



the agenda.

Follicular Phase!

FOLLICULAR PHASE

DAYS 6-11

What's happening?

Estrogen and progesterone are rising and your body is prepping to release a new egg.

You might be feeling:

adventurous, social, creative, and excited about life

Food and Nutrition

*Pumpkin Seeds *Flax Seeds

*Leafy Greens *Avocado

*Broccoli *Sprouts *Carrots

*Spinach *Citrus Fruits *Oats

*Brazil Nuts

*Fermented Foods *Pickled

Foods

*Sweet Potatoes *White Beans

*Kidney Beans *Nutritional

Yeast

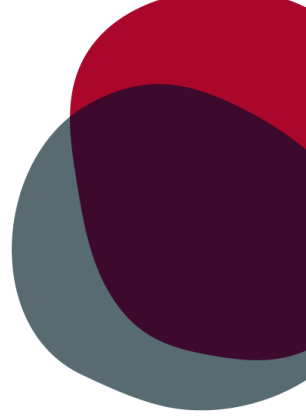
Suggested Movement

*Hiking

*Swimming

*Running or Jogging

*Flow Yoga



PHASE 2- FOLLICULAR

What are your big takeaways from this lesson?

