

THE CLARITY PROTOCOL

# Seed Cycling Calendar

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Built in Cape Town. Engineered for the world.

CLARITY PROTOCOL

# THE CLARITY PROTOCOL: 28-DAY SEED CYCLING CALENDAR (Her Edition)

*Sync nutrition to the Infradian rhythm. Feed the dominant hormone of each phase.*

## The Science

Seed cycling uses the specific fatty acids, lignans, and minerals in seeds to gently support the body's natural hormone production:

SEED	KEY NUTRIENT	SUPPORTS
Flax	Lignans	Modulates estrogen (binds excess)
Pumpkin	Zinc	Estrogen production + immune function
Sesame	Vitamin E	Progesterone production
Sunflower	Selenium	Liver detox + progesterone support

**Protocol:** 1 tablespoon of each seed, daily. Ground fresh (not pre-ground — oils oxidize).

## PHASE 1: WINTER (Menstrual) — Days 1-5

**Dominant Hormone:** All low (reset phase) **Seeds:** Flax + Pumpkin (1 tbsp each) **Body Signal:** Fatigue, cramps, introspection

DAY	BREAKFAST	LUNCH	DINNER	SEED DELIVERY
1	Bone broth + soft-boiled eggs	Slow-cooked beef stew	Salmon + roasted sweet potato	Seeds in warm porridge
2	Warm oat bowl + banana + honey	Leftover stew + avocado	Chicken thighs + butternut	Seeds stirred into yogurt
3	Scrambled eggs + wilted spinach	Bone broth + biltong	Lamb chops + mashed potato	Seeds in smoothie
4	Sweet potato hash + eggs	Sardines + avocado toast (sourdough)	Beef mince + root veg	Seeds in porridge
5	Banana pancakes (egg+banana)	Soup (pumpkin/butternut)	Hake + roasted carrots	Seeds in yogurt bowl

### Bio-Signal Recipe: "The Iron Restore" Stew

- 500g beef chuck, cubed
- 2 cups bone broth
- 1 sweet potato, cubed
- Handful spinach (iron)
- 1 tbsp butter
- Celtic salt, turmeric, black pepper
- Slow cook 4 hours. Serve with ground flax + pumpkin seeds on top.

**Why:** Iron lost during bleeding. Warm foods support weak digestion. No raw salads.

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## PHASE 2: SPRING (Follicular) — Days 6-14

**Dominant Hormone:** Estrogen rising **Seeds:** Flax + Pumpkin (1 tbsp each) **Body Signal:** Energy returning, creativity peaks

DAY	BREAKFAST	LUNCH	DINNER	SEED DELIVERY
6	Smoothie (berries+kefir+flax)	Chicken salad + fermented veg	Grilled fish + quinoa + greens	Seeds in smoothie
7	Eggs + sauerkraut + sourdough	Buddha bowl (chicken+veg+tahini)	Stir-fry (chicken+broccoli+coconut oil)	Seeds on salad
8	Greek yogurt + fruit + seeds	Smoked salmon + rocket + ACV dressing	Turkey meatballs + zucchini noodles	Seeds in yogurt
9	Omelette + mushrooms + herbs	Kimchi rice bowl + egg	Baked chicken + sweet potato	Seeds on bowl
10	Smoothie bowl + granola + seeds	Tuna salad + lemon + EVOO	Beef stir-fry + jasmine rice	Seeds in smoothie
11	Eggs benedict (butter, no marg)	Leftover stir-fry	Grilled prawns + mango salsa	Seeds on salad
12	Açaí bowl + seeds + honey	Chicken wrap (lettuce wrap)	Lamb burger (no bun) + salad	Seeds in açaí
13	Pancakes (oat+egg+banana)	Poke bowl	Salmon + asparagus + lemon butter	Seeds in pancake batter
14	Eggs + avocado + fermented veg	Grain bowl + tahini	Steak + roasted veg	Seeds on grain bowl

## Bio-Signal Recipe: "The Spring Reset" Smoothie

- 1 cup kefir or coconut yogurt
- ½ cup mixed berries (frozen)
- 1 tbsp ground flax seeds
- 1 tbsp pumpkin seeds
- 1 tsp raw honey
- Handful spinach

**Why:** Fermented foods prep the gut for rising estrogen. Light, fresh foods match rising energy.

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## PHASE 3: SUMMER (Ovulatory) — Days 15-17

**Dominant Hormone:** Estrogen + Testosterone peak **Seeds:** Transition → Sesame + Sunflower (1 tbsp each) **Body Signal:** Maximum energy, social magnetism, highest pain tolerance

DAY	BREAKFAST	LUNCH	DINNER	SEED DELIVERY
15	Green smoothie + seeds	Raw salad + grilled chicken + lemon	Grilled fish + tabbouleh	Seeds in smoothie
16	Fruit platter + yogurt + honey	Poke bowl + edamame	Steak + raw salad	Seeds on poke bowl
17	Eggs + raw veg + hummus	Ceviche or sushi bowl	BBQ chicken + corn + coleslaw	Seeds in tahini dressing

### Bio-Signal Recipe: "The Power Salad"

- Rocket + spinach base
- Grilled chicken breast (100g)
- ½ avocado
- Raw carrot ribbons (estrogen detox)
- 1 tbsp sesame seeds + 1 tbsp sunflower seeds
- Dressing: ACV + EVOO + lemon + tahini

**Why:** Raw foods match peak metabolism. Carrot ribbons clear excess estrogen before luteal.

## PHASE 4: AUTUMN (Luteal) — Days 18-28

**Dominant Hormone:** Progesterone rising **Seeds:** Sesame + Sunflower (1 tbsp each) **Body Signal:** Body temp rises, cravings increase, focus deepens

DAY	BREAKFAST	LUNCH	DINNER	SEED DELIVERY
18	Eggs + sweet potato hash	Turkey + avocado + sourdough	Salmon + brown rice + broccoli	Seeds on rice
19	Oat porridge + seeds + cinnamon	Chicken soup + bread	Beef bolognese + zucchini noodles	Seeds in porridge
20	Banana + almond butter + toast	Baked potato + tuna + cheese	Roast chicken + root veg	Seeds on salad
21	Scrambled eggs + mushrooms	Leftover roast + greens	Fish pie (hake + sweet potato top)	Seeds in yogurt
22	Smoothie (banana+cocoa+seeds)	Lentil soup + sourdough	Lamb shanks + mash	Seeds in smoothie
23	Eggs + beans + tomato	Grain bowl + tahini + veg	Chicken curry + brown rice	Seeds on bowl
24	French toast (sourdough+egg+cinnamon)	Stuffed sweet potato + cheese	Steak + roasted butternut	Seeds on butternut
25	Porridge + stewed fruit + seeds	Chicken Caesar (EVOO dressing)	Mince + veg bake	Seeds in porridge
26	Eggs + avo + toast	Soup + biltong	Grilled fish + chips (sweet potato)	Seeds in yogurt
27	Pancakes + honey + seeds	Wrap (lettuce) + chicken + hummus	Slow-cooked lamb + root veg	Seeds in pancake
28	Comfort breakfast (eggs + everything)	Leftovers	Steak + salad (last meal before Winter)	Seeds on salad

## Bio-Signal Recipe: "The Progesterone Builder" Bowl

- 1 baked sweet potato (halved)
- 2 tbsp tahini
- 1 tbsp sesame seeds + 1 tbsp sunflower seeds
- Drizzle raw honey
- Pinch cinnamon + sea salt

**Why:** Complex carbs support progesterone. Sesame provides Vitamin E (progesterone cofactor). **NO FASTING in this phase** — eat within 30 min of waking.

# CYCLE SHOPPING LIST

PHASE	PROTEINS	VEG/CARBS	SEEDS	EXTRAS
Winter	Beef, lamb, salmon, sardines	Sweet potato, butternut, spinach	Flax + Pumpkin	Bone broth, turmeric
Spring	Chicken, fish, eggs, turkey	Fermented veg, greens, berries	Flax + Pumpkin	Kefir, kimchi, sauerkraut
Summer	Chicken, fish, prawns	Raw salad, fruit, avocado, carrot	Sesame + Sunflower	Tahini, lemon, ACV
Autumn	Beef, lamb, chicken, salmon	Sweet potato, brown rice, root veg	Sesame + Sunflower	Cinnamon, cocoa, honey