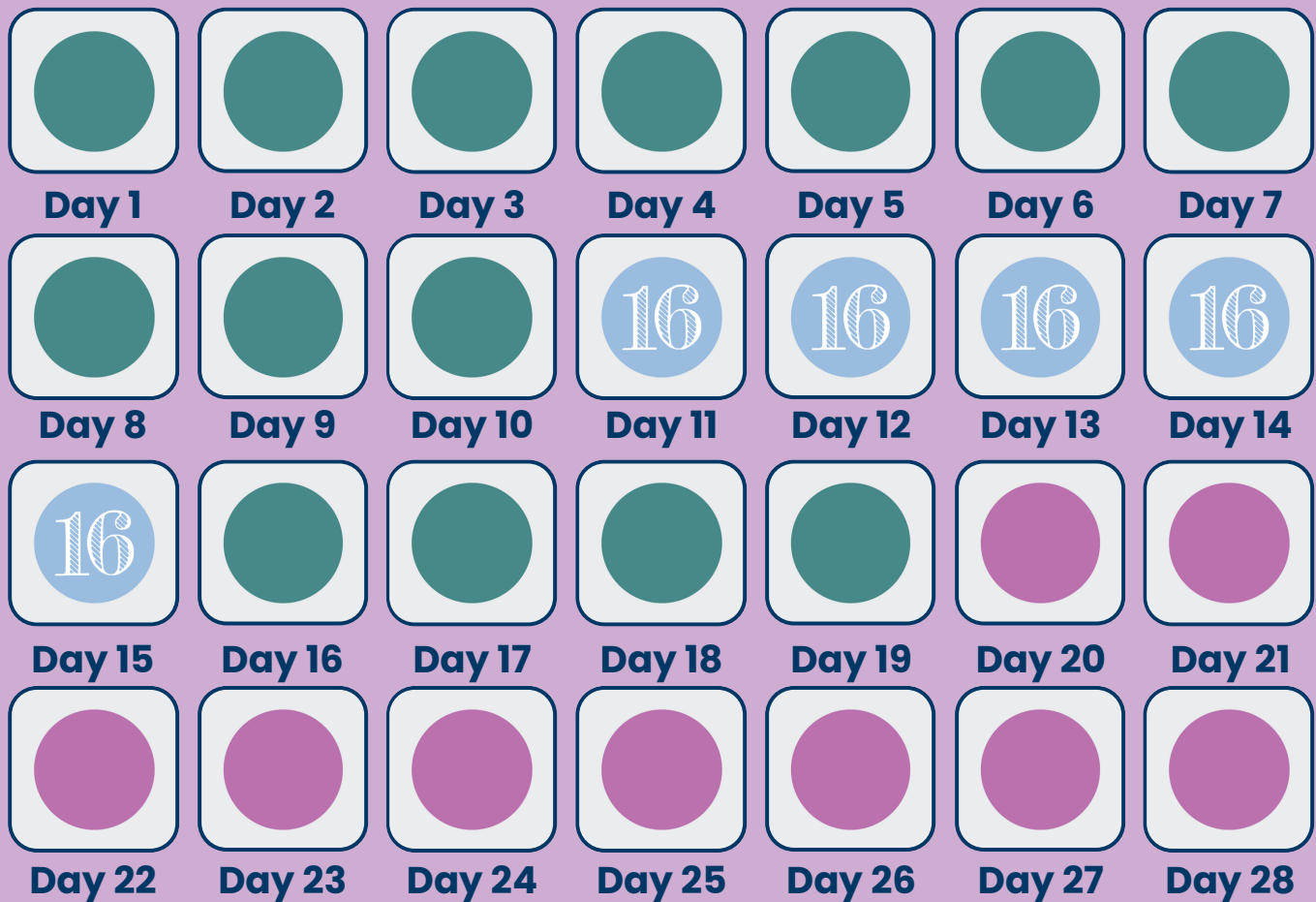


WOMEN WITH A CYCLE

Fasting Schedule



* Day 1 is considered the first day you bleed. If you no longer have a cycle or if you don't know when it is just pick any day as Day 1 and follow the calendar for a reset.



Take it Easy! Fast about 12-14 hours



Let's fast some but no more than 16 hours



Dig into fasting! This is the best time for extended fasts. 16-72 hours



SCAN ME! >>>



If you aren't already tracking your cycle, now is a great time to start!
There are some great apps out there for it.

*inspired by Dr Mindy Pelz and adjusted with personal experience. You'll find that you'll make adjustments to your own and find that you're hungrier or less hungrier on days. Listen to your body.

POWER PHASEDAY 1-10Menstruation
FASTING 13-72hrs**KETOBIOTIC****MANIFESTATION**DAY 11-15Ovulation
FASTING 13-15 hrs**HORMONE FEASTING****POWER PHASE**DAY 16-19FASTING
13-72hrs**KETOBIOTIC****NURTURE PHASE**DAY 20-BLEED

12 HOUR FAST

HORMONE FEASTING**KETOBIOTIC DAYS Estrogen-Building Foods****Seeds and Nuts**

- Brazil nuts
- Almonds
- Cashews
- Roasted salted peanuts
- Sesame seeds
- Walnuts
- Pine nuts
- Pumpkin seeds
- Sunflower seeds

Legumes

- Peas
- Chickpeas
- Spybeans
- Mung beans
- Pinto beans
- Lentils
- Lima beans
- Carob
- Kidney beans
- Black-eyed peas

Fruits and Vegetables

- Cabbage
- Spinach
- Sprouts
- Onions
- Garlic
- Zucchini
- Broccoli
- Cauliflower
- Strawberries
- Blueberries
- Cranberries

50 grams net carbohydrates 75 grams protein
>60% of your food coming from good fat

HORMONE FEASTING Progesterone-Building Foods**Tropical & Citrus Fruits**

- Bananas
- Mangoes
- Papaya
- Oranges
- Grapefruit
- Lemon /Limes

Root Vegetables

- Potatoes
- Fennel
- Pumpkin
- Yams
- Beets
- Turnips
- Spaghetti squash
- Sweet potatoes
- Butternut Squash
- Acorn Squash
- Honeynut squash
- Red potatoes

Cruciferous Vegetables

- Brussel sprouts
- Cauliflower
- Broccoli

Seeds

- Sunflower
- Flax
- Sesame

Legumes

- Chickpeas
- Kidney beans
- Black beans

100-150 grams net carbs 50 grams protein Healthy fats as desired

BITTER FOODS THAT SUPPORT LIVER HEALTH (Days 11-15)

- Arugula
- Coffee
- Dill
- Green tea
- Kale
- Brussel sprouts
- Jerusalem artichokes
- Ginger
- Grapefruit
- Eggplant
- Saffron
- Turmeric
- Peppermint
- Lemons
- Sesame seeds
- Dandelion greens
- Limes

GOOD, HEALTHY FATS

- Olive oil
- Avocado oil
- Coconut oil
- MCT oil
- Sesame oil
- Coriander oil
- Flaxseed oil
- Black cumin oil
- Avocados
- Olives
- Coconut
- Grass-fed dairy
- Raw nut butters
- Grass-fed butter

Eat these all month long. Good fats are especially helpful on KETOBIOTIC days because of the lower carbohydrate count. *Good fats kill hunger, so seek out these yummy fats when your brain wants more food.

THE THREE P'S

Probiotic Rich Foods

- Sauerkraut
- Kimchi
- Pickles
- Yogurt
- Kefir

Polyphenol Foods

- Broccoli
- Shallots
- Brussel sprouts
- parsley
- Artichoke hearts
- Olives
- Red Wine
- 70%+ Dark Chocolate

Prebiotic Foods

- Chicory root
- Dandelion root
- Konjac root
- Burdock root
- Onions
- Garlic
- Leeks
- Jerusalem Artichokes
- Asparagus
- Red kidney beans
- Chickpeas
- Split peas
- Cashews
- Pistachios
- Hummus

Although these foods are great throughout your cycle, These foods are especially important during your MANIFESTATION Phase (days 11-15 of your cycle).

MUSCLE-BUILDING FOODS

- Quinoa
- Shellfish
- Eggs
- Turkey
- Fish
- Red Meat
- Chicken
- Tofu
- Mushrooms
- Pork
- Cottage Cheese
- Chia seeds

Integrating these proteins into your diet all month long will help you build muscle.