

THE ROOTED RHYTHM™ LIFESTYLE

Aligning your hormones, habits and heart.



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WELCOME TO THE ROOTED RHYTHM™ LIFESTYLE

FLOW WITH YOUR HORMONES, FOOD, AND FAITH.

Dear Sister,

Our bodies were never meant to be battled, starved, or silenced.

They were designed with divine rhythm- a sacred flow that mirrors the tides, the moon, and the turning of the seasons. For generations, women have been taught to push through exhaustion, ignore their cycles, and fit their bodies into rigid boxes of productivity and perfection.

But deep within, your body has always known the way back- back to balance, to wisdom, to rest, and to radiant vitality.

The Rooted Rhythm™ Lifestyle was born from that remembering.

It's a gentle yet powerful framework that helps you align your nutrition, fasting, and daily rhythms with your hormonal cycle- so you can work with your body instead of against it.

Rooted Rhythm™ blends the science of fasting with the sacred art of cyclical living. It honors the feminine body as both biological and spiritual- a living ecosystem designed to flow, not force.

With Love,

Jennega



You're Invited

Let this be the season you come home to yourself-
to your cycles, your wisdom, and your wholeness.
Here, nourishment isn't punishment and rest isn't
weakness.

What You'll Discover:

- How to fast in harmony with your hormones, using strategic windows of rest and renewal
- How to nourish your body with cyclical eating- balancing my signature "Flow," "Glow," "Purify," and "Root" meals to support metabolism and mood
- How to align your movement, mindset, and rest with the five phases of your natural rhythm: Nurture, Reset, Connect, Radiate, and Ground
- How to replace burnout with balance, willpower with wisdom, and shame with self-trust

Why This Method Matters

When you live rooted in your rhythm:

- You stop fighting your body and start partnering with her.
- You no longer chase energy- you create it through alignment.
- You release the guilt of slowing down and embrace the sacredness of rest.
- You become attuned to the quiet whispers of your body- the signals that guide your healing, creativity, and intuition.

The Rooted Rhythm™ Lifestyle isn't a diet.

It's a beautiful practice- a return to body literacy, spiritual alignment, and embodied feminine cycle

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It's for every woman who longs to feel vibrant, peaceful, and rooted in herself again.

THE ROOTED RHYTHM™

SIGNATURE MEAL TYPES

Meal Types	Main Focus	Macros
Flow Meals	Protein & Healthy Carbs, Low Fat	Protein 25–30g Carbs 30–45g Fat ≤5g
Glow Meals	Protein & Healthy Fats, Low Carb	Protein 25–30g Carbs ≤10g Fat 15–25g
Purify Meals	Protein & Clean Fats, No Carbs	Protein 25–30g Carbs ≤5g Fat 25–35g
Root Meals	Protein, Healthy Fats, Balanced Carbs	Protein 25–30g Carbs 20–30g Fat 10–15g

Phase 1: Nurture

Days 1–End of Bleeding



Seasonal Energy: Late winter – inward, slow, restorative

Hormones: Both estrogen & progesterone are at their lowest

Focus: Rebuild iron, warmth, and minerals

Fasting:

- No long fasts- keep to 12–13 hours

Food Fuel:

- Flow meals for gentle carbs and energy
- Add Root Meals if fatigued or dizzy
- Avoid Purifying Meals or long fasting windows

Macros:

- Carbs 30–45g | Protein 20–30g | Fat ≤10g

Herbs/Teas:

- Red Raspberry Leaf – uterine tonic, balances hormones, eases cramps
- Nettle Leaf – rich in iron, calcium, and trace minerals
- Hibiscus – replenishes vitamin C and supports blood health
- Ginger Root – anti-inflammatory, warms the womb, relieves pain

Lifestyle + Movement:

- Rest, reflect, slow walks, journaling
- Early bedtime, low stimulation

Mantra: “I am safe to slow down and receive.”

Phase 2: Reset

End of Bleeding-Day 10



Seasonal Energy: Spring- renewal, fresh growth

Hormones: Estrogen is rising, metabolism and insulin sensitivity improve

Focus: detox, build strength, and reset metabolism

Fasting:

- 15-17 hours daily fasts
- Best phase for a 24 hour or 3 day water fast (days 8-10)

Food Fuel:

- Rotate Flow, Glow and Purifying for metabolic flexibility
- Purifying Meals supports fat-burning and cellular repair after a fast

Macros:

- Glow: Protein 25-30g | Fat 20-25g | Carbs < 10g
- Flow: Protein 25-30g | Carbs 30-45g | Fat <5g

Herbs:

- Dandelion Root- supports liver and hormone detox
- Schisandra Berry- antioxidant adaptogen for resilience and energy
- Lemon Balm- gentle mood elevator, balances nervous system
- Green Tea or Matcha- boosts metabolism and focus (moderation if sensitive to caffeine)

Lifestyle + Movement:

- High motivation- ideal for new goals
- HIIT, strength training, cycling, running

Mantra: “I reset and rise with clarity and strength.”

Phase 3: Connect

Days 11-15 (Ovulation)



Seasonal Energy: Summer– outward, expressive, social

Hormones: Estrogen and testosterone peak

Focus: Communication, creativity, relationship building

Fasting:

- 13–15 hrs
- Avoid long fasts- fuel the body for fertility and energy

Food Fuel:

- Glow Meals
- Some Flow Meals

Macros:

- Glow: Protein 25–30g | Fat 15–25g | Carbs ≤10g
- Flow: Protein 25–30g | Carbs 30–40g | Fat ≤5g

Herbs:

- Shatavari- supports fertility, balances estrogen, enhances libido
- Rose Petals- opens the heart, promotes emotional balance
- Red Clover- nourishes reproductive health and estrogen metabolism
- Spearmint- balances androgens, supports clear skin

Lifestyle + Movement:

- Dance, socialize, teach, collaborate
- Group workouts, playful movement

Mantra: “I connect and radiate with confidence.”

Phase 4: Ignite

Days 16–19



Seasonal Energy: Late summer– vitality, confidence, expression

Hormones: Estrogen is still present, progesterone begins to rise

Focus: Harness energy and build strength before winding down

Fasting:

- 15–17 hrs
- Optional 24-hour fasts (Days 16–18) if energy is steady
- Avoid multi-day fasts

Food Fuel:

- Glow and Purify meals for hormone balance and fat burn
- Limit Flow unless doing high output activity

Macros:

- Glow: Protein 25–30g | Fat 20–25g | Carbs ≤10g
- Purify: Protein 25–30g | Fat 25–35g | Carbs ≤5g

Herbs:

- Tulsi (Holy Basil) – stress resilience, adrenal support
- Rhodiola – boosts stamina and energy (best as tincture or capsule)
- Chamomile – calms digestion, soothes tension
- Lemon Verbena – brightens mood, supports liver

Lifestyle + Movement:

- Strength training, hiking, outdoor activities
- Organize, complete, express gratitude

Mantra: “I harness my power with joy and purpose.”

Phase 5: Ground Days 20– Bleeding



Seasonal Energy: Autumn– nesting, reflecting, slowing down

Hormones: Progesterone is high and estrogen drops

Focus: Calm nervous system, prepare for release

Fasting:

- No fasting- focus on nourishment and steady blood sugar

Food Fuel:

- Start in Flow Meals and shift to Glow and Root Meals with cravings

Macros:

- Flow: Protein 25–30g | Carbs 30–45g | Fat ≤5g
- Glow: Protein 25–30g | Fat 15–25g | Carbs ≤10g
- Root: Protein 25–30g | Carbs 20–30g | Fat 10–15g

Herbs:

- Vitex (Chaste Tree Berry) – supports progesterone and cycle regulation
- Chamomile – reduces bloating, anxiety, and PMS tension
- Cacao Nibs or Cocoa Tea – magnesium-rich, mood-supportive
- Ashwagandha – supports adrenals and hormone balance

Lifestyle + Movement:

- Restorative yoga, gentle walks, early nights
- Nest, organize, prepare for menstruation

Mantra: “I ground into peace and let go with grace.”

Overview

Phase	Days	Fasting	Food	Lifestyle
1	Bleeding	12-13 hours	Flow and Root Meals	Rest
2	Done Bleeding-10	15-17 hours + Longer fasts	Glow, Flow and Purify Meals	Strength Training, New Goals
3	11-15	13-15 hours	Glow Meals	High Energy Movement
4	16-19	13-15 hours	Glow and Purify Meals	Strength Training
5	20-Bleeding	No fasting	Flow, Glow and Root Meals	Yoga, walking

Disclaimer

The Rooted Rhythm™ Lifestyle framework is an educational and wellness resource inspired by the principles of Trim Healthy Mama and Fast Like a Girl. It has been thoughtfully adapted by Jennesa Yanez to support women in aligning nutrition, fasting rhythms, and lifestyle practices with their natural hormonal cycles.

This information is intended for educational and informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment.

Jennesa Yanez is not a medical doctor and does not claim to diagnose, treat, or cure any condition.

Always consult with your physician or a qualified healthcare provider before beginning any new diet, fasting routine, supplement, or exercise program, especially if you have an existing medical condition, are pregnant, nursing, or taking medications.