

T H E C L A R I T Y P R O T O C O L

Seed Cycling Calendar

Built in Cape Town. Engineered for the world.

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.

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.

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