

FOLLICULAR

Grains: Barley

Oat

Rye

Wheat

Legumes: Black eye Pea

Green Lentil

Lima Bean

Mung bean

Split Pea

Veggies: Artichoke

Broccoli

Carrot

Lettuce

Parsley

Green Pea

Rhubarb

String Bean

Zucchini

Nuts/Seeds: Brazil

Cashew

Flaxseed

Pumpkin

Meat: Chicken

Eggs

Seafood: Crab

Clam

Trout

Fruit: Avocado

Grape fruit

Lemon

Lime

Orange

Plum

Pomegranate

Cherry

Other: Olives

Kimchi

Pickles

Sauerkraut

Tempeh

Miso

OVULATORY

Grains: Quinoa
Corn

Legumes: Red Lentil

Veggies: Asparagus
Bell Pepper
Brussels
Chard
Chive
Dandelion
Eggplant
Okra
Scallion
Spinach
Tomato
Fennel

Nuts/Seeds: Almond
Flaxseed
Pecan
Pistachio
Pumpkin

Meat: Lamb

Seafood: Salmon
Shrimp
Tuna

Fruit: Apricot
Cantaloupe
Coconut
Fig
Guava
Persimmon
Raspberry
Strawberry

Other: Chocolate
Coffee
Turmeric

LUTEAL

Grains: Brown rice
Millet

Legumes: Chickpea
Great Northern
Navy Bean

Veggies: Cabbage
Cauliflower
Celery
Collard
Cucumber
Daikon
Garlic
Ginger
Leek
Onion
Parsnip
Pumpkin
Radish
Squash
Sweet Potato

Nuts/Seeds: Pine Nut
Sesame
Sunflower
Walnut

Meat: Beef
Turkey

Seafood: Cod
Flounder
Halibut

Other: Mint
Peppermint

Fruit: Apple
Date
Pear
Peach
Grape

Focus on dense, complex
meals, way higher caloric
need.

MENSTRUAL

Grains: Buckwheat
Wild Rice

Legumes: Adzuki Bean
Black Bean
Kidney Bean

Veggies: Beets
Kale
Seaweed:
Kelp
Kombu
Wakame

Nuts/Seeds: Sesame
Sunflower
Hemp
Chestnut

Fennel
Mushroom
Water Chestnut

Meat: Pork
Duck
Beef

Fruit: Blackberry
Blueberry
Watermelon

Seafood: Catfish
Clam
Crab
Lobster
Mussel
Octopus
Oyster
Sardine
Scallop
Squid

Other: Miso
Tamari
Mint
Salt

TEA CYCLING

Follicular- Support Estrogen

- Green tea – Antioxidants, gentle liver support
- Spearmint – Supports healthy androgen levels (esp. for PCOS)
- Lemon balm – Uplifting and calming
- Rose – Mood support, gentle estrogen support

Ovulation- Support liver detox & reduce inflammation

- Dandelion root – Liver detox, estrogen clearance
- Red clover – Supports estrogen balance
- Peppermint – Cooling and refreshing
- Tulsi (holy basil) – Balances stress, antioxidant-rich

TEA CYCLING

Luteal- Support progesterone, reduce PMS

- Chasteberry (Vitex) – Supports natural progesterone production
- Chamomile – Reduces anxiety, supports sleep
- Lemon balm or lavender – Calming, mood-balancing
- Cinnamon – Balances blood sugar and adds warmth

Menstrual - ease cramps, liver detox, nourish body

- Raspberry leaf – Uterine tonic
- Nettle – Rich in minerals, supports blood building
- Ginger – Anti-inflammatory, eases cramps
- Chamomile – Calming, gentle pain relief