



the
agenda.

Ovulation Phase!

OVULATION PHASE

DAYS 12–16

What's happening?

Estrogen is peaking and testosterone is high and your new egg is released.

You might be feeling:

Confident, increased libido, extroverted

Food and Nutrition

*Sesame Seeds *Sunflower
Seeds *Cauliflower *Broccoli
*Brussel Sprouts *Spinach
*Eggplant *Quinoa *Coconut
*Raspberry *Strawberry *Radish
*Whole Grains *Berries
*Cabbage *Collard Greens

Suggested Movement

*HIIT
*Dancing
*Walking or Running
*Intense Yoga



PHASE 3 - OVULATION

What are your big takeaways from this lesson?

