



# HAPPY HORMONE



FOODS FOR EACH CYCLE PHASE

## PHASE 1



(typically lasts 3-7 days)

**MENSTRUAL PHASE**  
*Foods To Focus On*

<b>VEGGIES &amp; FRUIT</b>	<b>PROTEIN</b>
KALE BEETS MUSHROOMS DULSE KOMBU WAKAME KELP & NORI WATER CHESTNUTS BLUEBERRIES BLACKBERRIES WATERMELON GRAPES CRANBERRIES	BLACK BEANS KIDNEY BEANS ADZUKI BEANS TOFU EDAMAME SARDINES DUCK CLAM SCALLOP LOBSTER CRAB OYSTERS
<b>GRAINS</b>	<b>OTHER</b>
BLACK RICE BROWN RICE BUCKWHEAT	GROUND FLAX PEPITAS SEA SALT, TAMARI MISO COCONUT WATER

THE glowing FRIDGE

## PHASE 2



(typically lasts 7-10 days)

**FOLLICULAR PHASE**  
*Foods To Focus On*

<b>VEGGIES &amp; FRUIT</b>	<b>PROTEIN</b>
AVOCADO BROCCOLI ASPARAGUS GREEN BEANS ZUCCHINI CARROTS BROCCOLI SPROUTS SPINACH ARTICHOKES LEMONS & LIMES GRAPEFRUIT ORANGES CHERRIES	LENTILS EDAMAME TEMPEH TOFU MUNG BEANS CHICKEN EGGS CLAM CRAB TROUT
<b>GRAINS</b>	<b>OTHER</b>
QUINOA GF OATS AMARANTH	BRAZIL NUTS GROUND FLAX PEPITAS CASHEWS NUT BUTTER RAW SAUERKRAUT PICKLED VEGGIES, OLIVES YOGURT VINEGAR

THE glowing FRIDGE

## PHASE 4



(typically lasts 12-14 days)

**LUTEAL PHASE**  
*Foods To Focus On*

<b>VEGGIES &amp; FRUIT</b>	<b>PROTEIN</b>
PUMPKIN SWEET POTATO CAULIFLOWER BRUSSELS SPROUTS CELERY CABBAGE COLLARD GREENS SQUASH PARSNIPS CILANTRO APPLES PEARS PEACHES BANANAS PERSIMMONS MEDJOO DATES	CHICKPEAS CANNELLINI BEANS NAVY BEANS NORTHERN BEANS BEEF TURKEY COD HALIBUT FLOUNDER
<b>GRAINS</b>	<b>OTHER</b>
BROWN RICE MILLET	SESAME SEEDS TAHINI SUNFLOWER SEEDS WALNUTS PEANUT BUTTER CA CAO & CINNAMON GINGER & MINT LICORICE/FENNEL TEA DANDELION TEA PEPPERMINT TEA

THE glowing FRIDGE

## PHASE 3



(typically lasts 3-4 days)

**OVULATORY PHASE**  
*Foods To Focus On*

<b>VEGGIES &amp; FRUIT</b>	<b>PROTEIN</b>
ARUGULA/SPINACH CUCUMBER BELL PEPPERS FENNEL DANDELION GREENS TOMATOES EGGPLANT STRAWBERRIES COCONUT PAPAYA PINEAPPLE & KIWI PASSIONFRUIT FIGS	LENTILS SPLIT PEAS MUNG BEANS LAMB SALMON TUNA SHRIMP
<b>GRAINS</b>	<b>OTHER</b>
QUINOA AMARANTH CORN	TAHINI TURMERIC ALMONDS SESAME SEEDS SUNFLOWER SEEDS PISTACHIOS DANDELION TEA

THE glowing FRIDGE