



the agenda.

Luteal Phase!

LUTEAL PHASE

DAYS 17–28

What's happening?

FSH & LH have a sharp drip. Progesterone dominates this phase.

You might be feeling...

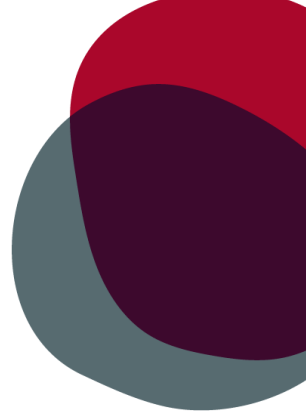
Introverted, anxious, analytical, in the space for wrapping up projects.

Food and Nutrition

*Eggs *Mushrooms *Tofu
*Brown Rice *Almonds *Quinoa
*Salmon *Tuna *Squash
*Cucumber *Spinach *Lean
Meats/Red Meat *Turmeric
*Dark Chocolate *Herbal Tea
*Strawberries *Blueberries
*Raspberries *Cauliflower

Suggested Movement

*Strength Training
*Walks in Nature
*Pilates



PHASE 4 - LUTEAL

What are your big takeaways from this lesson?

