

# LUTEAL PHASE FOOD LIST

## GRAINS

- BROWN RICE
- MILLET
- OATS
- QUINOA

## VEGETABLES

- CAULIFLOWER
- GARLIC
- PARSNIP
- WATERCRESS
- CUCUMBER
- MUSTARD GREEN
- SQUASH
- CELERY
- PUMPKIN
- CABBAGE
- DAIKON
- ONION
- SWEET POTATO
- COLLARD GREENS

- LEEK
- RADISH
- SPINACH
- KALE
- SWISS CHARD

## **MEAT**

- BEEF
- TURKEY

## **LEGUMES**

- CHICKPEA
- GREAT NORTHERN NAVY BEANS
- LENTILS

## **FRUITS**

- APPLE
- PEAR
- DATE
- PEACH
- RAISIN
- BANANA
- BERRIES

## **NUTS**

- PINE NUT
- WALNUT
- ALMONDS

## **SEAFOOD**

- COD
- HALIBUT
- FLOUNDER
- SALMON

## **OTHER**

- GINGER
- MINT
- SPIRULINA
- PEPPERMINT
- HICKORY