

# 75 hard alternative

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75 HARD RULES	THE ALTERNATIVE
no alcohol	sure, no alcohol – however replacement is easier than cold turkey. Go for a tea or low sugar adaptogen drink instead!
read 10 pages of non-fiction book	yes! or any amount of pages or a podcast! (i have good self-love books linked in my amazon store)
progress photo daily	journal nightly of: <ul style="list-style-type: none"> <li>- a rose "best part of the day"</li> <li>- a thorn "worst part of the day"</li> <li>- a bud "something exciting for tomorrow"</li> </ul>
drink a gallon of water	drink <i>half of your weight (lbs)</i> in ounces of <u>any</u> non-sugary beverage (example: 200 lbs → drink 100 oz) <ul style="list-style-type: none"> <li>- on heavy sweat days, have an extra 1 to 3 cups of fluid + an electrolyte replacement or high electrolyte fruit like banana with your fluid.</li> <li>- Bonus 1: try not to chug water, instead drink sips throughout the day every 30 minutes.</li> <li>- Bonus 2: do not drink any beverage 60-90 minutes before bed</li> </ul>
two 45 minute workouts per day, one must be outdoors	see recommendations by phase below
follow "any diet"	eat balanced meals: <ol style="list-style-type: none"> <li>1) Eat 3 meals per day</li> <li>2) Include a serving of protein <b>and</b> a serving of fiber in <u>every</u> meal and snack</li> <li>3) Listen your hunger cues for snack choices!</li> </ol> for more tips see below, or schedule an appointment with me for a personalized plan 😊 <a href="http://www.foodandmirth.com">www.foodandmirth.com</a>

## 75 HARD ALTERNATIVE: THE DIET AND FITNESS RECOMMENDATIONS

Directions: Track your cycle, and start the plan at your current cycle stage

For those without a period, use the light pink descriptions to base the workouts off of how you feel that day

Phase 1 – Menstruation – meh

Phase 2 – End of follicular phase – feeling a lot better

Phase 3 – Around ovulation time – doing SO GREAT

Phase 4 – Beginning of luteal – doing okay!

Phase 5 – End of luteal – ummm nope.



### Phase 1: Menstruation (Typically days 1-4)

On the days you're bleeding, feeling meh.

- **Fitness:** 1 *easy-intensity* 15-30 minute workout per day
  - Slow walking
  - Stretching
  - Meditation and breath work
  - Easy-paced yoga
- **Nutrition:**
  - Follow the recommendations above plus:
    - Project anti-inflammation, get an extra serving of:
      - Spinach
      - Lentils or beans
      - Dark chocolate with banana
      - Ginger
      - Omega-3: nuts, seeds, fish, seaweed
      - Citrus fruits or berries
    - Iron Foods:
      - Lean meats
      - Dark leafy greens
      - Legumes

### Phase 2: End of Follicular Phase (Typically days 5-10)

On the days your estrogen is rising, feeling a lot better.

- **Fitness:**
  - 1 *moderate-intensity*, 30-45 minute workout per day
    - Light cardio
    - Walking on incline
    - High rep and low weight strength training
    - Yoga or Yoga Sculpt
  - 1 hot girl walk (15-30 minutes)
- **Nutrition:**
  - You will need more carbohydrates to grow the endometrial lining, try to get 3 servings of fruits today and 1 serving of carbohydrates before your moderate-intensity meal (grains, starchy fruits, oats)
  - You will need more protein, eat a larger portion of protein at your snack time:
    - Nuts, Greek yogurt, or a protein shake
  - Iron!
    - Get an extra serving of: lean red meat or iron rich foods to restore iron stores

### Phase 3: Around Ovulation (Typically days 11-18)

On the days your estrogen is at the peak, doing so great!

- **Fitness:**
  - 1 *intense-intensity* 45 minute workout  
Your time to reach a new PR in your workouts!
    - Pilates
    - Yoga Sculpt
    - Weightlifting
    - HIIT training



- Interval Sprints
- Cycle class
- Any high intensity workout 😊
- 1 hot girl walk (15-30 or more minutes)
- **Nutrition:**
  - Pack on the protein!!! Eat extra protein at each meal AND a protein shake after your high intensity workout.
  - Aim to get some water-filled fruits and veggies (cucumber, watermelon, melon, bell peppers)

#### Phase 4: Beginning of Luteal (Typically days 18-24)

On the days your estrogen is dropping, doing okay.

- **Fitness:**
  - 1 *moderate-intensity* 30–45-minute workout  
Same as Phase 3 BUT take it easier, this is not the time to hit a new PR.
    - Pilates
    - Yoga Sculpt
    - Weightlifting
    - HIIT training
    - Interval Sprints
    - Cycle class
    - Any high intensity workout 😊
  - 1 hot girl walk (15 or more minutes)
- **Nutrition:**
  - Pack on the protein!!! Eat extra protein at each meal AND a protein shake after your high intensity workout.
  - Aim to get some water-filled fruits and veggies (cucumber, watermelon, melon, bell peppers)

#### Phase 5: End of Luteal (Typically 25-28)

On the days your estrogen is low, before your period (PMS days), feeling like.... "umm nope."

- **Fitness:** 1 *easy-intensity* 15-30 minute workout per day
  - Slow walking
  - Stretching
  - Meditation and breath work
  - Easy-paced yoga
- **Nutrition:**
  - Project anti-inflammation, get an extra serving of:
    - Spinach, lentils or beans
    - Dark chocolate with banana
    - Ginger
    - Omega-3: nuts, seeds, fish, seaweed
    - Citrus fruits or berries
  - You're probably hungry and craving sweets! Eat your sweets with protein and fiber – example is a cookie with Greek yogurt and strawberries!!

Reminder: Nutrition and fitness should be personalized, consult your doctor and a registered dietitian (me) before implementing a new workout and diet routine. Everyone is different, that's why we are all beautiful. So ultimately our nutrition and diets will all be different too. Schedule a free intro call for more details 😊