

# 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*



DAIRY



SUGAR & CAFFEINE



FRIED FOODS

*Sesame & sunflower seeds support progesterone production.*



SUNFLOWER SEEDS



SESAME SEEDS



LEAFY GREENS



SWEET POTATO



HEALTHY FATS & PROTEIN

DAY 18-28

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