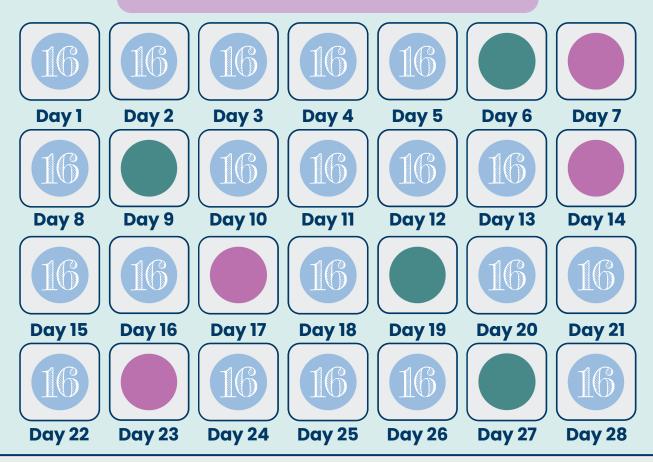
WOMEN WITHOUT A CYCLE

Fasting Calendar 5-1-1 FASTING SCHEDULE



5 days per week



16 hour fast

Example: Lunch between 12-2 Dinner between 6-8 No snacks between meals.





1 day per week

17-36+ hour fast Push your fast longer Example: Try dinner to dinner



*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.



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.

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

<u>Fruits and Vegetables</u>

- 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

<u>Tropical &</u> 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

<u>Cruciferous</u> <u>Vegetables</u>

- 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 Split peas
- Onions
- Garlic
- Leeks

- Asparagas
- Red kidney beans
- Chickpeas
- Cashews
- Pistachios
- Hummus
- Jerusalem Artichokes

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.