



Luteal Phase Support Meal Plan

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Hi beautiful soul!

Welcome to your "Luteal phase" one day meal plan! As mentioned during the workshop, this is the phase of your cycle that takes place between days ~14-28 (on a 28 day average cycle); where the Premenstrual Syndrome (PMS) starts to occur with uncomfortable symptoms like:

- Depression & anxiety
- Skin problems (acne)
- Breast tenderness
- Increased appetite (increasing cravings)
- Fatigue, etc.

Therefore, during this phase you will need plenty of protein to assist with maintaining muscle and strength as your body prepares to bleed during your period. Also, is important to include foods that are low in sugar and simple carbs, as well as foods that will support your mood and stress response.

This is why this meal plan includes **lean meats such as chicken** (*you can have red meat for higher iron content like beef or lamb), **leafy greens, chia seeds and chickpeas (high in magnesium, fibre and other minerals)**. Also, These foods are filling and help you feel satiated longer to decrease cravings.

On the next pages, you will find the plan I have created for you, along with an itemized grocery list and delicious recipes.

In addition to this, I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Also, don't stress out if you can't find the exact ingredients outlined in the grocery list. Please reach out to me so that I can provide you with alternatives. At the same time, the meal plans are meant to be flexible, and some meals can be substituted with other food items. This is just a guide; to give you an idea of what you should be eating at this phase of your monthly cycle. If you have any questions about it please don't hesitate to contact me :)

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized way starting with fruits, then vegetables, etc. Doing your shopping this way will help you save time!

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.



And lastly, when buying produce choose to buy organic whenever possible from the "dirty dozen list" to reduce your exposure to pesticides, fungicides and other chemicals that can affect your health.

Refer to this list for organic produce:

Dirty Dozen list: (should be bought organic!!)

Strawberries
Spinach
Kale
Nectarines
Apples
Grapes
Peaches
Cherries
Pears
Tomatoes
Celery
Potatoes
+ Hot Peppers

Clean fifteen list : (can buy non-organic since the exposure to pesticides is less)

Avocados
Sweet Corn
Pineapple
Onions
Papaya
Sweet Peas Frozen
Eggplant
Asparagus
Cauliflower
Cantaloupe
Broccoli
Mushrooms
Cabbage
Honeydew Melon
Kiwi

DISCLAIMER:

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan



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should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Thanks again for participating on the Women's Health workshop on Hormones!

~Let vitality flow within you!!!~

~It is not a diet, it is a lifestyle change! ~

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Mon

Breakfast



Vanilla Chia Pudding with Berries



Sesame & Sunflower Seed Mixture**

Snack 1



Ginger Mint Tea

Lunch



Roasted Broccoli, Chicken & Barley Bowl

Snack 2



Hummus Dippers

Dinner



Citrus Beet Salad

Snack 3



Digestive Night Time Tea



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Fruits

- ☐ 2/3 cup Blueberries
- ☐ 1/2 Lime
- ☐ 1/2 Navel Orange
- ☐ 2/3 cup Strawberries

Breakfast

- ☐ 2 tsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Chia Seeds
- ☐ 1/2 tsp Coriander Seed
- ☐ 1 tsp Dried Peppermint Leaves
- ☐ 1/2 tsp Fennel Seed
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 2/3 tsps Sesame Seeds
- ☐ 2 2/3 tsps Sunflower Seeds

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 4 Beet
- ☐ 1 1/2 cups Broccoli
- ☐ 3 Carrot
- ☐ 4 stalks Celery
- ☐ 3 tsps Ginger
- ☐ 3/4 cup Mint Leaves
- ☐ 1/2 Orange Bell Pepper
- ☐ 1/4 cup Radishes
- ☐ 1/3 cup Red Onion
- ☐ 1 Yellow Bell Pepper

Boxed & Canned

- ☐ 1 cup Chickpeas
- ☐ 1 cup Lite Coconut Milk
- ☐ 1/2 cup Quinoa

Baking

- ☐ 1 1/2 tsps Unsweetened Shredded Coconut
- ☐ 1 1/3 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 198 grams Chicken Breast
- ☐ 1/4 cup Goat Cheese
- ☐ 1 cup Hummus

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1 tsp Dijon Mustard
- ☐ 3 tsps Extra Virgin Olive Oil

Other

- ☐ 3/4 cup Pearl Barley
- ☐ 3 1/2 cups Water



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.



Sesame & Sunflower Seed Mixture**

3 servings

10 minutes

Ingredients

- 2 2/3 tbsps Sesame Seeds (white or black)
- 2 2/3 tbsps Sunflower Seeds
- 1 1/2 tbsps Unsweetened Shredded Coconut
- 1 1/2 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 and keep in the fridge to use daily for 3-4 days. 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.



Ginger Mint Tea

2 servings

10 minutes

Ingredients

- 2 1/2 cups Water
- 3 tbsps Ginger (peeled, sliced)
- 1/4 cup Mint Leaves (stems removed)

Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 2 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size: One serving equals approximately 2 cups.

More Flavor: Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

Enjoy it Cold: Add ice cubes.

No Mint Leaves: Use spearmint leaves instead.



Roasted Broccoli, Chicken & Barley Bowl

2 servings

35 minutes

Ingredients

198 grams Chicken Breast
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 1/2 cups Broccoli (florets, chopped)
1/2 Orange Bell Pepper (medium, chopped)
1/3 cup Red Onion (cut into chunks)
3/4 cup Pearl Barley (uncooked, rinsed and drained)
1/2 Lime (juiced)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Coat the chicken with 1/2 of the oil and season with salt and pepper. Place in the oven and bake for 15 minutes. The chicken will not be cooked through.
- 3 Add the broccoli, bell pepper, and red onion to the tray. Season the vegetables with salt and pepper and toss with the remaining oil. Bake for about 15 minutes or until everything is cooked through.
- 4 Meanwhile, cook the barley according to package directions.
- 5 Divide the ingredients evenly between bowls and squeeze lime juice on top. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

Gluten-Free: Use brown rice or quinoa instead of barley.

More Flavor: Add zucchini and/or corn.

Additional Toppings: Parsley, cilantro, salsa, and/or your favorite dressing.

Make it Vegan: Use tofu instead of the chicken.

No Lime: Use lemon instead.



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Mix it Up: Substitute in different veggies like cucumber or zucchini.



Citrus Beet Salad

4 servings

1 hour

Ingredients

4 Beet (medium, cut into quarters)
1/2 cup Quinoa (uncooked, dry)
2 tbsps Extra Virgin Olive Oil
1/2 Navel Orange (juiced)
1 tbsp Apple Cider Vinegar
1 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach
1/4 cup Radishes (finely sliced)
2 Carrot (medium, peeled into ribbons)
1 cup Chickpeas (cooked, from the can)
1/4 cup Goat Cheese (crumbled)
1/2 cup Mint Leaves (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 2 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 3 Cook your quinoa on the stove according to package directions, and set aside.
- 4 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 5 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

Notes

Prep Ahead and Save Time: The beets and quinoa can be prepped in advance to make assembling this salad much faster.

Dairy-Free: Omit the goat cheese

No Chickpeas: Use another protein instead such as tofu or cooked, diced chicken breast.

No Quinoa: Use rice instead.

Leftovers: Store in an airtight container in the fridge up to 3 to 4 days and enjoy cold.



Digestive Night Time Tea

1 serving
10 minutes

Ingredients

1 tsp Dried Peppermint Leaves
1/2 tsp Coriander Seed
1/2 tsp Fennel Seed
1 cup Water (hot)

Directions

- 1 Combine the dried peppermint leaves, coriander and fennel in a tea infuser. Steep in hot water for at least 5 minutes, or until your desired strength. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size: One serving equals approximately one cup.

More Flavor: Sweeten with honey or your choice of sweetener.

Enjoy It Cold: Add ice cubes.

Large Batch: Increase the serving size of the dried mint leaves, coriander and fennel. Combine and store in a jar. Scoop 2 teaspoons for every cup of hot water.