

# HORMONE HEALING FOODS

## BASED ON YOUR CYCLE

*Dr. Katie Eagle- The Sisterhood*

### **PHASE 1: Menstrual (Days 1–5)**

**Hormonal Focus:** Estrogen & progesterone are low.

Your body is shedding and needs minerals, warmth, and repair.

**Mood:** Reflective, inward, slower pace

#### **Best Foods:**

Mineral rich: Bone or veggie broth, seaweed

Iron – for blood loss recovery (beef, lentils, molasses, spinach, beets, leafy greens)

Zinc – immune & tissue repair (pumpkin seeds, oysters)

Magnesium – reduce cramps & support detox (dark chocolate, greens)

Vitamin C – helps absorb iron (citrus, bell peppers)

Electrolytes – sodium, potassium, calcium (broths, coconut water)

**Recipe:** Red Replenish Stew

Ingredients:

1 beet (peeled & chopped)

1 carrot

1 cup kale

½ cup red lentils

4 cups bone broth or veggie broth

1 tsp ginger

Sea salt, lemon juice to taste

Simmer all for 30 minutes. Serve warm with a drizzle of olive oil.

**Recipe 2:** Hormone Reboot Hot Chocolate

Ingredients:

1 cup unsweetened almond milk

1 tbsp raw cacao

1 tsp maca powder

½ tsp cinnamon

1 tsp coconut oil

Optional: collagen or plant-based protein

Warm over low heat and whisk. Sip slowly as a nourishing elixir.

## **PHASE 2: Follicular (Days 6–13)**

**Hormonal Focus:** Estrogen is rising= energy building, more stable blood sugars, build and nourish.

**Mood:** Optimistic, energized, open to new ideas

### **Best Foods:**

B Vitamins (esp. B6, B9, B12) – support energy & estrogen production (eggs, leafy greens, salmon)

Folate – for cell regeneration (beans, greens)

Fiber – clears excess estrogen (broccoli, flaxseed)

Omega-3s – brain & hormone health (salmon, chia seeds)

Lignans – estrogen modulating (flaxseed and pumpkin seeds)

Clean protein: Legumes, wild caught fish, hummus

Liver support: Cruciferous veggies (broccoli, kale, arugula), berries

Minerals: Citrus, lemon water, raw veggies

**Recipe:** Spring Reset Bowl

Ingredients:

1 cup quinoa

1 cup steamed broccoli

½ avocado

2 tbsp flax seeds

¼ cup sauerkraut

Lemon-olive oil dressing

Build your bowl, drizzle, and enjoy this light, liver-loving combo.

**Recipe 2:** Citrus & Herb Detox Salad

Ingredients:

2 cups arugula

1 orange, peeled and sliced

½ avocado

¼ cup sliced fennel

1 tbsp pumpkin seeds

Dressing: olive oil + apple cider vinegar + lemon juice

Toss all ingredients together and serve fresh.

### **PHASE 3: Ovulatory (Days 14–16)**

**Hormonal Focus:** Estrogen peaks, LH surges, more strength and power= detox time!

**Mood:** Social, expressive, magnetic, glowing, and social

#### **Best Foods:**

Glutathione – master antioxidant (asparagus, avocado, turmeric)

Zinc – for egg quality + hormone balance (pumpkin seeds, shellfish, oysters, organic grass fed ground beef )

Vitamin E – protects eggs and supports skin (avocado, almonds, chia, flax)

Choline – supports liver & brain (eggs)

Sulfur compounds – detox (garlic, onions, broccoli)

Raw veggies & fruit: Boost fiber and antioxidants

Raw salads, herbs (cilantro, parsley)

**Recipe:** Glowing Green Detox Smoothie

1 handful dandelion greens

½ cucumber

1 green apple

1 tbsp chia seeds

Juice of 1 lemon

1 scoop collagen or plant based protein

1 cup water or coconut water

**Recipe 2:** Lemon Herb Salmon Lettuce Wraps

Ingredients:

1 wild-caught salmon filet

1 tbsp olive oil

1 tbsp fresh dill + parsley

Juice of ½ lemon

¼ avocado, sliced

2–3 romaine or butter lettuce leaves

Bake or pan-sear the salmon with olive oil, herbs, and lemon. Let cool slightly. Break into chunks and serve in lettuce cups with avocado and a squeeze of fresh lemon + microgreens.

#### **PHASE 4: Luteal (Days 17–28)**

**Hormonal Focus:** Progesterone rises, blood sugar

becomes more sensitive

**Mood:** Grounded, intuitive, emotionally sensitive

#### **Best Foods:**

Magnesium – mood, sleep, progesterone support (chocolate, pumpkin seeds)

Vitamin B6 – supports progesterone, reduces PMS (turkey, bananas, chickpeas)

Chromium – blood sugar balance (broccoli, cinnamon)

Complex carbs – regulate cravings & stabilize mood (squash, oats, sweet potatoes, quinoa, apples, carrots)

Healthy fats – for satiety & hormone synthesis (avocado, nuts, ghee)

Calming fats: Coconut oil, avocado, nut butters

Hormone support: Sunflower seeds, tahini

**Recipe:** Hormone-Support Tahini Bites

Ingredients:

½ cup tahini

¼ cup ground sunflower seeds

1 tbsp sesame seeds

1 tbsp raw honey

Dash of cinnamon + pink salt

Mix, roll into balls, chill for 30 mins.

**Recipe 2:** Sweet Potato Chickpea Curry

Ingredients:

1 medium sweet potato, cubed

1 can chickpeas

1 cup coconut milk

1 tbsp curry powder

1 clove garlic

1 cup spinach

Salt, ginger, and cinnamon to taste

Simmer all for 20 minutes. Serve warm with rice or quinoa.



## **Seed Cycling Cheat Sheet**

Days 1–14: Flax + pumpkin (2 TBSP/day)

Days 15–28: Sunflower + sesame (2 TBSP/day)

## **You're Meant to Feel This Good.**

Join The Sisterhood to learn how to fast by your cycle, align with your energy, and finally feel like yourself again.

Food is not just fuel—it's a rhythm, a ritual, and a return to balance.

## **Ready to Balance Your Hormones Naturally?**

Join The Sisterhood for hormone healing: increase your energy, improve the quality of your sleep, reduce PMS symptoms, have clear radiant skin, regular painless cycles, balanced moods, and feel confident in your body.

When women eat in rhythm, everything shifts—energy, focus, peace, power, and empowerment.