

Eat for Your **CYCLE**

MEAT & PROTEINS

- **Menstruation:** meat, seafood, lentils, beans (high iron)
- **Follicular Phase:** eggs, fish, grass-fed beef (high omega 3s) and other meats for amino acids
- **Ovulation:** red lentils
- **Luteal Phase:** beef, turkey, chicken, cod, flounder, halibut, chickpea, navy bean (B vitamins)

VEGETABLES

- **Menstruation:** tomatoes, beets, mushrooms, peas, string beans, all the greens including beet greens, Swiss chard, spinach, kale, collards
- **Follicular Phase:** red onions, peppers, Brussels sprouts, broccoli, tomatoes, asparagus, cabbage, carrots, fennel, summer squash, mushrooms, celery, bell peppers, cauliflower, greens including beet greens, Swiss chard, spinach, kale, Bok choy cooked in lots of healthy saturated fats (quercetin, potassium, and B6)
- **Ovulation:** carrots, broccoli, spinach, asparagus, LOTS of veggies for fiber, especially orange, yellow and white ones, artichokes, dandelion, eggplant, endive, escarole, okra, scallions
- **Luteal Phase:** sea veggies, all the green leafy veggies, cabbage, cauliflower, celery, daikon, onions, parsnips, pumpkin, squash, sweet potatoes, artichoke, jicama, beets, carrots, turnips, rutabagas, asparagus (going for B-vitamins, fiber, liver support) – this is the time to have roasted root veggies.

GRAINS

- **Menstruation:** wild rice or other low-glycemic foods (if avoiding grains during this phase – try Nori sheets for "sandwich" wraps)
- **Follicular Phase:** buckwheat and oats (or other energy-sustaining grains – maybe all whole grains?)
- **Ovulation:** light, gluten-free grains: amaranth, organic corn, quinoa
- **Luteal Phase:** complex carbs (whole grains like brown rice)

SNACKS

- **Menstruation:** figs, apricots, prunes, dates, raisins, seaweed snacks
- **Follicular Phase:** walnuts, almonds, generally nuts and seeds; dried apricots for potassium (also figs, peaches, or raisins)
- **Ovulation:** figs, coconut chips (unsweetened) or coconut butter, almonds, pistachios, pecans, dark chocolate
- **Luteal Phase:** walnuts, pumpkin seeds, cashews, sunflower seeds, almonds

FRUITS

- **Menstruation:** apricots, plus high-water foods like blackberries, blueberries, grapes, cranberries
- **Follicular Phase:** blueberries, grapefruits, oranges, plums, pomegranates, sour cherries (for anti-oxidants, deep colors great too)
- **Ovulation:** apples, apricots, cantaloupe, other melons, guava, persimmons, raspberries, strawberries (orange, yellow and white fruits)
- **Luteal Phase:** apples, pears, oranges, tangerines

SALAD TOPPINGS

- **Menstruation:** spinach, peas, kale, tomatoes, mushrooms
- **Follicular Phase:** butterhead lettuce, cabbage, kale, apples, red onion, avocado, Bok choy, mushrooms, bell peppers, sunflower seeds, celery, olives, fermented foods like kimchi, sauerkraut, and pickles with egg-based dressing like homemade Caesar with plenty of garlic.
- **Ovulation:** spinach, tomatoes, carrots, broccoli, avocado, apples, scallions (green onions), bell peppers
- **Luteal Phase:** kale, spinach, cabbage, cucumbers, daikon radishes, chickpeas, pine nuts, sunflower seeds, celery, radishes, jicama, carrots, dandelion

SPICES

- **Menstruation:** parsley, tamari, miso, comfort foods
- **Follicular Phase:** capers, Real salt, garlic, sesame oil, lemon and lime juice and zest
- **Ovulation:** chives
- **Luteal Phase:** parsley, garlic, ginger, caraway, dill, citrus peel/zest, horseradish, cilantro, black pepper, turmeric

SMOOTHIE ADD-INS

- **Menstruation:** sea veggies (I use powdered kelp, also good source of iodine), spinach, beet greens, collards, kale, chard, berries
- **Follicular Phase:** blueberries, cacao, avocado, beet greens, Swiss chard, spinach, Bok choy, kale, turnip greens, lemon or lime juice, extra omega-3 fats like chia seeds and hemp seeds for potassium and sodium
- **Ovulation:** spinach, avocado, coconut
- **Luteal Phase:** any green leafy vegetables including beet greens, sea veggies (I use powdered kelp), sesame seeds, pumpkin or sweet potato, spirulina, chlorella, citrus peels, dandelion

TEAS & HOT DRINKS

- **Menstruation:** Replacing fluids is important, drink a lot! Raspberry leaf, nettle, burdock, mullein, rose hips
- **Follicular Phase:** red clover, rose hips, nettle, oatstraw, alfalfa, hawthorn berry and/or leaf
- **Ovulation:** hawthorn berry and/or leaf or arjuna, rose hips, linden, alfalfa, violet, and nettle, hibiscus, peppermint, elderberry, and/or cranberry. Anti-oxidant spices like cinnamon, clove, ginger, vanilla
- **Luteal Phase:** Big detox phase: burdock and dandelion root, raspberry leaf, nettle, oatstraw, linden, violet, mullein, dandelion leaf, alfalfa, marshmallow, peppermint, chamomile, and skullcap

NOURISHING INFUSIONS

High Iron Herbal Infusion (for menstruation)

1. 1 ounce of total herbs (one part each of raspberry leaf, nettle, burdock, mullein, and rose hips).
2. Steep in 1 quart of water, covered, 8 hours or overnight.
3. Strain your mixture the next day and drink all day.

Herbal Infusion (for follicular phase)

1. 1 part each of red clover, rose hips, nettle, oatstraw, alfalfa, hawthorn berry and/or leaf.
2. Steep in 1 quart of water, covered, 8 hours or overnight.
3. Strain your mixture the next day and drink all day.

High in Antioxidants Herbal Infusion (for ovulation)

1. One part each of hawthorn berry and/or leaf or arjuna, rose hips, linden, alfalfa, violet, and nettle.
2. 1 TB each of hibiscus, peppermint, elderberry, and/or cranberry.
3. 1 tsp each of any anti-oxidant spices like cinnamon, clove, ginger, vanilla, etc.
4. Steep in 1 quart of water, covered, 8 hours or overnight.
5. Strain your mixture the next day and drink all day.

Support detox and Magnesium and Calcium Levels Herbal Infusion (for luteal phase)

1. 2 parts burdock and/or dandelion root
2. 1 part each of raspberry leaf, nettle, oatstraw, linden, violet, mullein, dandelion leaf, alfalfa.
3. 2 TB marshmallow.
4. 1 TB peppermint, chamomile, and skullcap.
5. Steep in 1 quart of water, covered, 8 hours or overnight.
6. Strain your mixture the next day and drink all day