

Nutrition and Our Cycle

HARMONIZING NUTRITION WITH OUR HORMONES

MENSTRUAL PHASE

Days 1-5

Think a happy medium between paleo/keto/grain free. Increase pastured red meat as our body is dumping iron at this time.



FOLLICULAR PHASE

Days 6-14

Paleo-ish with a focus on phytoestrogens like pumpkin seeds, flax and fermented/probiotic foods like sauerkraut



OVULATORY PHASE

Days 14-16

Think animal protein and raw veggies to help support the liver and GI tract for upcoming estrogen metabolism.



LUTEAL PHASE

Days 16-28

Aim for a well rounded whole foods diet with a focus on cruciferous veggies to support estrogen metabolism



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