

MENSTRUAL Power foods Days 1-5

ADD THESE FOODS IN DURING THE
MENSTRUAL PHASE TO LIVE IN HARMONY
WITH YOUR HORMONES

1

MEAT AND SEA FOOD

- Pastured red meat, liver
- Mussels, oysters, sardines, lobster
- Duck and Pork

VEGGIES

- Leafy greens, seaweed, kelp
- Zucchini, summer squash, spaghetti squash
- Yellow, orange, and red peppers
- Beets

2

3

FRUITS

- Avocado, blueberries
- Concord grapes, cranberries
- Lemon, lime, grapefruit, clementine

LEGUMES

- Adzuki
- Black Soybeans
- Black turtle

4

5

GRAINS

- Buckwheat
- Wild rice

NUTS AND SEEDS

- Nut butters
- Chestnuts
- Flax
- Pumpkin

6

7

OTHER

- Miso
- Decaf coffee
- Red raspberry leaf tea, Nettles
- Turmeric, cinnamon

FOLLICULAR

Power foods

Days 6-14

ADD THESE FOODS IN DURING THE FOLLICULAR PHASE TO LIVE IN HARMONY WITH YOUR HORMONES

1

MEAT AND SEA FOOD

- Chicken, eggs
- Trout
- Soft shell crab
- Fresh water clams

VEGGIES

- Artichoke, bib lettuce, string beans
- Rhubarb, zucchini
- Carrots
- Parsley

2

3

FRUITS

- Avocado
- Lemon, lime, grapefruit, orange
- Plum, pomegranate
- Sour cherry

LEGUMES

- Black-eyed peas
- Green lentils
- Mung beans
- Split pea

4

5

GRAINS

- Oats

NUTS AND SEEDS

- Nut butters
- Brazil nuts, cashews
- Flax
- Pumpkin

6

7

OTHER

- Sauerkraut
- Probiotic olives and veggies
- Nettles

OVULATORY

Power foods

Days 14-16

ADD THESE FOODS IN DURING THE OVULATORY PHASE TO LIVE IN HARMONY WITH YOUR HORMONES

1

MEAT AND SEA FOOD

- Salmon
- Shrimp
- Tuna (limited quantities)
- Lamb

VEGGIES

- Broccoli sprouts, asparagus, dandelion, red bell pepper
- Brussels sprouts, endive, escarole
- Chard, spinach, chicory, eggplant
- Scallions, chives, okra

2

3

FRUITS

- Tomato, persimmon
- Apricot, Cantaloupe
- Coconut
- Raspberry, Strawberries

LEGUMES

- Red lentils

4

5

GRAINS

- Amaranth
- Quinoa

NUTS AND SEEDS

- Almond
- Pecan
- Pistachio

6

7

OTHER

- Raspberry leaf
- Nettles

LUTEAL

Power foods

Days 16-28

ADD THESE FOODS IN DURING THE LUTEAL PHASE TO LIVE IN HARMONY WITH YOUR HORMONES

1

MEAT AND SEA FOOD

- Cod, halibut, founder
- Pastured meats: beef , turkey, chicken
- Liver

VEGGIES

- White mushrooms, broccoli sprouts, broccoli
- Cabbage, cauliflower, collards, mustard greens, celery
- Daikon radish, garlic, leeks, onion
- Winter squash, Sweet potato, parsnips

2

3

FRUITS

- Apple, Pear
- Date
- Peach, Banana (greenish)
- Kiwi

LEGUMES

- Chickpeas
- Great Northern beans
- Navy beans

4

5

GRAINS

- Brown rice
- Slow cooking oats
- Millet

NUTS AND SEEDS

- Pine nuts, walnuts
- Hickory nuts
- Sesame seeds
- Sunflower seeds

6

7

OTHER

- Peppermint
- Ginger
- Spirulina
- Burdock root