



Follicular Phase

CYCLE SYNCING GUIDE

BODY'S MESSAGE:

"Preparing for pregnancy."

FOCUS:

productivity phase

ENERGY:

higher, less appetite

PHYSIOLOGY:

ovaries preparing to release an egg, uterus lining re-growing

HORMONES:

estrogen levels rise in preparation for ovulation

WORK:

create, brainstorm, and start projects

MOVE:

high intensity (intervals, jogging, hiking, cardio, heavy strength training)

NUTRITION:

raw foods, light meals, or gentle fasting

If possible, schedule big projects & creative tasks during this phase of your monthly cycle.

Flaxseed & pepitas support estrogen production.



FLAXSEED



LEAN MEAT



RAW VEGGIES



RAW FRUIT



PEPTITAS



FERMENTED FOODS



BEANS & LEGUMES



WHOLE GRAINS

