

Your Daily PMS Support Checklist

For energy, mood, digestion & cravings during the luteal phase

Morning Routine

- START THE DAY WITH WARM WATER + LEMON (SUPPORT DIGESTION, REDUCE BLOATING)
- ADD 1–2 TSP CHIA OR PSYLLIUM TO BREAKFAST FOR FIBER AND REGULARITY
- EAT A PROTEIN-RICH BREAKFAST (E.G., EGGS, GREEK YOGURT, TOFU SCRAMBLE)
- TAKE MAGNESIUM (200-400 MG) ESPECIALLY IF PRONE TO CRAMPS OR HEADACHES
- OPTIONAL: WALK OR LIGHT MOVEMENT TO REDUCE PMS IRRITABILITY

MEALS & SNACKS

- Include lean protein at every meal (turkey, fish, tofu, eggs)
- Prioritize complex carbs for stable energy (quinoa, lentils, sweet potato)
- Add healthy fats: avocado, olive oil, nuts/seeds for hormone support
- Include at least 3 cups of vegetables: cucumber, zucchini, leafy greens
- Snack smart: pair fruit with protein or fat (e.g., apple + almond butter)



Hydration & Minerals

- Aim for 2–2.5L water daily
- Add herbal tea for bloating: ginger, peppermint, or dandelion root
- Use a pinch of salt or electrolyte drops if feeling tired or puffy
- Watch sodium in packaged foods it can worsen water retention

Mood & Mental Clarity

- B6-rich foods: chickpeas, salmon, bananas
- Omega-3s: fatty fish or flax/chia daily
- Take breaks outdoors for natural light and nervous system regulation
- Reduce screen time 1 hour before bed to support serotonin/melatonin

Evening Support

- Light, warm dinner (avoid heavy or salty foods before bed)
- Ginger or fennel tea if bloated or crampy
- Apply heat pack for cramps or low back tension
- Gentle stretching, legs-up-the-wall pose, or a short walk after dinner
- Magnesium glycinate + calcium before bed for muscle relaxation and sleep



Bonus Weekly Support (Optional)

- Track symptoms across cycles to see patterns
- Try an Epsom salt bath or foot soak 1–2x/week
- Prep PMS-supportive snacks ahead of time
- Journal mood, energy, digestion for self-awareness