

Estrogen

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28 DAY PLAN

BY KATE VAZQUEZ



• WEEK 1 •

Menstrual Phase



NUTRITION

- Grind 1 teaspoon each of whole flax and pumpkin seed daily.
- Focus on foods high in iron such as almonds, beets, and beans, sea vegetables which contain minerals to add back to the body, and flax and pumpkin seeds.



EXERCISE

- Walking
- Hiking
- Yoga
- Pilates



SELF CARE

- Take a 15-20 minute power nap.
- Book a massage or take an epsom salt bath.
- Meditate for 5-10 minutes every day.

GROCERY LST

Black beans
Lentils
Beets
Spinach
Kale
Nori or kelp
Miso
Mushrooms
Wild rice
Tofu
Pumpkin seeds
Flax seeds
Dark chocolate

• WEEK 2 •

Follicular Phase



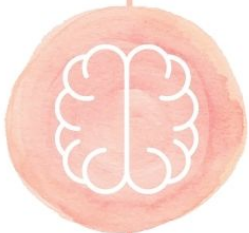
NUTRITION

- Grind 1 teaspoon each of whole flax and pumpkin seed daily.
- Increase vegetables and leafy greens, especially cruciferous vegetables, fermented foods, flax and pumpkin seeds, and healthy fats such as salmon, sardines, and olive oil.



EXERCISE

- Running
- Cycling
- HIIT training
- Light weight training
- Body calisthenics



SELF CARE

- Get creative: color, paint, put together a puzzle, or journal.
- Learn something new.
- Start new projects.
- Spending time in nature.

GROCERY LST

Asparagus
Jerusalem Artichoke
Sauerkraut or
Kimichi
Coconut yogurt
Broccoli
Cauliflower
Chickpeas
Lentils
Trout
Flax seeds
Pumpkin seeds
Brazil nuts

• WEEK 3 •

Ovulation Phase



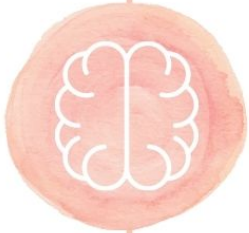
NUTRITION

- Grind 1 teaspoon each of whole sesame and sunflower seed daily.
- Consume more foods that are high fat, fiber and protein, and low carb, continue consuming cruciferous vegetables, and leafy greens.



EXERCISE

- Running
- Cycling
- HIIT training
- Heavy weight training



SELF CARE

- Hang out with your friends.
- Go out on a date.
- Best time to conceive if you are planning for pregnancy.

GROCERY LST

Kiwi
Avocado
Asparagus
Brussels sprouts
Cucumber
Collard greens
Mustard greens
Spinach
Quinoa
Red lentils
Sesame seeds
Sunflower seeds
Salmon

• WEEK 4 •

Luteal Phase



NUTRITION

- Grind 1 teaspoon each of whole sesame and sunflower seed daily.
- Consume more complex carbohydrates, sweet potatoes or quinoa, foods high in Vitamin C, healthy Omega 3's, and high in magnesium such as dark chocolate, avocado, and pumpkin seeds.



EXERCISE

- Jogging
- Swimming
- Walking
- Hiking
- Yoga
- Pilates



SELF CARE

- Clean your home.
- Take care of that to-do list.
- Get rid of clothes you haven't worn in over 5 years.

GROCERY LIST

Pineapple
Raspberries
Strawberries
Tomato
Red bell pepper
Chickpeas
Brown Rice
Oats
Sweet potatoes
Carrots
Sesame seeds
Sunflower seeds
Cod
Spirulina
Dark chocolate