

# WOMEN WITHOUT A CYCLE

## Fasting Calendar

### 5-1-1 FASTING SCHEDULE

						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
						
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
						
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28



#### 5 days per week

16 hour fast

Example: Lunch between 12-2 Dinner between 6-8

No snacks between meals.

SCAN  
ME! >>>



#### 1 day per week

17-36+ hour fast

Push your fast longer

Example: Try dinner to dinner



#### 1 day per week

No fasting

Example: Breakfast, lunch and dinner. Or enjoy a morning beverage with MCT oil.

Note: This isn't a free-for-all day, or a "cheat day" you just might eat more frequently, allowing your body to remain metabolically flexible.



\*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.

Remember, this is a sample! You can plan the 5-1-1 to fit your schedule that week.

Note: Try "longer fasts" on busy days. Plan "no fasting" for the day you have breakfast plans.

## 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.**