

GLOW. Luteal

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sweet Potato Smoothie Bowl	Super Green Smoothie	Sweet Potato Smoothie Bowl	Super Green Smoothie	Sweet Potato Smoothie Bowl	Sweet Potato Hash	Super Green Smoothie
Lunch	Meal Prep Salad (Ovulation + Luteal)	Mediterranean Falafel Boats	Turmeric Lime Baked Cod	Meal Prep Salad (Ovulation + Luteal)	Quinoa Veggie Stuffed Peppers		Quinoa Veggie Stuffed Peppers
			Roasted Curried Root Veggies				
Snack 2	Pineapple Ginger Parsley Blender Juice	Pineapple Ginger Parsley Blender Juice	Pineapple Ginger Parsley Blender Juice	Pineapple Ginger Parsley Blender Juice	Pineapple Ginger Parsley Blender Juice	Pineapple Ginger Parsley Blender Juice	Pineapple Ginger Parsley Blender Juice
Dinner	Mediterranean Falafel Boats	Turmeric Lime Baked Cod	Mediterranean Falafel Boats	Quinoa Veggie Stuffed Peppers		Quinoa Veggie Stuffed Peppers	
		Roasted Curried Root Veggies					

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56 items

Fruits

- ☐ 1 3/4 Avocado
- ☐ 3/4 cup Blueberries
- ☐ 1 Lemon
- ☐ 3 tbsps Lemon Juice
- ☐ 1 Lime
- ☐ 3 1/4 cups Pineapple

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1 tsp Cayenne Pepper
- ☐ 1 tbsp Cinnamon
- ☐ 1 tsp Cumin
- ☐ 1 tbsp Curry Powder
- ☐ 2 tsps Garam Masala
- ☐ 1 tbsp Garlic Powder
- ☐ 3 tsps Ground Flax Seed
- ☐ 1/3 cup Pecans
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Smoked Paprika
- ☐ 1/2 cup Sunflower Seeds
- ☐ 1 tbsp Turmeric

Frozen

- ☐ 1 1/2 cups Frozen Cauliflower

Vegetables

- ☐ 12 cups Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 6 Carrot
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 1 Cucumber
- ☐ 1/4 cup Fresh Dill
- ☐ 3 Garlic
- ☐ 1/3 cup Ginger
- ☐ 4 stalks Green Onion
- ☐ 3 cups Kale Leaves
- ☐ 1 cup Mushrooms
- ☐ 2 cups Parsley
- ☐ 6 1/2 Persian Cucumber
- ☐ 5 Red Bell Pepper
- ☐ 12 leaves Romaine
- ☐ 4 1/2 Sweet Potato
- ☐ 1/4 Yellow Onion
- ☐ 2 Yellow Potato
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 4 cups Chickpeas
- ☐ 3 cups Quinoa

Baking

- ☐ 1/2 cup Oats
- ☐ 3 tsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 2 Cod Fillet
- ☐ 1/4 cup Goat Cheese
- ☐ 539 grams Tofu

Condiments & Oils

- ☐ 1 tbsp Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Sauerkraut
- ☐ 2 tsps Tahini

Cold

- ☐ 10 Egg
- ☐ 1/4 cup Unsweetened Almond Greek Yogurt
- ☐ 3 cups Unsweetened Cashew Milk

Other

- ☐ 1 1/2 cups Vanilla Protein Powder
- ☐ 13 cups Water

Sweet Potato Smoothie Bowl

9 ingredients · 5 minutes · 1 serving



Directions

1. Place sweet potato, vanilla protein powder, steamed then frozen cauliflower, cashew milk, and cinnamon into your blender + blend.
2. Transfer smoothie into a bowl. Top with coconut flakes, frozen blueberries, sunflower seeds and pecans. Enjoy!

Notes

No Cashew Milk

Use other unsweetened non-dairy milk

Blending

May need to scrap down the sides a few times to blend well

Ingredients

- 1/2 Sweet Potato (Baked)
- 1/4 **cup** Vanilla Protein Powder
- 1/2 **cup** Frozen Cauliflower (Steamed)
- 1 **cup** Unsweetened Cashew Milk
- 1 **tsp** Cinnamon
- 1 **tbsp** Unsweetened Coconut Flakes
- 1/4 **cup** Blueberries (Fresh or Frozen)
- 1 **tbsp** Sunflower Seeds
- 2 **tbsps** Pecans (Chopped)

Super Green Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients into your blender and blend until smooth. Pour into a glass + enjoy!

Notes

Optional Green Boosts

Add 1 tsp of spirulina or chlorella or 1 scoop of Green Vibrance powder

Ingredients

- 1/4 cup** Vanilla Protein Powder (1 Scoop)
- 1/2 cup** Pineapple (Frozen)
- 1 tbsp** Ginger (Peeled)
- 1 cup** Baby Spinach
- 1** Persian Cucumber
- 1 tbsp** Sunflower Seeds
- 1/4** Avocado
- 1 tbsp** Lemon Juice
- 2 cups** Water (Filtered)

Sweet Potato Hash

11 ingredients · 15 minutes · 2 servings



Directions

1. Heat a cast iron (or other) skillet on medium-high heat and add olive oil. Add chopped sweet potato, red bell pepper, zucchini, mushrooms, salt, and pepper. Sauté until slightly soft, add garlic powder and kale. Sauté until kale wilts.
2. Crack the eggs throughout the pan, reduce heat to medium-low, and cover with a lid until the egg whites are cooked through.
3. Top with sliced avocado + cilantro. Enjoy!

Ingredients

1 tbsp Extra Virgin Olive Oil
1 Sweet Potato (Chopped)
1 Red Bell Pepper (Chopped)
1 Zucchini (Chopped)
1 cup Mushrooms (Chopped)
1 cup Kale Leaves (Chopped)
6 Egg
Sea Salt & Black Pepper (To Taste)
1 tsp Garlic Powder
1/2 Avocado (Large, Sliced)
1/4 cup Cilantro

Meal Prep Salad (Ovulation + Luteal)

7 ingredients · 5 minutes · 1 serving

Directions

1. Assemble all ingredients in an airtight container and store in the fridge for up to 5 days.

Notes

Greens

Use Kale Caesar Salad, Meal Prep Kale Salad, or greens of choice like spinach or arugula

Protein

Use favorite protein of choice instead of eggs: canned tuna or salmon, smoked salmon, trout, or mackerel, tofu, grilled chicken or turkey

Fermented Veggies

Use any fermented veggies instead of sauerkraut

Ingredients

1 cup Kale Leaves

1/2 cup Quinoa

1/4 Avocado

2 Egg (Hard Boiled)

1 tbsp Sunflower Seeds

1 tbsp Tahini

2 tbsps Sauerkraut

Pineapple Ginger Parsley Blender Juice

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

Notes

Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

Ellie's Best Nut Milk Bag

Purchase with code: composed for 10% off your order <https://elliesbest.com/collections/nut-milk-bags>

Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

Ingredients

- 1 cup Baby Spinach
- 1/2 Persian Cucumber
- 2 tbsps Parsley
- 1/4 cup Pineapple (Fresh or Frozen)
- 1 1/2 tsps Ginger (Fresh, Peeled)
- 1 cup Water

Mediterranean Falafel Boats

18 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 420 degrees F.
2. Add almonds and oats to a blender and pulse to form a flour. Transfer to a medium-sized mixing bowl and add ground flax, salt, pepper, and cumin.
3. In a food processor or high speed blender add chickpeas, parsley, basil, 1 Tbsp minced garlic, juice of 1/2 lemon and pulse until combined but slightly chunky. Combine this mixture with the dry ingredients.
4. Roll mixture into balls. Heat a cast iron skillet coated in olive oil over medium-high heat. Add falafel balls to the skillet and brown on both sides. Transfer skillet to the oven and bake for about 10 minutes.
5. While falafel is baking make the vegan tzatziki sauce by combining finely chopped cucumber, onion, dill, cilantro, almond milk Greek yogurt, 1 Tbsp minced garlic, juice of 1/2 lemon, salt, and pepper in a small mixing bowl.
6. Assemble boats: romaine lettuce leaf, falafel, vegan tzatziki sauce, sliced cucumbers, and tomatoes.

Notes

Topping

Add a drizzle of tahini sauce

Ingredients

- 1/2 cup Almonds
- 1/2 cup Oats
- 3 tbsps Ground Flax Seed
- 1 tsp Cumin
- Sea Salt & Black Pepper (To Taste)
- 4 cups Chickpeas (2 15-oz Cans, Drained + Rinsed)
- 1/4 cup Parsley
- 1/4 cup Basil Leaves
- 2 Garlic (Tbsp Minced)
- 1 Lemon (Juice)
- 1 tbsp Extra Virgin Olive Oil
- 1 Cucumber (1/2 Finely Chopped, 1/2 Sliced)
- 1/4 Yellow Onion (Finely Chopped)
- 1/4 cup Fresh Dill (Chopped)
- 1/4 cup Cilantro
- 1/4 cup Unsweetened Almond Greek Yogurt (Kite Hill)
- 1/2 cup Cherry Tomatoes (Sliced)
- 12 leaves Romaine

Turmeric Lime Baked Cod

7 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 425 degrees F.
2. Lightly grease a baking sheet with coconut oil spray.
3. Rinse fresh or thawed cod and place on baking sheet (or cook from frozen). Top with salt, pepper, turmeric, parsley, lime slices, and drizzle with avocado oil.
4. Bake for 15-20 minutes until easily flakes with a fork.

Ingredients

- 2 Cod Fillet
- 1 **tbsp** Extra Virgin Olive Oil
- 2 **tsp**s Turmeric
- 1 Lime (Sliced)
- 1/4 **cup** Parsley (Finely Chopped)
- Sea Salt & Black Pepper (To Taste)
- 1 **tsp** Coconut Oil (Spray)

Roasted Curried Root Veggies

10 ingredients · 30 minutes · 6 servings



Directions

1. Preheat oven to 425 degrees F.
2. In a large mixing bowl combine chopped carrots, sweet potatoes, and potatoes.
3. Add olive oil, curry powder, garam masala, garlic powder, salt, and pepper and mix to combine.
4. Lightly grease a baking sheet with coconut oil spray. Transfer root veggies to baking sheet and bake for 20-25 minutes until lightly browned and crispy.
5. Top with ground almonds (optional).

Notes

Instead of 2 Yellow Potatoes

Use 4 small to medium red skinned potatoes

Ingredients

- 6 Carrot (Chopped)
- 2 Sweet Potato (Chopped)
- 2 Yellow Potato (Chopped)
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **tbsp** Curry Powder
- 2 **tsps** Garam Masala
- 2 **tsps** Garlic Powder
- Sea Salt & Black Pepper (To Taste)
- 1 **tsp** Coconut Oil (Spray)
- 1/2 **cup** Almonds (Ground, Optional)

Quinoa Veggie Stuffed Peppers

14 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375 degrees F. Lightly grease a baking dish with coconut oil spray.
2. Cut the top off each bell pepper and scoop out the seeds. Set aside.
3. In a large skillet heat 1/2 Tbsp olive oil over medium-heat and add minced garlic, tofu, and green onions. Add salt and pepper to taste. Saute until tofu is lightly browned. Transfer to a large mixing bowl.
4. To the tofu mixture add quinoa, remaining olive oil, goat cheese (or vegan cheese), baby spinach, parsley, smoked paprika, and cayenne pepper.
5. Stuff each pepper with mixture (press down) and sprinkle with turmeric.
6. Transfer peppers to a lightly greased baking dish and bake for 25-30 minutes until lightly browned on top.

Notes

Extra Filling

Store extra filling in an airtight container in the fridge for 3-4 days.

Vegan Cheese

Instead of goat cheese use Kite Hill chive cream cheese style spread.

Ingredients

- 1 tsp Coconut Oil (Spray)
- 4 Red Bell Pepper
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (Tbsp Minced)
- 539 grams Tofu (1 Package Crumbled)
- 4 stalks Green Onion (Chopped)
- Sea Salt & Black Pepper (To Taste)
- 2 cups Quinoa (Cooked)
- 1/4 cup Goat Cheese (Herbed Goat Cheese or Vegan Cheese)
- 2 cups Baby Spinach (Chopped)
- 1/2 cup Parsley (Chopped)
- 1 tsp Smoked Paprika
- 1 tsp Cayenne Pepper
- 1 tsp Turmeric