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Hi, About PMS

I’m sure many of my female readers have a very personal relationship with me— I visit most of you monthly. Your partner, family member, or pet might also be familiar with me because they will know when I enter the house! Your nerves may be more tense, and the atmosphere in your home may be a little darker than usual. I wouldn’t really call myself a mood lifter or either a mascot.

Are you suffering from PMS Symptoms? Are you suffering from PMS Symptoms? Such as mood swings, anxiety, or irritability. Feeling upset as soon as you wake up without even knowing why. Tiredness or trouble sleeping. Bloating or tummy pain, breast tenderness. Headaches. Spotty skin. Greasy hair. The list goes on...

One honest reason why I made this guide is to share information about PMS symptoms and how you can try to alleviate them. I suffer from severe PMS symptoms and have noticed that regular and nutritious food is vital.

And remember, you are not alone!
CHAPTER ONE

I created my PMS smoothie guide to give your body extra support from ovulation to menstruation. My smoothie recipes are here created to reduce cravings and manage blood sugar during the second half of the menstrual cycle. A perfect breakfast and snack idea to complement your diet.

Proteins
During the luteal phase, the natural increase in progesterone levels causes protein breakdown. Getting enough daily protein will help prevent muscle loss, balance your blood sugar, and maintain a healthy weight. Our smoothies support you to reach your protein goals.

Carbs
Also, as you transition into the luteal phase of your menstrual cycle, the hormone progesterone rises. This may cause constipation and cravings for refined carbohydrates. Eating the proper amount and type of carbohydrates can help boost energy levels.

Fats
Healthy fats can improve the regularity of periods and reduce premenstrual symptoms (PMS). Omega-3 fatty acids may reduce symptoms of PMS, including bloating, headache, and breast tenderness. Therefore I also added sources of omega-3 fatty acids, like almond butter, avocado and seeds.
CHAPTER 1
DETOX SMOOTHIES
Detox Green Smoothie

INGREDIENTS / 2 SERVINGS

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.

Divide between glasses and enjoy!
Blueberry Detox Green Smoothie

INGREDIENTS / 2 SERVINGS

- 2 cups Frozen Blueberries
- 2 cups Baby Spinach
- 2 Banana (peeled, chopped, and frozen)
- 2 tbsp Chia Seeds
- 2 cups Unsweetened Almond Milk

Place all ingredients into a blender. Blend well until smooth.

Divide into glasses and enjoy!
CHAPTER 2

PROTEIN SMOOTHIES
Mocha Protein Smoothie

INGREDIENTS / 2 SERVINGS

- 2 cups Unsweetened Almond Milk
- 1/2 cup Coffee (brewed)
- 2 Banana (medium)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Cocoa Powder
- 2 tsps Vanilla Extract

Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!
Mango Banana Smoothie

INGREDIENTS / 2 SERVINGS

- 2 cups Milk of your choice
- 2 cups Frozen Cauliflower
- 1 1/2 cups Frozen Mango
- 1 Banana (frozen)
- 2/3 cup Plain Greek Yogurt
- 1 1/3 ozs Collagen Powder

Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!
CHAPTER 03
HIGH FAT SMOOTHIES
Chocolate Almond Smoothie Bowl

INGREDIENTS / 2 SERVINGS

- 2 cups Unsweetened Almond Milk
- 1/2 cup Chocolate Protein Powder
- 1/2 cup Frozen Cauliflower
- 1 Zucchini (chopped, frozen)
- 2 Banana (divided)
- 2 tbsps Almond Butter
- 1/4 cup Cacao Powder
- 2 tbsps Chia Seeds
- 1/2 cup Raspberries
- 1/4 cup Granola (for topping, optional)

1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!
High Fat Green Smoothie

INGREDIENTS / 2 SERVINGS

- 2 cups Water (cold)
- 1/4 cup Lemon Juice
- 2 cups Baby Spinach
- 1 Avocado (frozen)
- 1/2 cup Mint Leaves (fresh, roughly chopped)
- 2 tsps Ginger (fresh, roughly chopped)

Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!
To monitor PMS symptoms, a great idea is to keep a symptom diary (for example, a menstrual diary that you can download to your phone) for several months. The pms diary helps to identify and anticipate the symptoms and to choose the appropriate treatment for them.

Exercise and reducing the use of coffee, alcohol, and salt also ease PMS symptoms. According to some studies, a healthy diet, sufficient calcium, iron, vitamin D intake, vitamin B6, and magnesium also relieve PMS symptoms.

If you suffer from Insomnia, keep a regular sleep pattern and healthy lifestyle. Exercising early evening, and having a light evening snack, can ease Insomnia.

If PMS symptoms bother and disturb your everyday life, you should make an appointment and talk to your gynecologist.

Take care of yourself

- TEIJA PROMBERGER