

Estrogen boost

Food list

Estrogen plays a key role in women's menstrual cycle. It should be naturally boosted during the **follicular** phase to support overall health and hormonal balance.

What are Estrogen's main roles?

- Promotes a healthy libido
- Supports metabolism
- Boosts your mood
- Supports bone health
- Protects heart and brain
- Increases mental sharpness.

Vegetables:

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Peas | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Kidney beans | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Sprouts | <input type="checkbox"/> Edamame |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Black-eyed peas | <input type="checkbox"/> Cabbage |

Good fats

- ☐ Flaxseed oil
- ☐ Sesame seed oil
- ☐ Olive oil
- ☐ Avocados



Fruits

- ☐ Strawberries
- ☐ Blueberries
- ☐ Dried apricots
- ☐ Dried prunes
- ☐ Peaches

Seeds & nuts

- ☐ Flaxseeds
- ☐ Sesame seeds
- ☐ Pumpkin seeds
- ☐ Brazil nuts
- ☐ Walnuts
- ☐ Almonds
- ☐ Cashews

Progesterone boost *Food list*

Progesterone is essential for a **healthy** menstrual cycle. It should be **naturally boosted** during the **luteal** phase (the second half of your cycle) to support hormonal balance.

Boosting progesterone after ovulation is crucial to:

- Reduce PMS symptoms
- Support mood stability
- Get lighter periods
- Reduce menstrual cramps.

Vegetables:

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Potatoes | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Sweet potatoes | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Yams | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Black beans |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Fennel | |
| <input type="checkbox"/> Butternut squash | |
| <input type="checkbox"/> Brussels sprouts | |



Fruits

- ☐ Bananas
- ☐ Mangoes
- ☐ Papaya
- ☐ Oranges
- ☐ Lemons / Limes
- ☐ Grapefruit
- ☐ Kiwis

Seafood

- ☐ Shellfish
- ☐ Scallops
- ☐ Oily fish
- ☐ Oysters

Whole grains

- ☐ Oat
- ☐ Quinoa
- ☐ Brown rice

Seeds & nuts

- ☐ Flaxseeds
- ☐ Sunflower seeds
- ☐ Sesame seeds
- ☐ Almonds
- ☐ Chia seeds
- ☐ Hemp seeds