

Winter: Menstrual Phase

Length: 3-7 days

Energy: 

Description: Shedding lining of the uterus, estrogen* & progesterone* at lowest points

Vibes: Inward focus, opportunity for reflection, more rest needed



***Estrogen:** Supports collagen production, immune system, enhances sexual desire

***Progesterone:** Calming hormone, supports ovulation, regulates all of the important things

Priority foods

Proteins	Veggies	Seeds & nuts	Fruit & misc.
- Red meat (iron, B12) - Salmon/oily fish (B12, omega) - Oysters (copper, zinc)	- Raw broccoli (vit C) - Raw kale (magne., vit C) - Spinach (vit A, magnesium) - Carrots (vit A) - Shiitake mushrooms (copper) - Lentils (iron) - Potatoes (copper, vit A)	- Pumpkin seeds (magnesium) - Sunflower seeds (copper)	- Citrus (vit C) - Kiwi (vit C) - Blueberries (vit C) - Dark choc (copper/magnesium) - Quinoa (iron)

Priority vitamins & nutrients

- Iron:** Energy production, transporting oxygen thru blood + blood rebuilding
- Copper:** To ensure body can effectively use iron
- Vitamin C:** Supports non-heme iron (plant based sources)
→ Pair vit c & iron sources for best results
- Magnesium:** Supports energy, brain function, digestive system, and heart & bone health
- Vitamin A:** Important for blood building, red blood cells
- Vitamin B12:** Red blood cells, energy, nervous system support and mood regulation
- Omega-3:** Managing moods, period pain, reducing headaches & pain

Meal ideas

- Lentils bolognese
- Steak & eggs
- Cooked salmon
- Ribs & potatoes
- Chili
- Quinoa & chickpea salad

Movement ideas

- Lower impact
- Yoga (restorative)
- Walking

Takeaways

- Slow down, go to bed earlier
- Focus on hydration and replenishing dietary minerals
- Lower levels of estrogen affect emotional well being & mental state
- Give yourself additional time & space

Spring: Follicular Phase

Length: 6-11 days

Energy: 

Description: *Estrogen & *testosterone starting to rise

Vibes: Confidence & energy is increasing, ready to be social, time for creativity & newness



***Estrogen:** Supports collagen production, immune system, enhances sexual desire

***Testosterone:** Pairs with estrogen for increased sexual desire, supports muscle mass and bone strength

Priority foods

Proteins	Veggies	Seeds & nuts	Fruit & misc.
- Red meat (iron, B12, zinc) - Shrimp (choline) - Oysters (copper, zinc)	- Bright veggies (anti-ox) - Greens (antioxidants) - Broccoli (anti-ox, chol, phytoE) - Carrots (vit A, soluble fiber, phytoE, anti-ox) - Beans (soluble fiber)	- Flax seed (ins. fiber, phytoE) - Chia seeds (insoluble fiber) - Pumpkin seeds (zinc, anti-ox) - Sunflower seeds (anti-ox, vit E) - Almonds (anti-ox, vit E)	- Apples (soluble fiber) - Citrus (vit C, anti-ox) - Berries (vit C, anti-ox) - Grapefruit (soluble fiber) - Quinoa (fiber) - Peels of fruits & veggies (insoluble fiber)

Priority vitamins & nutrients

- Antioxidants:** Nutrients that help fight damage from free radicals (unstable molecules from internal and external toxins) in bodies
- Zinc:** Supports ovulation and progesterone production, brain health
- Choline:** Supports health of follicle growth and maturation
- Fiber:** Both come from plants, supports movement regularity
 - Soluble:** Can't be digested in body and dissolves in liquids, fuel for gut bacteria
 - Insoluble:** Does not dissolve in liquids
- Phytoestrogen:** Plant form of antioxidants, balance estrogen
- Vitamin E:** Fat-soluble antioxidant, supports immune system

Meal ideas

- Steak
- Shrimp bowl
- Shrimp risotto/pasta
- Pumpkin/squash soup
- Quiche/frittata

Movement ideas

- High-energy workouts, HIIT
- Strength based
- Resistance training

Takeaways

- More likely to try something new/take risks
- Rising hormones have positive effect on mental health
- Increased sexual energy
- Harness your energy & expend intentionally

Summer: Ovulatory Phase

Length: 5 days

Energy:



Description: *Progesterone rising, *estrogen spike, increased libido

Vibes: Energy, mood and communication at highest



***Progesterone:** Calming hormone, supports ovulation, regulates all of the important things

***Estrogen:** Supports collagen production, immune system, enhances sexual desire, increased metabolism

Priority foods

Proteins	Veggies	Seeds & nuts	Fruit & misc.
• Chicken (vit D & B6) • Salmon (vit D & B6)	• Broccoli (vit E) • Mushrooms (vit A) • Spinach (vit A)	• Pumpkin seeds (vit E) • Almonds (vit E)	• Bananas (vit B6) • Kiwi (vit E) • Sourdough bread (probiotics)

Priority vitamins & nutrients

- **Vitamin E:** Supports progesterone
- **Vitamin B6:** Balances estrogen & progesterone
- **Vitamin D:** Supports bone, hormone, menstrual, thyroid and immune health
- **Probiotics:** Supports gut health

Meal ideas

- Butter chicken
- Salmon bowl
- Avocado toast
- Mushroom soup
- Wings & sweet potato fries
- Spinach ravioli

Movement ideas

- Cardio (endurance, spin classes, HIIT)
- High impact workouts
- Take advantage of peak energy

Takeaways

- Shoot your shot (re: all things)
- Be social and connect
- Hormones at their peak and hopefully we are too - make the most of your 'heightened powers'

Fall: Luteal Phase

Length: 10-14 days

Energy: 

Description: Estrogen, progesterone, serotonin and dopamine declining

Vibes: Intentional and direct energy, probably not feeling our hottest



***Estrogen:** Supports collagen production, immune system, enhances sexual desire

***Progesterone:** Calming hormone, supports ovulation, regulates all of the important things

Priority foods

Proteins	Veggies	Seeds & nuts	Fruit & misc.
• Chicken (tryptophan) • Red meat (trypto.) • Shrimp (iodine) • Salmon (calcium) • Tuna (iodine) • Pork (trypto.)	• Beans (tryptophan) • Potatoes (potassium, iodine)	• Pumpkin seeds (tryptophan) • Sunflower seeds (potassium) • Almonds (calcium)	• Bananas (potassium) • Orange (potassium) • Strawberries (iodine) *Increase proteins & healthy fats

Priority vitamins & nutrients

- **Tryptophan:** Support serotonin production, improve mood (best complemented with carbs)
- **Calcium:** Bone health, reduces pre-menstrual symptoms
- **Potassium:** Supports progesterone production, balances sodium intake
→ Bloating? Add in a baked potato-skin on, bananas and oranges
- **Iodine:** Supports breast health

Meal ideas

- Thai curry chicken
- Steak
- Tuna salad/melts
- Pork ramen
- Greek chicken
- Salmon, beans and potatoes
- Hamburgers

Movement ideas

- Long walk/hike
- Bike ride
- Low impact yoga

Takeaways

- Allow yourself to slow down, note any mood changes
- May have 'get shit done' approach
- Inner critic gets louder, more second guessing and doubt
- Don't forget, luteal be lutealing