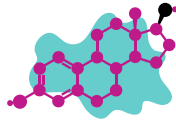


FOODS & IDEAS



Hormone Help Edition

Hormones a little off? Here is a list of estrogen and progesterone supporting foods to add in to your ketogenic diet to promote hormone balance.

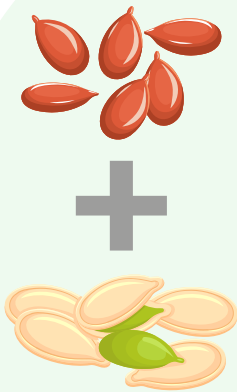
Hormone balance = weight loss possibilities!

The easiest way to promote balance is to seed cycle. Simply mix the following seeds in a bit of coconut oil with your first meal, and enjoy like a fat bomb. Seed cycling information below. Or, if you want to rotate your food, food lists are below it!

Days 1-13

Estrogen Boost

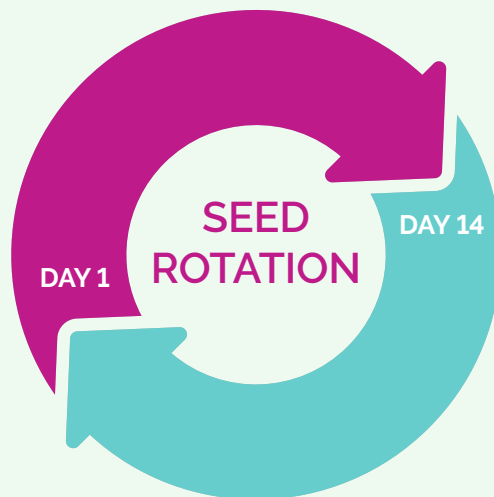
Flaxseeds + Pumpkin Seeds



Days 14-28

Progesterone Boost

Sesame Seeds + Sunflower Seeds



DAYS 11 TO 14: ESTROGEN SUPPORT

*No 18+ hour fasting during this time

- Alfalfa sprout
- Black beans
- Dates
- Dried apricots
- Dried prunes
- Flax
- Green bean
- Mung bean
- Peaches
- Pistachios
- Pumpkin seeds
- Strawberries
- Walnuts
- White beans

DAYS 18 TO DAY 28 (LAST DAY BEFORE BLEED): PROGESTERONE SUPPORT

*No 18+ hour fasting during this time

*Restrain from crazy workouts

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Dark leafy greens
- Grass-fed beef
- Kale
- Nuts
- Oranges
- Organic poultry
- Potatoes
- Pumpkin
- Sesame seeds
- Spinach
- Squash
- Sunflower seeds
- Wild seafood