

THE FEMALE CYCLE

UNDERSTANDING YOUR HORMONES



FOLLICULAR PHASE DAYS 6-14

What's Happening

Estrogen rises as a new egg matures

Feelings

Boosted energy, motivation, optimism, & focus

Best Foods to Eat

Protein, complex carbs, and gut-friendly foods such as eggs, salmon, quinoa, yogurt, kimchi & leafy greens



LUTEAL PHASE DAYS 15-28

What's Happening

Progesterone dominates as your body prepares for a possible pregnancy, then drops before your next period

Feelings

Mood fluctuations, bloating, PMS, irritation, fatigue

Best Foods to Eat

Heart-healthy fats like walnuts, avocados, and beans

MENSTRUAL PHASE DAYS 1-5

What's Happening

Estrogen and progesterone drop and uterine lining sheds

Feelings

Tired, introverted, & sensitive

Best Foods to Eat

Iron and magnesium-rich, foods such as spinach, lentils, dark chocolate, nuts, and seeds



OVULATION PHASE ~DAY 14

What's Happening

Estrogen Peaks and egg is released

Feelings

Energized, confident, outgoing

Best Foods to Eat

Hydrating and anti-inflammatory foods such as whole fruits and leafy greens

