



Luteal Phase Eating Guide for PMS & PMDD

A SIMPLE FUNCTIONAL NUTRITION GUIDE
FOR PMS & PMDD RELIEF

BY MICALA STEVENSON, MS-HNFM
FUNCTIONAL NUTRITION COACH



WWW.MICALASTEVENSON.COM



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WELCOME

Whether you have PMDD, intense PMS, or just rough luteal days, this guide will provide you with simple tools that actually help.

This guide is for women who feel like a completely different person during the second half of their cycle. It's for those navigating PMDD, severe PMS, or intense luteal phase symptoms—mood swings, fatigue, irritability, cravings, anxiety, depression, bloating.

The luteal phase can feel heavy, emotional, and exhausting—and eating well often becomes the last thing you want to think about. This guide is designed to support you during this phase with simple, nourishing food choices that stabilize blood sugar, support hormones, and reduce overwhelm. No perfection required—just realistic ways to nourish your body when your energy is low.

WHY NUTRITION MATTERS IN THE LUTEAL
PHASE

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WHY NUTRITION MATTERS IN THE LUTEAL PHASE

Your luteal phase is the 10–14 days before your period, and during this time your body is doing a LOT behind the scenes. Progesterone rises, metabolism increases, and your brain becomes more sensitive to stress and blood sugar changes.

This is why the luteal phase is when PMDD & PMS symptoms often peak.

The right nutrition can make this phase feel calmer, steadier, and more predictable.



During the luteal phase, your body needs:

- More calories
- More minerals (magnesium, zinc)
- More protein
- Easier digestion
- Stable blood sugar

Supporting your body here helps ease:

- mood swings
- cravings
- irritability
- fatigue
- overwhelm
- bloating

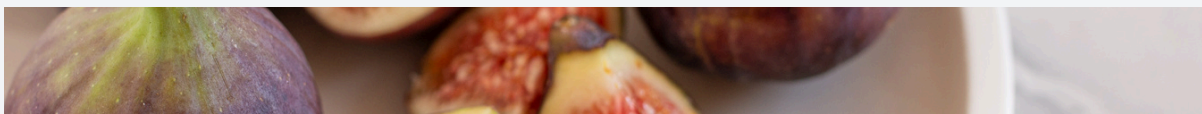
This guide is designed to give you low-prep, easy, gentle meals that work with your hormones — not against them.

COMMON TRIGGERS FOR PMDD & PMS (AND WHY THEY MATTER)

PMDD symptoms are often intensified when the body is under metabolic, inflammatory, or detoxification stress.

Below are common nutrition-related patterns that may worsen symptoms, especially during the luteal phase.

- **Blood sugar instability:** Skipping meals, long gaps between eating, or meals low in protein and fat, too much caffeine
- **Under-eating or restrictive diets:** Low calorie, low-carb, or chronic restriction — especially during luteal
- **Gut imbalance & poor digestion:** Constipation, low stomach acid, poor fiber diversity, or microbiome disruption
- **Impaired detoxification:** Inadequate protein or fiber, sluggish bowel movements, liver overload
- **Histamine sensitivity:** Often driven by hormone shifts, gut factors, and reduced clearance
- **Chronic inflammation:** Driven by blood sugar issues, gut imbalance, nutrient depletion, or stress
- **Mineral & nutrient deficiencies:** Magnesium, iron, zinc, B vitamins, sodium, potassium
- **Excess caffeine or alcohol:** Nervous system overstimulation, poor sleep, worsened luteal symptoms



This guide is designed to give you low-prep, easy, gentle meals that work with your hormones — not against them.

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LUTEAL PHASE NON-NEGOTIABLES

When PMDD symptoms intensify, your body is asking for more support — not more discipline.

These foundations help stabilize blood sugar, calm the nervous system, and reduce symptom intensity.



✓ **Protein at every meal (even small ones):** Helps stabilize blood sugar and support mood chemicals.

✓ **Regular nourishment (no long gaps):** Skipping meals = guaranteed PMDD spiral for many women

✓ **Never eat carbs alone:** Always pair carbs with protein and fat to stabilize blood sugar and mood.

✓ **Eat before you feel bad:** Eating before symptoms hit helps prevent a nervous system and mood crash.

Tip

If you can only focus on one thing:

☞ *Eat regularly, with protein, and don't let your blood sugar crash. Everything else builds from there.*

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STABLE BLOOD SUGAR = FEWER MOOD SWINGS

Blood sugar instability is one of the most common triggers of PMDD and PMS symptoms.

During the luteal phase, your body becomes more sensitive to blood sugar drops. When glucose falls too quickly, stress hormones rise — and PMDD symptoms can feel sudden and intense.

What a Blood Sugar Crash Can Feel Like

Low blood sugar doesn't always feel physical. It often shows up emotionally.

You may notice:

- Sudden anxiety or panic
- Rage, irritability, or feeling “on edge”
- Tearfulness or hopeless thoughts
- Brain fog or inability to focus
- Shakiness, dizziness, or fatigue

If symptoms appear quickly or feel disproportionate, blood sugar may be involved.

Common Blood Sugar Crash Triggers

- Skipping meals or snacks
- Going too long between meals
- Meals low in protein or fat
- High-sugar foods eaten alone
- Excess caffeine, especially on an empty stomach

Helpful PMDD Blood Sugar Tips:

Eat within 1 hour of waking

Don't drink coffee on an empty stomach

Add protein before sugar (especially chocolate cravings)

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LOW-EFFORT EATING BASICS

Eating “healthy” during the luteal phase does **not** have to involve complex recipes, planning for hours, or motivation.

During luteal or PMDD days, the goal is easy nourishment that supports blood sugar and mood — not perfection.

All you need a simple framework for eating:

Instead of cooking, assemble meals.

Every time you eat, aim for at least 2 of the 3:

- **Protein** – stabilizes blood sugar & mood
- **Fiber or slow carbs** – keeps cortisol and cravings down
- **Fat** – supports hormones & keeps you full

This can take 5 minutes or less.



You do not need vegetables at every meal for it to “count.”

Easy Protein + Carb Combos:

Greek yogurt + berries + honey + nut butter

Cottage cheese + crackers

Protein shake + banana

Toast + cottage cheese + avocado + cucumber

Hard-boiled eggs + fruit + toast

Canned tuna + mayo/spices + sour dough

Turkey slices + pretzels + cheese

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LUTEAL PHASE EATING SHORTCUTS

HOW TO MAKE NOURISHING FOOD EASY (EVEN ON PMDD DAYS)

1. Decide Once, Eat Many Times

- Eat the same breakfast all luteal phase
- Rotate 2-3 “safe meals” for lunch/dinner
- Keep repeating what works
- PMDD brains burn energy on decisions.
- Repetition = relief.

2. Create a “PMDD Shelf”

Designate one fridge or pantry area with:

- Protein bars
- Yogurt
- Cheese sticks
- Ready carbs
- Emergency snacks

Rule: If it’s not visible, it doesn’t exist during PMDD.



3. Use Convenience Foods Strategically

Convenience foods save energy for regulation and healing.

Helpful options:

- Rotisserie chicken, meat sticks, tuna packets
- Microwave rice or potatoes
- Frozen meals with protein (>15g)
- Pre-cut or pre-washed foods

Needing convenience is not failure.

4. Prepare for PMDD When You Feel Good

Your follicular self is the caretaker.

When energy is higher:

- Stock freezer meals
- Buy easy foods
- Wash fruit
- Make protein accessible

LOW-PREP SHOPPING LIST

Proteins (Quick + No Prep)

- Rotisserie chicken
- Pre-cooked chicken strips or grilled chicken bites
- Canned tuna or salmon
- Cottage cheese
- Greek yogurt (plain or lightly sweetened)
- Protein shakes or ready-to-drink protein beverages
- Eggs/preboiled eggs
- Cheese sticks/squares
- Pre-cooked chicken sausage or turkey sausage
- Tofu or pre-marinated tofu cubes
- Smoked salmon
- Frozen turkey or chicken burgers
- Premade or precooked meatballs

Convenient Veggies

- Pre-washed salad mixes
- Baby carrots, snap peas, mini cucumbers
- Frozen broccoli, green beans, or mixed veggies
- Microwaveable veggie steam bags
- Pre-cut mushrooms or onions
- Canned tomatoes
- Frozen stir-fry veggie blends
- Fresh spinach or kale (zero prep, toss into anything)

Low-Glycemic Carbs (Easy + Quick)

- Microwaveable rice cups/packets
- Frozen quinoa or brown rice
- Sweet potatoes (microwave-ready bags)

- Oats or instant oatmeal packets (low sugar)
- Lower GI fruit (fresh or frozen): berries, apples, citrus, kiwis, grapes, pears, apricots, peaches, plums
- Chickpeas or lentils (canned)
- Whole grain wraps or English muffins
- Sourdough or sprouted bread
- Rice cakes (for quick snack plates)

Healthy Fats (Craving-Reducing)

- Avocados
- Nut butters (almond, peanut, cashew)
- Hummus cups or single-serve hummus
- Olive oil spray (super convenient)
- Pre-portioned nut mixes
- Guacamole cups
- Seeds (chia, pumpkin, flax)

Anti-Inflammatory Mood Supporters

- Turmeric powder or turmeric shots
- Ginger tea bags
- Dark chocolate (>55%)
- Magnesium packets or magnesium-rich foods (pumpkin seeds, leafy greens)
- Omega-3 rich foods (salmon, chia seeds)
- Electrolyte packets (higher in potassium, low sugar/sodium)
- Herbal teas: raspberry leaf, cinnamon, chamomile

What to Reduce

These don't need to be eliminated—but may worsen symptoms if overdone:

- ✗ *Skipping meals or fasting*
- ✗ *Excess caffeine*
- ✗ *Alcohol (especially late luteal)*
- ✗ *Sugar without protein*
- ✗ *Fried or ultra processed foods*

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LUTEAL PREP CHECKLIST: PUTTING IT ALL TOGETHER

(Save this. Screenshot. Use it on low-energy days.)

Morning Blood Sugar Support

- Eat protein within 60 minutes of waking
- Add fiber + fat to breakfast (even something simple)
- No caffeine on an empty stomach
- Hydrate first: water + pinch of salt or electrolytes

Easy Nourishment Setup

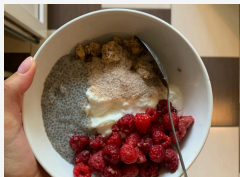
- Prep grab-and-go protein (boiled eggs, yogurt, protein drinks, meat sticks, string cheese, protein bars)
 - Place snacks and easy meals at eye level in fridge/pantry
 - Choose “good enough” meals over perfect meals
 - Plan out a few of your go-to meals
 - Eat every 3–4 hours to prevent crashes
 - Pair carbs with protein (especially for sugar cravings) & don’t eat sugary foods or drinks alone
 - Keep blood sugar steady before stress, errands, or social plans
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Low Effort Meal Ideas

Breakfasts

These breakfasts give you steady energy and balanced blood sugar, helping you start your luteal days feeling calm, nourished, and supported.



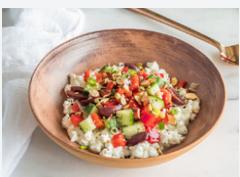
Warm Berry Protein “Compote” Bowl: Warm frozen berries in microwave until soft, then spoon them over a bowl of high-protein Greek yogurt or cottage cheese. Top with nut butter, crushed nuts, flax or chia seeds.



Avocado Egg Salad Toast: Mash 1/2 avocado with 2 boiled eggs, salt, pepper, & garlic powder for a creamy, protein-rich topping. Spread it over whole grain toast, English muffin, or bagel.



Nut Butter Apple Slices + Protein: Sliced apple with 2 tbsp nut butter paired with a protein (2-3 hard boiled eggs, Applegate sausage links, or protein shake). This is great for mornings when food just doesn’t sound good.



Savory Cottage Cheese: Combine cottage cheese with sliced cucumbers, cherry tomatoes, and a drizzle of olive oil and balsamic vinegar. Pair with a fruit or slice of toast.



Cheesy Egg in a Mug: Whisk 2 eggs in mug or ramekin with a pinch of garlic powder, salt, small handful of cheese, and splash of milk. Microwave 90 seconds or until fluffy.. Warm, salty, and crave-satisfying. Optional: add veggies, salsa, etc. Pair with a fruit or whole grain.

Low Effort Meal Ideas

Lunch/Dinners



Rotisserie Chicken Plate: Rotisserie chicken leg, microwaved veggies/butter, instant mashed potatoes or sour dough bread.



Lazy Pesto Chicken Bowl: Use rotisserie chicken and microwave rice or quinoa. Add frozen vegetables and toss everything with store-bought pesto or olive oil. Top with Parmesan cheese and spices.



No-Prep Chicken Wrap: Rotisserie or pre-cooked chicken + bagged salad mix + avocado or hummus, wrapped in a tortilla or collard wrap. Add olive oil or a simple dressing if desired.



Tuna/Salmon Mash: Combine canned tuna mashed with olive-oil mayo, avocado, or Primal Kitchen Special Sauce, a squeeze of lemon, salt, and pepper. Eat with crackers, bread, or lettuce. Add pickles or olives for extra flavor.



Lazy Stir Fry Bowl: Use frozen stir-fry vegetables heated in the microwave and add pre-cooked chicken, shrimp, or tofu. Drizzle with coconut aminos or tamari and serve over instant rice or cauliflower rice.

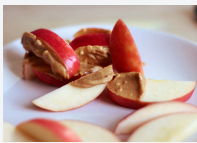


Chicken Sausage + Frozen Veg: Heat pre-cooked sausage with frozen veggies. Add mustard or pesto for flavor.

Snacks



Protein Snack Box: Cheese, crackers, fruit, olives



Apple + Nut Butter: A classic combo that balances carbs with fat for steady energy.



Rice Cakes + Avocado: Crunchy and satisfying with healthy fats.



Grass-Fed Meat Stick/Jerky + Peach Slices



Salmon & Cream Cheese Cucumber Bites: Cucumber slices topped with cream cheese and smoked salmon.



Turkey & Cheese Roll-Ups: Deli turkey slices + cheese rolled around mini pickles.



Toast with Tahini, Berries, & Honey



Hard-Boiled Eggs + Tangerine + Nuts/Seeds




Hi, I'm Micala, functional nutrition practitioner who supports women with PMDD & PMS in understanding and managing symptoms through a root-cause, cycle-aware approach.

My work focuses on:

- Nervous system regulation
- Blood sugar stability
- Inflammation, gut health, nutrition, and detox pathways
- Practical strategies that fit real life—not perfection

I believe PMDD deserves both compassion and accountability. This guide was created to help women communicate clearly, protect their energy, and help get the support they deserve.

HI, I'M MICALA

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READY FOR MORE SUPPORT?

Learn how functional nutrition and cycle-aware strategies can reduce PMDD symptoms at the root.

**BOOK A FREE
CONSULTATION**

