

Recipes:

Watermelon Mint Smoothie

Watermelon is packed with water and L-citrulline, an amino acid that helps reduce muscle soreness. Spinach provides a gentle boost of iron.

2 cups frozen watermelon chunks, ½ cup coconut water (great for electrolytes), ½ cup Greek yogurt (or a scoop of plant-based protein), a handful of fresh spinach, 3–4 fresh mint leaves.

Blend everything until completely smooth. Consume after training.

Strawberry-Banana Popsicles

Bananas are loaded with potassium to prevent muscle cramps, which is especially important during your period.

2 ripe bananas, 1.5 cups fresh or frozen strawberries, ½ cup orange juice, 1 tbsp chia seeds

Blend all ingredients until smooth then pour into popsicle molds and freeze for at least 4 hours.

Chocolate Cherry Smoothie

Tart cherries are famous for reducing muscle inflammation, while cacao/cocoa powder is rich in magnesium and iron to help support your body during your cycle.

1 cup frozen dark sweet cherries, 1 cup milk of choice, 1 scoop chocolate protein powder (or 2 tbsp unsweetened cocoa powder + ½ cup Greek yogurt), 1 tbsp almond butter, a pinch of sea salt

Blend until thick and creamy. Consume after training.

Iron-Boost Popsicles

Mango and pineapple contain bromelain, an enzyme that helps fight inflammation and eases period cramps. Paired with hemp seeds, this gives a sneaky protein and iron boost.

1.5 cups frozen mango or pineapple chunks, ½ cup full-fat coconut milk, 2 tbsp hemp seeds or pumpkin seeds, 1 tsp honey or maple syrup

Blend the ingredients until perfectly smooth, then pour into molds and freeze