

Luteal

Recipe Book

Seven recipes for the second half of your cycle. Cook once, plate two ways: a smaller plate for me, a bigger one for him. Everything here is what I actually eat.

June 2026



PHASE 4 OF 4

WHAT TO EAT THIS PHASE

Warm, cooked and comforting

Ease off the cooling foods of ovulation as your period approaches.

Complex carbs

Sweet potato, squash, oats and brown rice steady mood and blood sugar.

Progesterone-friendly protein

Turkey, eggs, chicken and fish at every meal.

Magnesium and B6

Banana, dark chocolate, greens and beans for cravings and cramps.

Sunflower and sesame

Your luteal seed pair, from ovulation through to your next period.

SKIP THIS WEEK

Caffeine, added or refined sugar, and heavy salt.

TEA THIS WEEK

Ginger, cinnamon, turmeric and chamomile.

What's inside.

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This week at a glance.

	BREAKFAST	LUNCH	DINNER
Mon	Warm cinnamon oats	Prepped chicken and rice bowl	Baked salmon and squash
Tue	Eggs and greens hash	Salmon and squash (lo)	Cinnamon-ginger pork chops
Wed	Warm cinnamon oats	Pork chops and mash (lo)	Turmeric roast chicken thighs
Thu	Eggs and greens hash	Roast chicken (lo)	Chicken, mushroom and veg soup
Fri	Warm cinnamon oats	Chicken and mushroom soup (lo)	Turkey and white bean chilli 🌶️
Sat	Eggs and greens hash	Turkey chilli (lo)	Turkey chilli (leftovers) 🌶️
Sun	Warm cinnamon oats	Turkey chilli (lo)	Roast chicken, from the freezer

Lunches are leftovers. A chilli pepper marks a dish with some heat. The roast chicken, the soup and the chilli are batch-cooked and frozen; the breakfasts, salmon and pork chops are cooked fresh on the day.



A day on the plan.

HERS

~1,500 to 1,700 kcal

~100g protein · ~60g fat · ~160g carbs

HIS

~2,800 to 3,200 kcal

~110g protein · ~115g fat · ~370g carbs

MORNING

Breakfast from the week table, lighter on protein. My AM supplements go down with it: vitamin D, folate, inositol and fish oil.

MIDDAY

Lunch is yesterday's dinner, portioned when we plated up. No cooking, no decisions.

EVENING

Dinner is warm and cooked every night this phase, hers smaller, his bulked with carbs and fats. My PM magnesium before bed.

THROUGH THE DAY

A cup of full-fat plain yogurt, at room temperature or stirred into something warm. 1 tbsp each of sunflower and sesame seeds.
His snacks: 1 brazil nut, a few walnuts, berries. Tea: ginger, cinnamon, turmeric or chamomile.

These amounts are built around my own goals: a smaller plate for gradual weight loss without under-eating, and extra carbs and healthy fats on his to hold his weight. If your needs are different, serve the portions to suit you, or run the recipes through any AI and ask it to rework the amounts for you. Figures are estimates, cross-checked against this week's recipe cards.



Shopping list.

For two, the full week. Amounts are what the week actually uses, so check your cupboard before buying.

PROTEINS

Salmon fillets ~450g (1 lb)
Pork chops x3 (~2cm thick)
Chicken thighs, bone-in x8
Ground turkey ~450g (1 lb)
Eggs ~20 (2 dozen covers it)

GRAINS, LEGUMES + PANTRY

Rolled oats ~1.5 cups dry
Brown rice ~1 cup dry (~190g)
White beans, dried 1.5 cups (~300g)
Ghee or coconut oil ~8 tbsp (~120g)
Chicken broth ~1.5 L
Dark chocolate, 85% 1 small bar
Sourdough ~half a loaf, 8-10 slices

VEGETABLES AND FRUIT

Butternut squash x1 (half used)
Sweet potatoes x4
Carrots x4
Fennel x1
Tomatoes ~800g (for the chilli)
Bell peppers x2 red
Onions x3
Garlic ~14 cloves, ginger ~50g
Mushrooms, cremini ~300g
Kale or chard ~6 handfuls
Celery x3 stalks
Lemons x3
Bananas x3
Avocado x1 (his side)

SEEDS, NUTS AND EXTRAS

Sunflower seeds ~1/2 cup
Sesame seeds ~1/2 cup
Walnuts ~1.5 cups (~150g)
Brazil nuts x7 (1 a day, his)
Almond butter ~4 tbsp
Berries ~3 cups (2 punnets)
Full-fat plain yogurt ~1.5 L over the week
Olive oil ~1/2 cup (120 ml), raw only
Turmeric 2 tsp, cumin 2 tsp, cinnamon ~3 tsp
Paprika 1 tsp, oregano 1 tsp, chilli flakes 1/2 tsp
Tea ginger, cinnamon, turmeric, chamomile

BUYING TIPS

Buy the fish, shrimp and meat paper-wrapped from a fishmonger, farm or butcher; pick loose veg over bagged; choose tahini, tamari and oils in glass; buy the legumes dried and the flaxseed whole, loose from a bulk store into your own glass containers.

SOAK AND WASH FIRST

The dried white beans overnight, and the brown rice 15 to 30 min. Rinse well before cooking.



Batch cooking.

One cook-up for the week: chop everything at once, cook and freeze what keeps, then cook the fresh dishes on the day.

SOAK AND WASH FIRST Soak the dried white beans overnight and the brown rice 15 to 30 min, then rinse well. Turn the oven on to 200C / 400F (fan 180C) before you chop.

1. CHOP IT ALL ONCE

- Carrots: x4 in 2cm chunks (roast chicken, soup).
- Fennel: 1 in wedges (roast chicken).
- Onions: 3 finely diced (roast, soup, chilli).
- Celery: 3 stalks in 1cm slices (soup).
- Mushrooms: ~300g, thickly sliced (soup).
- Bell peppers: 2 in 2cm dice (chilli).
- Tomatoes: ~800g, chopped (chilli).
- Garlic ~11 cloves minced; ginger ~35g grated (all three).
- Kale: ~4 handfuls, roughly chopped (soup, chilli).
- The squash, sweet potatoes and greens for the fresh dishes are chopped on the day.

2. COOK IT ALL, IN THIS ORDER

- White beans: simmer the soaked beans in fresh water 45 to 60 min until tender. Drain, cool, then fridge overnight for resistant starch.
- Brown rice: cook ~1 cup in 2 cups water 25 to 30 min, drain, cool and fridge overnight.
- Turmeric roast chicken (p.11): toss 8 thighs in 2 tbsp melted ghee, 1.5 tsp turmeric, 1 tsp cumin, 1 tbsp grated ginger, 3 minced garlic, 1/2 tsp salt. Roast with the carrots and fennel 35 to 40 min at 200C / 400F. Reserve 3 thighs for the soup. Freezes well.
- Chicken, mushroom and veg soup (p.12): soften onion, celery and carrot in ghee 6 min, add the mushrooms 5 min, then ~1.5 L broth and the shredded reserved chicken. Simmer 15 min, add the kale at the end. Freezes well.
- Turkey and white bean chilli (p.13): brown 450g turkey in ghee, add onion, pepper, garlic and spices, then ~800g chopped fresh tomatoes and the cooked beans. Simmer 25 to 30 min. Freezes brilliantly.
- Seeds: toast ~1/2 cup each of sunflower and sesame seeds 2 to 3 min; cool and jar.
- Bread: slice the sourdough, freeze it, and toast from frozen for resistant starch.

3. MAKE FRESH ON THE DAY

- Warm Cinnamon Oats - p.7
- Eggs and Greens Hash - p.8
- Baked Salmon and Squash - p.9
- Cinnamon-Ginger Pork Chops - p.10
- These are the breakfasts plus the two dishes that need a fresh sear and a soft mash, so they are cooked on the day.
- Make enough for two dinners: keep the second portion in the fridge for tomorrow's lunch.

Warm Cinnamon Oats

A warm, steady start that heads off the luteal slump.

INGREDIENTS

- 3/4 cup rolled oats (hers ~1/3 cup)
- ~2 cups water or milk
- 1 tsp cinnamon, pinch of salt
- 1 banana, in coins
- 1 tbsp sunflower seeds
- 1 tbsp sesame seeds
- 1 tsp almond butter
- 1 square 85% dark chocolate, grated (hers)
- 2 to 3 tbsp full-fat plain yogurt

BULK UP HIS PLATE

- A bigger portion (~2/3 cup oats)
- Extra yogurt, berries and walnuts
- A generous spoon of nut butter

METHOD

1. Soak the oats 15 min or overnight for a softer, quicker cook, then rinse.
2. Combine the oats with the water or milk, cinnamon and salt in a small pan.
3. Bring to a gentle simmer, drop to low and cook 5 to 7 min, stirring often, until thick and creamy.
4. Hers: ~1/3 into a bowl, topped with banana, both seeds, almond butter and the grated dark chocolate.
5. His: a bigger bowl; stir the yogurt in off the heat, then top with berries, walnuts and nut butter.

HERS	350	kcal	12g protein · 14g fat · 45g carbs
HIS	650	kcal	24g protein · 28g fat · 80g carbs

SERVES 2 · 15 MIN · FRESH

WHY THIS WORKS

Slow carbs steady blood sugar and mood as progesterone rises.
Sunflower and sesame are your luteal seed-cycling pair.
Dark chocolate tops up magnesium for cravings.

Eggs and Greens Hash

Protein-packed, cooked through, never cold.

INGREDIENTS

- 1 tbsp ghee or coconut oil
- 1 medium sweet potato, in 1cm dice
- 2 handfuls kale or chard, roughly chopped
- 1 garlic clove, thinly sliced
- 5 eggs (2 hers, 3 his)
- 1/2 tsp salt, pinch of pepper
- A drizzle of olive oil, to finish

BULK UP HIS PLATE

- 2 slices sourdough toast, from frozen
- 1/2 avocado, sliced

METHOD

1. Heat the ghee in a large pan over medium heat.
2. Add the sweet potato, season, and fry 10 to 12 min, turning every few minutes, until tender and golden at the edges.
3. Add the garlic and greens with a splash of water; cook 2 to 3 min until wilted. Season.
4. Push to one side, crack in the eggs and fry ~3 min for soft yolks, or scramble them softly.
5. Hers: hash and 2 eggs. His: hash and 3 eggs, sourdough and avocado. Finish with a raw drizzle of olive oil.

HERS	380	kcal	20g protein · 22g fat · 25g carbs
HIS	700	kcal	30g protein · 40g fat · 55g carbs

SERVES 2 · 15 MIN · FRESH

WHY THIS WORKS

Protein and choline keep energy steady and curb cravings.
Sweet potato is a slow carb that will not spike blood sugar.
Warm and cooked, as this phase likes it.

Baked Salmon and Squash

Omega-3 on caramelised squash with garlicky greens.

INGREDIENTS

- ~450g (1 lb) salmon fillets, skin on
- 1/2 butternut squash, peeled, in 2cm cubes
- 2 handfuls kale or chard, roughly chopped
- 2 garlic cloves, thinly sliced
- 2 tbsp ghee or coconut oil, to roast
- 1/2 tsp salt, pinch of pepper
- Olive oil, to drizzle raw at the end
- 1 lemon, to squeeze

BULK UP HIS PLATE

- Extra squash with a few walnuts on top
- A slice of sourdough, from frozen

METHOD

1. Heat oven to 200C / 400F. Toss the squash with 1 tbsp melted ghee, salt and pepper; roast 25 to 30 min until soft and caramelised.
2. After ~15 min, put the salmon on a lined tray, brush with the rest of the ghee and season. Bake 12 to 15 min until it flakes and is just opaque.
3. Wilt the greens with the sliced garlic in a little ghee 3 to 4 min with a splash of water; finish with a squeeze of lemon.
4. Rest the salmon 2 min off the heat; it keeps cooking a little as it sits.
5. Hers: 1 fillet (~120g), squash and greens. His: a bigger fillet, extra squash and sourdough. Finish with a raw drizzle of olive oil. Save a portion for lunch.

HERS	430	kcal	30g protein · 22g fat · 28g carbs
HIS	780	kcal	35g protein · 40g fat · 70g carbs

SERVES 2 + 1 LUNCH · 35 MIN · BEST FRESH

WHY THIS WORKS

Omega-3 is anti-inflammatory and supports progesterone.
Squash adds slow carbs and magnesium for the luteal dip.
It supports his sperm quality at the same time.

Cinnamon-Ginger Pork Chops

Pan-fried chops with a quick ginger sauce, mash and greens.

INGREDIENTS

- 3 pork chops (~2cm thick)
- 1/2 tsp ground cinnamon, 1/2 tsp salt, pinch of pepper
- 1 tbsp ghee, to fry
- 3 garlic cloves, smashed; 1 thumb ginger, sliced
- ~150ml stock, for the sauce
- 3 sweet potatoes, roughly chopped (they get mashed, so size does not matter)
- 2 handfuls kale or chard, roughly chopped
- A knob of ghee, for the mash
- Olive oil, to drizzle raw at the end

BULK UP HIS PLATE

- 2 chops to her 1, and a bigger mash
- A slice of sourdough, from frozen

METHOD

1. Take the chops out 15 to 20 min ahead; pat dry and season both sides with the cinnamon, salt and pepper.
2. Boil the sweet potatoes in salted water 15 min until tender; drain and mash with a knob of ghee.
3. Heat the ghee in a heavy pan over medium-high until shimmering. Fry the chops 3 to 4 min a side until browned and 63C inside. In the last 2 min add the garlic and ginger and spoon the pan fat over.
4. Rest the chops 5 min. Pour the stock into the hot pan and simmer 2 to 3 min, scraping the base, until slightly syrupy.
5. Wilt the greens 3 to 4 min with a splash of water. Hers: 1 chop, mash, greens, sauce over. His: 2 chops and a bigger mash. Save a portion for lunch.

HERS	470	kcal	32g protein · 18g fat · 35g carbs
HIS	800	kcal	36g protein · 34g fat · 80g carbs

SERVES 2 + 1 LUNCH · 35 MIN · BEST FRESH

WHY THIS WORKS

Protein and zinc support hormone production. Ginger and cinnamon are warming and ease luteal bloating. Sweet potato mash is a slow carb for the evening dip.

Turmeric Roast Chicken Thighs

Golden, warming, and built to stretch into soup.

INGREDIENTS

- 8 bone-in chicken thighs
- 2 tbsp ghee, melted
- 1.5 tsp turmeric, 1 tsp cumin
- 1 tbsp grated ginger; 3 garlic cloves, minced
- 1/2 tsp salt, pinch of pepper
- 4 carrots, in 2cm chunks
- 1 fennel bulb, in wedges
- 1 lemon, in wedges
- A handful of parsley, to serve
- Olive oil, to drizzle raw at the end

BULK UP HIS PLATE

- A bigger scoop of the batch-cooked brown rice
- Half an avocado and a raw drizzle of olive oil

METHOD

1. Heat oven to 200C / 400F. Toss the thighs in the melted ghee with the turmeric, cumin, ginger, garlic, salt and pepper.
2. Spread the carrots and fennel in a roasting tray, sit the thighs on top skin-side up and tuck in the lemon wedges.
3. Roast 35 to 40 min until the skin is golden and the chicken is 75C inside.
4. Reserve 3 thighs for the soup on p.12 once they are cool enough to handle.
5. Hers: 1 thigh with the roast veg and rice. His: 2 thighs, bigger rice and avocado. Portion and freeze what you are not eating this week.

HERS	675	kcal	33g protein · 22g fat · 40g carbs
HIS	1020	kcal	36g protein · 36g fat · 85g carbs

SERVES 2 + EXTRA · 45 MIN · FREEZES WELL

WHY THIS WORKS

Lean protein plus B6 supports progesterone. Turmeric and ginger are warming and anti-inflammatory. It roasts once and becomes the soup on p.12.

Chicken, Mushroom and Veg Soup

Made from Wednesday's roast, warming and freezer-ready.

INGREDIENTS

- 3 reserved roast chicken thighs, shredded
- ~300g cremini mushrooms, thickly sliced
- 1 onion, finely diced
- 3 celery stalks, in 1cm slices
- 2 carrots, in 1cm coins
- 3 garlic cloves, minced
- 1 tbsp ghee, to cook
- ~1.5 L chicken broth
- 2 handfuls kale, roughly chopped
- 1/2 tsp salt, pinch of pepper; squeeze of lemon

BULK UP HIS PLATE

- A scoop of the brown rice stirred in
- A slice of sourdough and olive oil

METHOD

1. Heat the ghee in a large pot over medium. Soften the onion, celery and carrot 6 min.
2. Add the mushrooms and cook 5 min, until they release their liquid and it cooks off. Add the garlic 1 min.
3. Pour in the broth, add the shredded chicken and simmer 15 min.
4. Stir in the kale and cook 2 min until just wilted. Season and finish with a squeeze of lemon.
5. Hers: a deep bowl. His: bigger, with rice stirred in and sourdough. Portion and freeze the rest.

HERS	400	kcal	30g protein · 12g fat · 38g carbs
HIS	700	kcal	34g protein · 22g fat · 80g carbs

SERVES 2 + LEFTOVERS · 30 MIN · FREEZES WELL

WHY THIS WORKS

Mushrooms bring vitamin D, selenium and beta-glucan fibre.
Warm broth is gentle and hydrating as your period approaches.
It uses the reserved roast chicken, so nothing is wasted.

Turkey and White Bean Chilli

Deep, warming and it freezes brilliantly.

INGREDIENTS

450g (1 lb) ground turkey
1.5 cups dried white beans, soaked and cooked
~800g fresh tomatoes, chopped
1 onion, finely diced; 2 red peppers, in 2cm dice
4 garlic cloves, minced
2 tbsp ghee or coconut oil, to cook
2 tsp cumin, 1 tsp paprika, 1 tsp oregano, 1/2 tsp chilli flakes
~250ml chicken broth
1/2 tsp salt, pinch of pepper
Full-fat plain yogurt and a squeeze of lemon, to serve

BULK UP HIS PLATE

A bigger scoop of the batch-cooked brown rice
Half an avocado and a raw drizzle of olive oil

METHOD

1. Soak the beans overnight, then simmer in fresh water 45 to 60 min until tender. Drain, cool and fridge overnight for resistant starch.
2. Heat the ghee in a large pot over medium-high. Brown the turkey 6 to 8 min, breaking it up.
3. Add the onion and peppers 5 min, then the garlic and all the spices 1 min until fragrant.
4. Add the chopped fresh tomatoes and cook 5 min until pulpy, then the cooked beans and ~250ml broth. Simmer 25 to 30 min, until thick enough to hold a spoon.
5. Hers: a bowl with a spoon of yogurt and a squeeze of lemon. His: bigger, over rice with avocado. Portion and freeze the rest.

HERS	480	kcal	32g protein · 16g fat · 50g carbs
HIS	820	kcal	36g protein · 28g fat · 100g carbs

SERVES 2 + LEFTOVERS · 45 MIN · FREEZES BRILLIANTLY

WHY THIS WORKS

White beans bring magnesium, folate and steady fibre.
Tomatoes cooked with fat give him lycopene for sperm quality.
Warming spices suit the run-up to your period.



Luteal extras.

A few luteal-phase habits I keep up alongside the food. Small things, but they help.

WHAT CHANGES THIS PHASE

The fresh, cooling food of ovulation steps back, and everything moves to warm and cooked. Complex carbs come up (sweet potato, squash, oats and rice), and magnesium and B6 lead, because progesterone is now in charge. Sunflower and sesame continue from ovulation through to your next period.

WHAT IS SEED CYCLING

Eating specific seeds in each half of your cycle to gently support hormone balance. Sunflower and sesame run from ovulation to your next period, for the vitamin E, zinc and selenium that support progesterone. Flax and pumpkin take over again from day 1 of your period. Keep your seeds in glass jars in the fridge.

WARM, COOKED AND STEADY

This is the phase to go back to warm, cooked and comforting food, easing off anything cooling as your period approaches. Nothing fridge-cold or iced. A daily cup of full-fat plain yogurt adds protein and probiotics; let it come to room temperature or stir it into something warm. Magnesium-rich foods, dark chocolate, greens and beans, help with cravings and cramps.

Tea this week: ginger, cinnamon, turmeric and chamomile. No caffeine, no liquorice.

FOR HIM, STEADY SUPPORT

Sperm take about three months to mature, so his plate stays consistent all cycle: zinc (turkey, pork, seeds), selenium (a brazil nut a day), omega-3 (salmon, walnuts) and antioxidants (berries, and tomatoes cooked with fat in the chilli). His extra calories come from carbs and healthy fats, not more protein.



Food index.

Every ingredient this week, and how it supports you both.

Salmon omega-3 for her hormones and his sperm quality.

Pork chops protein and zinc; warming with cinnamon and ginger.

Chicken thighs protein and B6, which supports progesterone.

Ground turkey lean protein and B6 for the luteal half.

Eggs protein and choline; steady energy, fewer cravings.

White beans magnesium, folate and fibre. From dried beans, not tins.

Brown rice complex, low-GI carbs; cooled overnight for resistant starch.

Rolled oats slow carbs and beta-glucan fibre to steady mood.

Butternut squash slow carbs and magnesium; sweet without sugar.

Sweet potato a slow carb that will not spike blood sugar.

Mushrooms vitamin D, selenium and beta-glucan fibre. Always cooked.

Carrots beta-carotene and fibre; sweeter when roasted.

Fennel gentle on luteal bloating, and sweet when roasted.

Celery fibre and potassium; the base of the soup.

Kale and chard magnesium, folate and iron.

Bell peppers vitamin C and antioxidants for egg and sperm.

Tomatoes cooked with fat in the chilli, for lycopene for him.

Onion and garlic antioxidant, anti-inflammatory base for every pan.

Ginger warming, and eases luteal bloating and cramps.

Turmeric anti-inflammatory; better absorbed with fat and pepper.

Cinnamon warming, and helps steady blood sugar.

Lemon vitamin C, and flavour so you need less salt.

Bananas potassium and B6 for cramps and mood.

Berries antioxidants that protect egg and sperm quality.

Dark chocolate, 85% magnesium for cravings, with no added sugar.

Sunflower seeds vitamin E and selenium, your luteal seed pair.

Sesame seeds zinc and calcium, the other half of the pair.

Walnuts omega-3 for her hormones and his sperm quality.

Brazil nuts selenium for sperm and thyroid, one a day.

Full-fat plain yogurt protein and probiotics, at room temperature.

The Fertility Protocol.

The fine print

The Fertility Protocol is created and curated by Sophie, with parts of this guide produced using AI assistance, so while it is made with care, occasional errors are possible. Please use your own judgement.

This guide reflects Sophie's personal experience on her own fertility journey. It is shared as general information and inspiration only. It is not medical, nutritional or healthcare advice, and is not a substitute for care from your doctor or a registered dietitian. Seek professional guidance before changing how you eat or supplement, especially if you are pregnant, trying to conceive, breastfeeding, on medication, or managing a health condition.

Nutrition figures are rough estimates only and will vary with the specific products, brands, portions and preparation you use.

Please check all ingredients against your own allergies and intolerances before cooking.

No outcome, including weight, hormonal or fertility results, is promised or guaranteed; every body is different.

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