams Coconut Meat
- ☐ 2 Probiotic Capsules
- ☐ 1/2 cup Water



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.



Homemade Coconut Yogurt

4 servings

24 hours

Ingredients

454 grams Coconut Meat (thawed)
1/2 cup Water
2 tbsps Lemon Juice
2 Probiotic Capsules

Directions

- 1 In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
- 2 Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
- 3 Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

Notes

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

Probiotic Sensitivity: Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

More Flavor: Use coconut water instead of water.



Sesame & Sunflower Seed Mixture

6 servings

10 minutes

Ingredients

1/3 cup Sesame Seeds (white or black)
1/3 cup Sunflower Seeds
3 tbsps Unsweetened Shredded
Coconut
3 tbsps 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.



Turkey Kale Wraps

2 servings

10 minutes

Ingredients

1 1/2 cups Kale Leaves (whole, lacinato, washed and dried)
2/3 cup Hummus
240 grams Sliced Turkey Breast
1/4 cup Radishes (thinly sliced)

Directions

- 1 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 2 Roll the leaves into a wrap. Enjoy!

Notes

No Kale: Use another large leafy green such as collard or lettuce.

No Turkey: Use sliced chicken breast instead.

Leftovers: Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

No Hummus: Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

More Flavor: Sprinkle with sea salt, black pepper, paprika or your favorite spices.



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.



Pasta with Spinach & Turkey

2 servings

20 minutes

Ingredients

113 grams Chickpea Pasta
1 tbsp Extra Virgin Olive Oil (divided)
227 grams Extra Lean Ground Turkey
1/2 tsp Italian Seasoning
1/4 tsp Sea Salt
2 cups Baby Spinach (packed)

Directions

- 1 Cook the pasta according to the directions on the box.
- 2 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the spinach and stir until wilted.
- 3 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add garlic, red pepper flakes or fresh herbs.

No Chickpea Pasta: Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

No Turkey: Use ground chicken, pork, beef or cooked lentils instead.



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.