

My cycle is my superpower.

Luteal phase.

thick, dry and paste-like discharge.

Fertility: 20%

Eating: High in B vitamins, magnesium, and serotonin-boosting foods. Roast and bake your foods.

Exercise: Strength, Pilates, barre, and light cardio.

Energy: High energy towards the beginning which begins to decrease as we approach our menstrual phase.

Add to your grocery list: Brown rice, chickpea, cabbage, celery, cilantro, cucumber, jicama, onion, garlic, pumpkin, apple, banana, peach, peanut, cacao, mint, spirulina, cinnamon.

Ovulatory phase.

wet, stretchy and slippery discharge.

Fertility: 80%

Eating: Liver supporting foods. Steam your veggies or eat raw.

Exercise: Your version of HIIT workouts.

Energy: We have our most natural energy now. Be social, bold, and outgoing.

Add to your grocery list: Amaranth, corn, cocoa, organic eggs, chicory, eggplant, scallion, spinach, tomato, kiwi, coconut, mango, melon, papaya, strawberry, pistachio, sesame, coffee, chocolate.

Menstrual phase.

Precense of blood.

Fertility: 0-5%

Eating: Nutrient-dense foods that replenish your body with the iron and minerals being depleted during your bleed.

Exercise: Rest. Restorative yoga & stretching.

Energy: Your energy is at its lowest. This is a reflective and inward time.

Add to your grocery list: Beet, Burdock, Button, mushroom, Dulse Kale, Kelp, mushroom, Spinach, Blackberry, Blueberry, Cranberry, Watermelon, Concord grape

Follicular phase.

White, cloudy and sticky discharge.

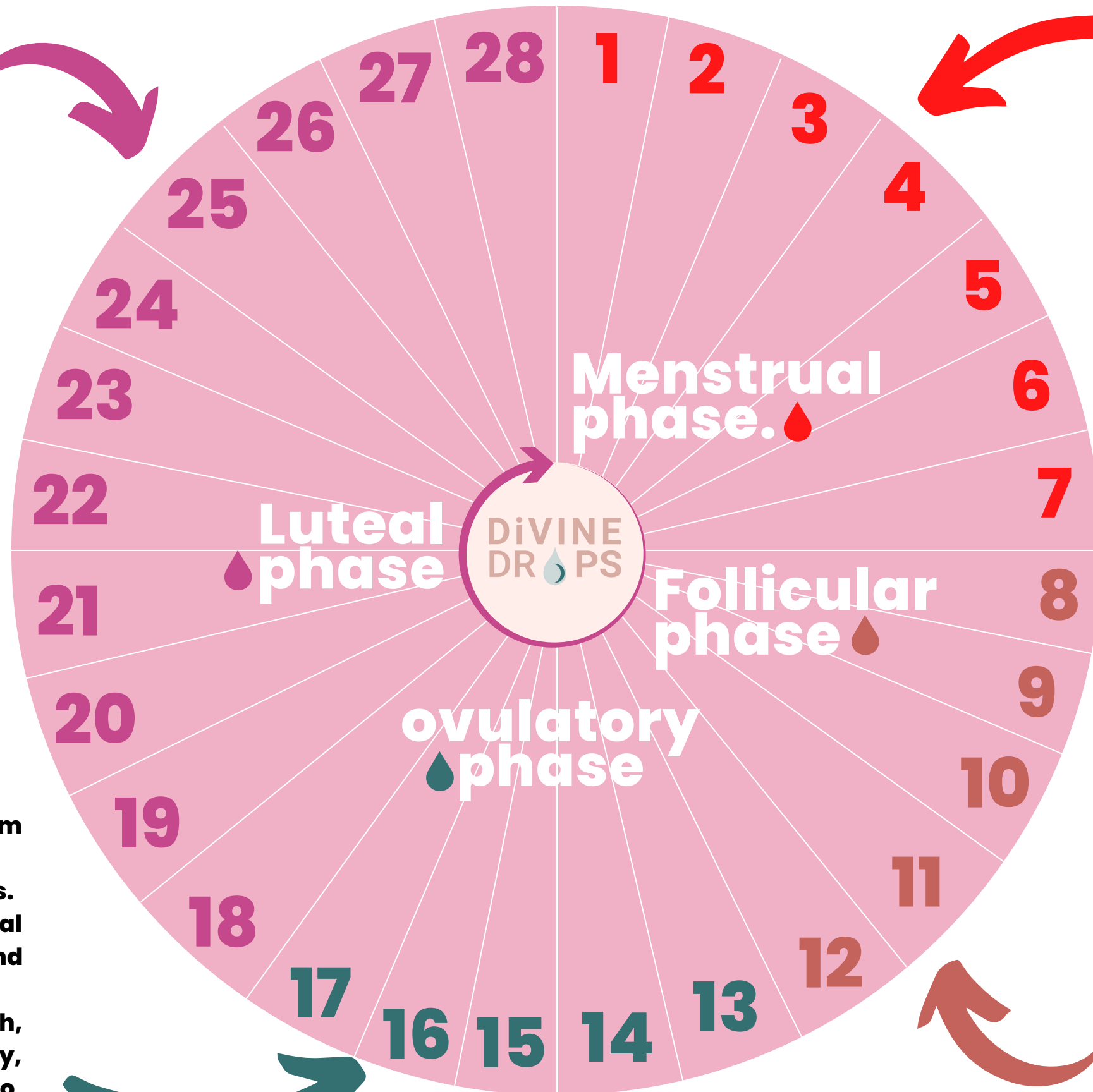
Fertility: 40-60%

Eating: Fermented, light, and fresh foods. Steam or lightly sauté.

Exercise: Try something new! Cardio-focused workouts.

Energy: Creative, imaginative, time to plan out your month.

Add to your grocery list: Amaranth, oat, Quinoa, Organic tofu, Wild salmon, Broccoli, carrot, Zucchini, Avocado, Cherry, Lemon, Lime, Orange, brazil nuts, Sugar-free yogurth, vinegar.



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Everyone's Ovulatory phase is timed differently, that's why it's important to track your cycle with your body's signs.