

## Yoga for Menstrual phase

Cobbler's Pose (Baddha Konasana) the Cobbler's Pose, opens up the pelvic region. For a gentler version, come into a forward bend using a bolster or several folded blankets to support your torso. This may help you relax even more. Since the lower half of the body may feel heavy during menstruation, seated poses can be especially helpful. You may stay in each pose for several minutes.

## Yoga for Menstrual phase

Head to Knee Pose (Janu Sirsasana) "Extend your right leg and place the bottom of your left foot on your right inner thigh.

Center your torso over the right leg and fold forward.

Come back through the Cobbler's Pose to set up for the other side." The Head to Knee Pose, Janu Sirsasana, stretches the hamstrings. It's a simple stretch that allows you to focus on one leg at a time. It also helps you gently lengthen your hips and groin.

## Yoga for Menstrual phase

Seated Straddle (Upavistha Konasana) Open both your legs wide into Upavistha Konasana, the Seated Straddle. If you'd like, you can do a more supported forward fold by adding a bolster or blankets This pose stretches the hamstrings and inner thighs while also lengthening the spine.

## Yoga for Menstrual phase

Seated Forward Bend (Paschimottanasana) "Bring both legs outstretched for a forward bend.

Lengthen the spine in a seated position before coming forward. Imagine the pelvis as a bowl that is tipping forward as you come down" The Seated Forward Bend, Paschimottanasana, goes deeper in opening the hamstrings and calves. It also gives your back a nice stretch.

## Yoga for Menstrual phase

Supported Bridge Pose (Setu Bandha Sarvangasana) "Lie down on your back. This pose, Setu Bandha Sarvangasana, is similar to a back bend.

Press into your feet to lift the hips slightly and slide a yoga block under them for support.

To come out, press into the feet to lift the hips again and slide the block out." This very gentle back-bend can help relieve back pain associated with menstruation

#### Yoga for Menstrual phase

Goddess Pose (Supta Baddha Konasana) "Stay in a reclined position with your knees bent.

Release your knees out to the sides and down to your mat.

Bring the bottoms of your feet together. Placing a bolster under the length of your spine can feel great here." If you can stay in this pose for several minutes, it's a great way to end your session. Five to 10 minutes in a meditative state in Goddess Pose can help you relax.

#### Yoga for Menstrual phase

#### Yoga for Menstrual phase

Padmasana (Lotus Pose) "Sit on the floor in Dandasana with your legs extended. Bend your right knee out to the side, and cradle your knee and your foot in your hands. Rotate your leg from the hip (not the knee) and guide your foot into your left hip crease.

Bend your left knee, rotating the thigh outward from the hip and, just as you did on the right. Lift your shin slightly and guide the left foot over the right, and bring it to tuck into the right hip crease.

Settle the tops of your feet against your upper thighs and release your knees towards the floor. Try not to let the ankles sickle.

Sit up tall, lift your sternum and lengthening your spine. Sitting on a folded blanket may help keep the spine from rounding.

Take slow, deep breaths and stay in the pose as long as is comfortable." "May help lower or regulate blood pressure

Stretches the front of the thighs (quadriceps) and ankles"

#### Yoga for menstrual phase

**Cobra Pose** Lie on your stomach with your legs straight and feet together, and place your hands under your shoulders. Using your hands to push you, lift your head and shoulders. Breathe deeply. Hold this pose for 30 to 60 seconds, as long as you feel comfortable. Then return to your original lying position. Breathing should be deep. Try to completely fill the belly when you breathe. They may help you cope with heavy cramping, and are best for your heavier menstrual days. Stretches are best done when the body is warm (as it is after a bath or shower). Each stretch should be held for 30 to 60 seconds. Please do not push to the point of pain or discomfort.

#### Yoga for menstrual phase

**Cat/Cow Pose** Get on your hands and knees. Make sure your hands are directly under your shoulders, and your knees are directly under your hips. Take a deep breath in, and lower your belly toward the ground, while you gently stretch your head and bottom. They may help you cope with heavy cramping, and are best for your heavier menstrual days. Stretches are best done when the body is warm (as it is after a bath or shower). Each stretch should be held for 30 to 60 seconds. Please do not push to the point of pain or discomfort.

#### Yoga for luteal, ovulatory or follicular phase

**Matsyasana (Fish Pose)** Lie flat, with your back on the ground. Keep your arms under your hips, with your elbows touching the waistline. Bend both legs, bringing them in a cross-legged pose, with the knees, thighs still touching the floor. Inhale and raise your upper body, then the back of the head, hold the posture for a few minutes, then exhale and relax the torso. Tackle Irregular Periods And Preserve Hormonal Balance

#### Yoga for luteal, ovulatory or follicular phase

**Dhanurasana (Bow Pose)** Lay down on the ground, with your stomach touching the floor, feet spread apart a little and arms along the side of the body. Lift your lower legs, keeping them steady by holding on to your ankles with your hands. Raise your chest and legs off the surface while taking in a deep breath. Stay in this manner for as many seconds as possible, then gradually bring your upper body and legs back to the floor. Tackle Irregular Periods And Preserve Hormonal Balance

#### Yoga for luteal, ovulatory or follicular phase

**Adho Mukha Svanasana (Downward Facing Dog Pose)** Balance yourself on all four limbs, placing your arms down straight, with your head facing front, bending your knees and stretching your lower

legs outwards on the ground, resembling a table. Slowly lift your hips while breathing out, straightening your arms, elbows, to form a V-shaped structure. Extend your arms, further elevating your body, hold the pose for a few minutes, then gently relax and come back to the table position.

Tackle Irregular Periods And Preserve Hormonal Balance

Yoga for luteal, ovulatory or follicular phase

Malasana (Garland Pose) Start by placing yourself on the floor in a comfortable squat position, with heels flat on the ground, thighs wide apart and feet closer to each other. Exhale, then bend the body forwards, to fit your torso in between the thighs. Fold the hands, place the elbows on the inner thighs, applying some pressure. Swing your arms, slightly elevate your heels, then gradually come back to the squat position and relax. Tackle Irregular Periods And Preserve Hormonal Balance

Yoga for luteal, ovulatory or follicular phase

Ustrasana (Camel Pose) Kneel on the floor, with heels flat and facing upwards, keeping hands on the hips. Make sure that the knees and shoulders are aligned in a straight manner. Inhale deeply, then bend your back, gripping your feet with your hands for balance. Retain this posture for one minute, then slowly bring your back to an upright position, relaxing the legs and hands as well. Tackle Irregular Periods And Preserve Hormonal Balance

Recipe for menstrual phase

Cinnamon dark chocolate chip overnight oats "

½ cup rolled oats (Old Fashioned, not Instant)

½ cup almond milk (or cow's milk, oat milk, soy milk – whatever milk you're loyal to)

1-2 tbsp pure maple syrup (the real kind, please) or honey

½ tsp cinnamon

½ tsp unsweetened cocoa powder

2 tbsp dark chocolate chips

¼ cup plain Greek yogurt

¼ tsp vanilla extract (optional)

1 tsp chia seeds (optional)Â

1 banana (optional)

" "

The night before: Mix all the ingredients EXCEPT the banana in a bowl or mason jar, preferably one with a lid.Â

Place the covered bowl or mason jar in the refrigerator overnight (or for at least 6 hours).Â

The morning of: Grab a banana, slice it up any way you like, and place it on top of your oats. Enjoy!

"

Recipe for menstrual phase

Sheet pan pesto salmon with roasted sweet potato & broccoli rabe "

2 (6oz.) salmon fillets (wild-caught is our favorite if you can find it)

1 cup broccoli rabe, trimmed with tough stems removed

1 ½ sweet potatoes, cubed

½ tsp smoked paprika

1 tbsp extra virgin olive oil

Salt and pepper, to taste

1 lemon, sliced into wedges

1/3 cup walnuts

2 large garlic cloves, roughly chopped

2 cups gently packed \*fresh\* basil leaves

1/2 teaspoon salt

1/4 teaspoon ground black pepper

2/3 cup extra virgin olive oil

1/2 cup grated parmesan cheese

" "

Preheat the oven to 400° F.

Spray a large sheet pan with non-stick spray or cover with parchment paper.

Make the pesto: Place the walnuts and garlic in a food processor and pulse until chopped. Add the basil, salt, and pepper, and pulse until the mixture looks like a thick paste. Then, with the food processor running, add your olive oil in a steady stream until fully incorporated. Add the parmesan and pulse 30 seconds more. Store in a mason jar for up to a week in the fridge.

Toss cubed sweet potatoes in a bowl with ½ tablespoon of olive oil, salt, and smoked paprika. Spread on one side of the sheet pan in an even layer.

Place sweet potatoes in the oven for 15 minutes until partially cooked. Remove the pan from the oven, flip the sweet potatoes.

Toss broccoli rabe with the other ½ tablespoon of olive oil, salt and pepper and spread on the other side of the sheet pan, leaving enough room for your salmon fillets.

Place salmon fillets in the middle of the sheet pan and top each with a heaping spoonful of your homemade pesto so it covers each fillet. Place 1 lemon wedge on each fillet.

Place the sheet pan back in the oven and bake for 15 minutes (you may need to leave the salmon in a couple of minutes longer depending on thickness).

"

#### Recipe for menstrual phase

Thai ginger chicken stir fry "

1 lb boneless, skinless chicken breast, cut into strips or bite-sized pieces

2 tablespoons avocado oil

3 cloves garlic, minced

1 tablespoon fish sauce

1 tablespoon soy sauce (or coconut aminos)

2 tablespoons oyster sauce

1 tablespoon honey

1 tsp sriracha sauce (optional)

½ cup fresh ginger, cut into matchsticks

1 red bell pepper, cut into strips

2 cups baby bok choy leaves, cleaned with ends trimmed

¾ cup sliced shiitake mushrooms

Salt and pepper to taste

2 tablespoons fresh basil leaves or cilantro (optional)

1 cup cooked brown rice

" "

Stir the fish sauce, soy sauce, oyster sauce, sriracha sauce, garlic, and honey in a small bowl until combined.

Heat the avocado oil in a large frying pan or wok over medium-high heat.

Season the chicken breast pieces with salt and pepper, then transfer to the pan and cook, stirring occasionally, until browned on all sides and nearly cooked through.

Add the mushrooms, bell pepper, and ginger to the pan and stir fry for another 2 minutes. Then, turn the heat up to high and pour in the sauce, stirring right away (it should sizzle). Let the sauce thicken for a minute or so, then lower the heat and continue to cook on medium for another 2-3 minutes, or until chicken is cooked through. Add the bok choy leaves and stir gently, allowing them to wilt down slightly.

Divide the rice between two bowls, top each bowl with stir fry, and garnish with basil or cilantro.

"

Recipe for menstrual phase

Any-meal avocado toast "

1 avocado, quartered and then thinly sliced

2 small slices or one large slice multi-seed or multigrain + flax seed bread, toasted

½ lemon

1 small radish, thinly sliced

2 tbsp roasted pumpkin seeds (salted or unsalted)

¼ tsp smoked paprika

½ tsp everything bagel seasoning

Salt and pepper to taste

1 tsp extra virgin olive oil

1 egg (optional)

" "

Arrange the avocado slices on your toasted bread in an even layer.

Arrange the radish slices on top of the avocado.

Squeeze a bit of lemon juice over both slices (or your single slice).

Sprinkle on the pumpkin seeds, paprika, everything bagel seasoning, salt, and pepper.

Add a drizzle of olive oil, if desired.

Want to make it a more filling meal? Fry or poach your egg and put that on top, too!

"

Recipe for menstrual phase

Glow-up "œsalad in a smoothie" "

½ avocado (fresh or frozen)

2-3 big handfuls of fresh baby spinach

¼ cup plain Greek yogurt

¼ cup frozen banana slices

¼ cup frozen blueberries

¼ cup frozen raspberries

1 ½ cups orange juice

½ cup almond milk (or milk of choice)

1 tbsp chia seeds

1 tbsp flax seeds

1 scoop collagen peptides or unflavored protein powder of your choice (optional)

" "

Place the avocado, Greek yogurt, frozen banana, and frozen berries in a blender.



Add the chia seeds, flax seeds, and protein powder if desired, then shove in as much spinach as you can within your blender's capacity (trust us on this – you won't taste it!).

Pour in the orange juice and almond milk (make sure you have enough liquid to cover the top of your other ingredients, but don't overfill your blender).

Blend for 1-2 minutes until everything is totally combined. If needed, add a couple ice cubes to thicken it up. Enjoy!

"

#### Recipe for menstrual phase

Green Mint Chip Smoothie "1 banana or 1/2 cup mango

8-10 oz/500 ml unsweetened almond milk (hemp, oat, cashew milks are a good substitute)

1 handful of spinach or kale

4 sprigs of fresh mint or 2 droppers

2 tbsp cacao nibs

1 scoop plant based protein- like this Garden of Life protein we love to use.

1 Tbsp prebiotic fiber – like this Uplift Food prebiotic fiber! (optional)" " Wash leafy greens and prepare the rest of the ingredients.

Add all ingredients to your blender and blend on high for 45 – 60 seconds.

Enjoy!"

#### Recipe for menstrual phase

Strawberry and Cocoa Smoothie"3/4 cup frozen strawberries (mixed berries works too!)

2 handfuls greens- you pick – we used spinach

1 Tbsp raw cocoa powder

1 serving (scoop) plant based protein (like Garden of Life Vanilla Greens & Protein formula)

1 cup unsweetened almond, oat or flax milk

1 scoop (3 grams) l glutamine

1 Tbsp cacao nibs

1 heaping Tbsp prebiotic fibers (green banana, jerusalem artichoke- we used Uplift Foods!)

1 handful of ice"        "Combine all ingredients in your blender.  
Blend on high until fully blended and mixed- about 45-60 seconds.  
Serve and enjoy!"

#### Recipe for menstrual phase

Paleo Banana Carrot Breakfast muffin    "Dry ingredients:

1 1/4 cups almond flour  
1 tsp baking powder  
Dash cinnamon  
Dash salt  
1/2 tsp all spice

#### Wet ingredients:

3 eggs- beaten  
2 bananas, mashed  
3 Tbsp honey  
3 Tbsp coconut oil  
1 tsp vanilla extract

#### Ingredients to fold in:

3/4 cup grated carrot

3-4 Tbsp walnut pieces and halves"        "Preheat the oven to 350 degrees fahrenheit and line with paper or silicone liners a muffin pan or grease (with coconut oil) a muffin tray.

In a mixing bowl, combine the dry ingredients and set aside.

In another mixing bowl combine the wet ingredients until thoroughly mixed and then pour on top of the dry ingredients and mix together.

Fold in shredded carrot and walnuts to the batter.

Pour batter into muffin pan and place the pan into the oven. Bake for 20-22 minutes or until a tooth pick comes out completely clean.

Allow the muffins to cool before serving.

Enjoy!"

Recipe for menstrual phase

Summer Tomato and Squash Soup      "Soup:

1 cup cherry tomatoes, halved

1 summer squash, sliced

1/2 apple, cut up

Dash of salt, pepper and chili powder

3 sprigs fresh parsley (optional): 1 teaspoon chopped jalapeno pepper, 1-2 carrots, 2-3 Tbsp chopped onion- other vegetables you like

Toppings:

1/3 avocado (per serving)

Dash chili powder, salt, pepper

2 cherry tomatoes,

halved 1 sprig fresh parsley and cilantro (Optional): Extra halved cherry tomatoes, shrimp, shredded chicken, extra toppings you love"      "Wash and prepare ingredients and add to blender or food processor.

Blend or process for 2-3 minutes or until well blended.

Heat if desired (I used the Vitamix so the soup was already hot)- or serve cold.

Serve and top with your favorite toppings.

Enjoy!"

Recipe for menstrual phase

## Summer Tomato and Squash Soup "Soup:

1 cup cherry tomatoes, halved

1 summer squash, sliced

1/2 apple, cut up

Dash of salt, pepper and chili powder

3 sprigs fresh parsley (optional): 1 teaspoon chopped jalapeno pepper, 1-2 carrots, 2-3 Tbsp chopped onion- other vegetables you like

### Toppings:

1/3 avocado (per serving)

Dash chili powder, salt, pepper

2 cherry tomatoes,

halved 1 sprig fresh parsley and cilantro (Optional): Extra halved cherry tomatoes, shrimp, shredded chicken, extra toppings you love" "Wash and prepare ingredients and add to blender or food processor.

Blend or process for 2-3 minutes or until well blended.

Heat if desired (I used the Vitamix so the soup was already hot)- or serve cold.

Serve and top with your favorite toppings.

Enjoy!"

## Recipe for menstrual phase

Teriyaki Salmon with sesame veggies "2 Tbsp sesame seeds

5 Tbsp low sodium teriyaki sauce

1 lb wild sockeye salmon

2 tsp olive oil 1 scallion, chopped

3 zucchini squash sliced into thin rounds

4 carrots, peeled and chopped

1 head broccoli, chopped into florettes" "First, start by marinating the salmon in about 4 Tbsp teriyaki sauce in a plastic bag- set aside for 15-20 minutes.

While the salmon is marinating, toast the sesame seeds by placing seeds (no oil) in a warm skillet over medium heat, stirring every 1-2 minutes for about 5-7 minutes or until the seeds are browned- set aside.

Wash and prepare vegetables and set aside.

Remove the salmon from the baggie with the sauce and place directly into medium skillet over medium heat (no oil needed)- cook for about 3-5 minutes on each side then remove from skillet and set aside.

Add the vegetables and oil to the skillet and saut   for about 10 minutes, stirring every few minutes to prevent burning.

Sprinkle sesame seeds through veggies once the veggies are done cooking.

Plate and serve the salmon with 1 tsp extra teriyaki sauce per portion (as needed).

Enjoy!"

#### Recipe for menstrual phase

Cucumber and tomato Salad     "1 cucumber, spiralized (or use a knife to cut thin ribbons if you don  t have a spiralizer)

1 cup cherry tomatoes, halved (optional)

    red onion, sliced thin

#### DRESSING:

    lemon, juiced

2 Tbsp olive oil

Salt and pepper to taste"     "Wash and prepare ingredients- spiralize or slice the cucumber thin and half the tomatoes- then place into a large salad bowl.

In a small bowl whisk together ingredients for dressing.

Pour dressing over cucumber and tomato salad.

Serve and enjoy!"

#### Recipe for follicular phase

Pumpkin chickpea blondies      "1 15 oz box chickpeas, rinsed and drained

1 can unsweetened pumpkin puree

2 Tbsp coconut oil

1/2 cup coconut flour

1 tsp vanilla extract

1/4 cup maple syrup

2-3 scoops plant based protein (30 grams or so)

1/4 tsp baking powder

1/4 tsp baking soda 3 Tbsp chia seeds

1/4 cup chocolate chips"      "Preheat the oven to 350 and grease an 8x8 glass dish. Combine all the ingredients in a food processor (or strong blender- I used a vitamix) - except the chocolate chips- blend until smooth

Pour batter into dish and flatten using a spatula

Bake for 40 minutes or until they aren't goopy (it took me 40-45 minutes)

Remove from oven and allow to cool, before eating! Or put on your other breakfast items!

Store in fridge (I think it keeps them better!)"

Recipe for follicular phase

Baked Blueberry oatmeal bars      "2 cups rolled oats

2 cups boiling water

1 Tbsp honey

3 flax eggs (1 Tbsp flaxseed + 3 Tbsp water)

1 cup water

2 Tbsp chia seeds

2 scoops protein powder (you pick-we used Orgain)

4 Tbsp coconut shreds (large tablespoons)

1/2 cup blueberries fold in"      "Preheat the oven to 375 degrees F

Boil the water, and pour over the oats- allow them to sit for 10 minutes

In a separate bowl mix together the flax egg, the honey and the water- let it all sit together

Once the flax egg has sat (about 3 minutes) and all wet ingredients are mixed, add the other ingredients- chia seeds, protein powder, and coconut shreds.

Stir both mixtures together and pour into the soaking oats.

Mix together thoroughly

Fold in blueberries Pour the entire mixture into a lightly greased baking dish (9 x 13) and place into the oven

Bake for 30 minutes Remove from oven, allow to cool and then cut

Serve and enjoy"

Recipe for follicular phase

Quinoa chia pancakes "1 cup quinoa flour

2/3 cup almond milk or water

2 eggs

1 tsp vanilla extract

1 tsp cinnamon

2 tsp chia seeds

1 Tbsp maple syrup Dash salt

(For pan) mist of avocado oil " "Combine all ingredients in a small mixing bowl and combine using whisk or immersion (hand-held) blender until mixture is homogenous.

Heat a medium skillet over medium heat and mist the pan with avocado or other high smoke point oil- 2 minutes.

Pour batter into 4-5€³ rounds and cook on each side- about 2 minutes.

Serve with your favorite toppings and enjoy!"

Recipe for follicular phase

Spaghetti and meatballs"Spaghetti squash:

1 spaghetti squash, halved and seeds carved out

#### Meatballs:

1 small onion, sliced

1 carrot, sliced

1/2 zucchini, sliced

1 1/2 lbs ground grass-fed beef or turkey

Dash each: Salt, pepper, onion powder, oregano, parsley (and any that you like)

1 Tbsp avocado oil

#### Sauce:

1, 16 oz low-sodium jar of organic

Tomato sauce (to make it easy)" "Preheat the oven to 400 degrees and on a baking sheet lined with parchment paper place both halves of the spaghetti squash face down and bake for 30-40 minutes or until soft (or microwave for total 12 minutes face down on a glass dish" > MUCH easier option!).

In the vitamix or food processor, blend together on low speed the vegetables, meat, and herbs and spices- until well mixed.

Form meatballs with your hands or with a spoon and set aside (should make 4-8 depending on the size).

Heat a medium skillet over a medium flame and add the avocado oil to the skillet and allow to heat for 1-2 minutes.

Add the meatballs to the skillet and cook on medium heat (flipping once or twice about every 3-5 minutes, for a total of 10-12 minutes), set aside on a plate once they're cooked.

Remove the spaghetti squash from the oven or microwave and with a fork " run through the center of the squash and the squash will be like spaghetti.

In a mini sauce pan, heat the tomato sauce (if you like it hot) over medium heat so that when you serve it's warm!

Plate the spaghetti squash with the sauce and meatballs, and sprinkle with your favorite cheese if you're not dairy free.

Serve and enjoy!"

Recipe for follicular phase



Easy beef burgers        "1 Tablespoon olive oil

1 small yellow onion, chopped

1 lb grass-fed beef

2 Tbsp ketchup or tomato sauce

Dash each: oregano, basil, salt, pepper " "Heat a skillet over medium heat and add 1 tsp olive oil or other oil.

Add chopped onion to pan to saute- about 4 minutes or until soft- remove from heat.

In a separate bowl mix together 1 lb grass-fed ground beef, ketchup, salt, pepper, dash each of oregano and basil, then add the sauted onion, then mix together and form patties (about 4-5 in total).

In a medium skillet, heat 1 tsp olive oil oil over medium heat and allow the oil to spread over the entire pan.

Add the burgers to the pan and cook about 5 minutes per side or until cooked to desired consistency.

Serve the burgers over a bed of lettuce or with your favorite sides"

Recipe for ovulatory phase

Breakfast yogurt bowl    "6 oz dairy free/lactose free coconut milk yogurt (yogurt of choice)

1 Tbsp chia seeds

1 tbsp goji seeds

1 tbsp blueberries, or other berry of choice

1/4 diced bananas

1 tsp of honey dash of cinnamon"        "Pour your choice of yogurt into a bowl, add the toppings!

Enjoy!"

Recipe for ovulatory phase

Banana paleo pancakes "1/2 teaspoon coconut oil (for pan)

2 eggs

1 banana, mashed with a fork

1/6 cup coconut flour

2 Tablespoons almond milk

Dash cinnamon Pinch of salt " "Heat a medium frying pan over medium heat.

While the pan is heating, add the eggs, mashed banana, coconut flour, almond milk, dash of cinnamon and salt to a blender or food processor and blend/process for 20-30 seconds or until smooth; set aside.

Grease the warm pan with the coconut oil- tilting the pan so that the oil disperses evenly.

Pour the batter into the heated pan, either into smaller 3â€³ pancakes or a few larger, 5â€³ pancakes.

Cook each pancake for 2-3 minutes on each side or until the edges are browned.

Serve the pancakes with your favorite fruit and toppings- pictured above the pancakes were served with blueberries, coconut shreds and cinnamon."

#### Recipe for ovulatory phase

Balsamic chicken with vegetables "2 Tbsp avocado oil

4 chicken breasts

2 cloves garlic, chopped

6 carrots, peeled and chopped

1 cup cherry tomatoes, halved

1 cup shiitake mushrooms, chopped (optional)

1 cup kale, off the stem

#### Dressing:

1/3 cup balsamic vinaigrette dressing (1/4 cup olive oil + 3-4 Tbsp balsamic vinegar + 1-2 Tbsp honey)" "Heat avocado oil in a medium/large skillet for 1-2 minutes.

Once the pan is hot, add the chicken breasts and cook on each side for 3-4 minutes.

Next, add garlic, tomatoes, carrots and mushrooms to the skillet and cover, allowing to cook for about 10 minutes.

After about 10 minutes add balsamic dressing and simmer for 15-20 minutes, covered.

After 15-20 minutes on simmer, remove from pan and serve chicken with extra sauce from the pan, option to serve with a green salad.

Enjoy!"

### Recipe for ovulatory phase

Fresh summer salad " 2 cups (handfuls) of organic mesclun salad (or greens of your choice)

1 medium heirloom tomato, diced

4-5 green olives, pitted and sliced

1 cucumber, diced

1-2 tbsp. chickpeas

1 tsp. pumpkin seeds (or seeds of choice)

### Dressing:

1 Tbsp of organic olive oil

1 Tbsp lemon juice, apple cider vinegar or balsamic

Dash of salt and pepper" "Wash and prepare ingredients and mix together in a large salad bowl, or on individual serving plates.

In a separate bowl, mix together ingredients for dressing until the mixture is homogenous then drizzle over the salad.

Serve and enjoy!"

### Recipe for luteal phase

sweet potato toast: 3 ways "1 medium sweet potato, sliced into  $\frac{1}{2}$ " thick slices For toppings:

### Peanut butter and berry:

(per slice) 1-2 tsp peanut butter (divided between the slices)

1 tsp unsweetened coconut flakes

2 Tbsp low sugar granola

4-6 blackberries (or other berries)

Mashed avocado, pumpkin seeds & pomegranate: (per slice)

1/3 avocado, mashed (with fork)

1 tsp pumpkin seeds

1 Tbsp pomegranate seeds

2 tsp hemp seeds

Garlic hummus, cherry tomatoes & red pepper flakes: (per slice)

1 Tbsp hummus (garlic or other flavor as you wish!)

2 cherry tomatoes, sliced thin

1/2-1 tsp red pepper flakes (as little or as much as you like!)" " Rinse and dry 1 large sweet potato and cut into about 1/4 inch thick slices

Place slices in toaster for about 5 minutes on high or until sweet potato is cooked through

Top with desired toppings and enjoy!!

(Hint: My sweet potato made 6 slices, so I stored the rest in an airtight container in the fridge. Use the rest within one week)"

Recipe for luteal phase

Cashew butter and strawberry sprout oatmeal "2/3 cup sprouted oats (prepare as on the label)- I use One Degree Organics sprouted oats

1/2 banana (divided)

1/2 cup strawberries, chopped (divided)

1 Tbsp cashew butter (divided)

1 Tbsp coconut shreds (divided)

1 Tbsp coconut or regular sugar or honey- divided" "Prepare oatmeal as on label of the oats- I will usually pour boiling water over each serving " sometimes I'll microwave, and sometimes I'll make on stovetop- depending on the day!

Divvy the oatmeal into the serving bowls.

Add the ingredients on top " banana, strawberries, nut butter etc.

Serve with your fave side of protein (I usually have turkey/chicken or something like that!).

Enjoy! "

## Recipe for luteal phase

Roasted carrot and avocado salad      "4-5 carrots, peeled and chopped into rounds

1 tbsp olive oil

1/2 avocado, cut up into cubes

Dash salt Dash pepper" " Preheat oven to 400 degrees and line a baking sheet with parchment paper.

Wash, chop and prepare carrots and place onto the baking sheet.

Pour olive oil, salt and pepper over the carrots and mix gently with your hands.

Place the tray into the oven and bake for 20-30 minutes or until carrots are soft and lightly browned (stir about every 10 minutes).

Remove tray from oven and allow carrots to cool slightly.

Place carrots into bowl and add avocado to dish, then sprinkle a touch more salt and pepper for flavor. Serve and enjoy!"