



Luteal Phase

CYCLE SYNCING GUIDE

BODY'S MESSAGE:

"Potentially pregnant."

FOCUS:

nurture & rest phase

ENERGY:

lower, more cravings

PHYSIOLOGY:

hormones build up uterus lining in case a fertilized embryo has implanted

HORMONES:

progesterone (and estrogen) increase, then decrease if not pregnant

WORK:

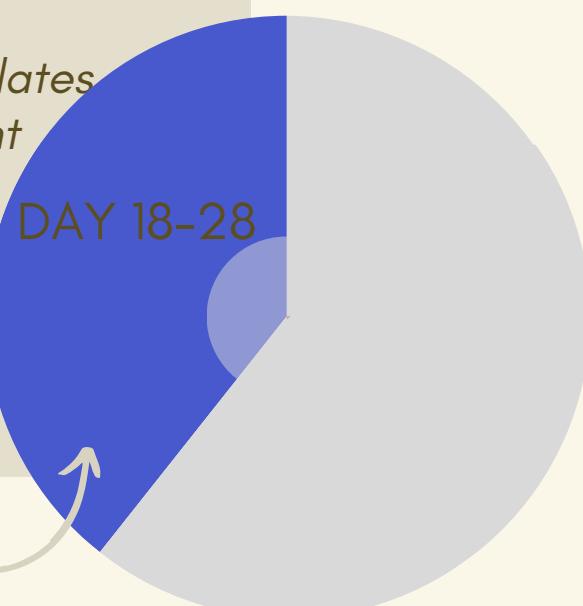
work on detail-oriented tasks

MOVE:

moderate intensity (pilates, yoga, light cardio, light strength training)

NUTRITION:

regular balanced meals to support blood sugar balance



This is the phase when some women experience PMS from fluctuating hormones.



DAIRY



SUGAR & CAFFEINE



FRIED FOODS

Sesame & sunflower seeds support progesterone production.



SUNFLOWER SEEDS



SESAME SEEDS



LEAFY GREENS



SWEET POTATO



HEALTHY FATS & PROTEIN