

Iron-Boost Lentil & Root Vegetable Stew

Focus: Iron and Fiber for sustained energy during practice. Lentils are a powerhouse of plant-based iron. Adding turmeric helps reduce systemic inflammation caused by prostaglandins (the chemicals that cause cramps).

1 cup dried red lentils, 2 cups vegetable broth, 1 sweet potato (cubed), 2 carrots (sliced), 1 tsp turmeric, pinch of black pepper.

Combine all ingredients in a pot. Bring to a boil, then simmer for 15–20 minutes until the lentils are soft.

Quick Spinach & Parmesan "Power" Risotto

Targets magnesium and vitamin B6 to help muscle relaxation. Spinach is rich in magnesium, which helps relax the uterine muscles, potentially easing those mid-season cramps.

1 cup arborio rice (or quick-cook brown rice), 2 cups chicken or veg broth, 2 cups fresh baby spinach, ¼ cup shredded Parmesan, squeeze of lemon.

Simmer rice in broth, stirring occasionally. Once the liquid is absorbed and rice is tender, fold in the raw spinach—the heat from the rice will wilt it instantly. Top with Parmesan and lemon.

Avocado Toast

With healthy fats and vitamin E. The whole-grain bread provides B vitamins, and the avocado offers Vitamin E, which some studies suggest can help reduce period pain duration.

1 slice whole-grain bread, ½ ripe avocado, 1 hard-boiled egg (sliced), red pepper flakes.

Toast the bread, mash the avocado on top, and layer the egg slices. Sprinkle it with red pepper flakes for extra flavor and spice.

Probiotic Berry & Chia Parfait

Focuses on calcium and hydration. Calcium is essential for muscle contraction and has been shown to help with mood stability. Berries provide high water content to help with bloating.

1 cup plain Greek yogurt, 1 tbsp chia seeds, ½ cup mixed berries (blueberries/raspberries), drizzle of honey.

Mix the chia seeds into the yogurt and let sit for 5 minutes (this hydrates the seeds). Top with berries and honey.