
EATING FOR HORMONE BALANCE CHEATSHEET



“Let food be thy medicine, and medicine be thy food.” Hypocrites

Follicular Phase

Day 7-12

In this phase you will experience rising estrogen and testosterone levels. Eating foods that will replenish your gut flora and deliver a powerful punch of micronutrients is key.

- ▶ **Fermented Foods: Kimchi & Sauerkraut**
 - ▶ **Sprouts - Sprouted Breads, Beans & Seeds**
 - ▶ **Lean Proteins – Chicken & Eggs**
 - ▶ **Citrus Fruits – Lemon, Lime, Oranges, Grapefruit**
 - ▶ **Avocado** (if you're trying to conceive)
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Ovulatory Phase

Day 13-17

In this phase you will experience high estrogen and testosterone levels. Eating foods that will keep the estrogen processing correctly can help to keep those levels just right.

- ▶ **Raw Veggies** (for fiber)
- ▶ **Fresh Fruits & Pressed Juices** (for glutathione & antioxidants)
- ▶ **Salmon, Shrimp & Lamb**
- ▶ **Light Grains: Amaranth, Quinoa & Corn**



Luteal Phase

Day 18-28 (or until you bleed)

In this phase you will experience rising progesterone levels, and decreasing estrogen and testosterone levels. Eating fiber rich foods will curb cravings and keep your digestive track functioning properly, which helps the body expel excess hormones.

- ▶ **Lots of cooked greens**
 - ▶ **Brown Rice & Millet**
 - ▶ **Beef, Turkey & White Fish**
 - ▶ **Chickpeas & Pinenuts**
 - ▶ **Root Vegetables**
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Menstrual Phase

Day 1-6 (or until you stop bleeding)

On the first day of your bleed, your hormone levels will be at their lowest, and then estrogen and testosterone will steadily increase each day. Eat foods that will remineralize the body, keep vitamin levels high, and provide essential healthy fats.

- ▶ **Soups & Stews**
- ▶ **Seafood & Sea Vegetables** (nori, kelp, salmon, crab, lobster, oysters, scallops)
- ▶ **Dark Blue, Purple & Red Fruits**
- ▶ **Root Vegetables**
- ▶ **Duck & Pork**

