



OVULATION PHASE WEEK 2

by Laura Martin

THE 'SUMMER' PHASE OF YOUR CYCLE



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WEEK #2 – OVULATION PHASE

SUMMER

WHAT IT IS

Ovulation typically happens between days 12-17 of your cycle, known as the "summer" phase. This brief period, lasting about two to three days, involves a surge of luteinizing hormone (LH), prompting the dominant follicle to burst open, releasing the egg into the fallopian tube. The egg remains viable for approximately 12-24 hours, disintegrating if not fertilized.

The cervix ascends, optimizing the egg's encounter with sperm, requiring them to traverse a longer distance. Only the most robust sperm endure this journey through the cervix, uterus, and fallopian tubes. Concurrently, the cervix softens and opens, with the cervical fluid considered fertile.

Estrogen and testosterone levels peak during the ovulatory phase, contributing to heightened attractiveness and an increased sex drive. This surge aligns with the body's innate drive to maximize genetic potential, naturally amplifying the desire for intimacy within the fertility window.

OPTIMAL FOODS TO INCORPORATE

As estrogen peaks, incorporating foods that aid liver detoxification of potential excess estrogen is beneficial. Opt for nutrient-rich cruciferous vegetables like Brussels sprouts, kale, cabbage, turnips, cauliflower, bok choy, and broccoli during this phase.

Choose light yet nourishing options, abundant in vitamins and minerals. Quinoa, brown rice, leafy greens, nutrient-packed vegetables, and cold-water fish make excellent choices. This is particularly advantageous as our appetite tends to be suppressed, transitioning from "feeding and foraging" mode to a focus on sexual desire during this hormonal phase.

CORE EATING PRINCIPLES

- Eat lots of fresh but nourishing foods (think SUMMER foods)
- Avoid heavy foods as they can often make you feel a bit lethargic.
- Try to eat regular meals, even if not as hungry, to keep blood sugar balanced
- Add foods high in water content to help with hydration and eliminate bloating

HERBS + SUPPLEMENTS

- Maca — Consider incorporating a teaspoon of gelatinized organic maca powder a few days before, during, and after ovulation to enhance libido and fertility. The Hormone Helper Hot Chocolate is an excellent choice, and it can be easily added to any smoothie.
- Shatavari — This adaptogen is beneficial for boosting LH production and supporting libido during ovulation. If you're aiming to conceive, consume it in either tea or powder form from menstruation up until ovulation begins. Take a break and resume this regimen in the following cycle.
- Red Clover — Embrace this herb to increase cervical mucus and lubricate the vagina. Consume it daily as an infusion or tea to optimize conditions for conception.

MOVEMENT

This phase remains optimal for engaging in intense physical exercise, activities, and sports. As the egg is released and travels down the fallopian tube, you might experience slight stiffness or soreness around the hips, lower abdomen, and lower back, making hip-opening yoga poses potentially beneficial.

LIFESTYLE

With estrogen and testosterone enhancing sexual desire, the shift from "feeding and foraging mode" to procreation mode often results in a more suppressed appetite. Additionally, progesterone levels, which typically boost appetite, are at their lowest, leading to a tendency to eat less or opt for lighter meals. Ensure you receive adequate nourishment through lighter proteins, fresh produce, and healthy fats, as suggested in the recipes above.

Consider continuing to limit alcohol consumption during this phase, given that estrogen is at its peak, necessitating optimal liver support for proper detoxification (foods like beets and sulfur-containing veggies can assist).

As your confidence-boosting hormones (estrogen + testosterone) reach their peak, it's an opportune time for:

- Job interviews or any situation where peak performance is crucial
- Negotiating a raise or engaging in important conversations
- Participating in networking or public speaking events
- Launching a new business or venture
- Planning a date night or expressing romantic interest



RECIPE IDEAS FOR OVULATION PHASE



CREAMY CHOCOLATE MACA BREAKFAST PORRIDGE

Gluten-Free, Dairy-Free, Refined-Sugar-Free, Vegan

Servings — 2-4

Cook Time — 15-20 minutes

INGREDIENTS:

- ½ cup uncooked sprouted quinoa (sprouting increases its bioavailability); swap for cauliflower rice if you don't do grains well
- ½ cup riced zucchini or cauliflower, pulsed in a food processor
- 2 cups unsweetened coconut, cashew, or hemp milk
- 2 tbsp cacao powder
- 2-4 tbsp maple syrup
- 2-4 tbsp dark chocolate (70% cacao or higher)
- 1 tbsp gelatinized organic maca root powder
- 1 tsp vanilla extract
- ½ tsp sea salt

DIRECTIONS:

1. Make sure your zucchini or cauliflower is pulsed in a food processor until it resembles a "rice-like" consistency.
2. Add quinoa, nut milk, and sea salt to a medium-sized stovetop pot and boil, then reduce to a simmer, cooking as long as the package instructions recommend, typically 15 or so minutes.
3. Once it's halfway through cooking, stir in the zucchini or cauliflower rice.
4. Once the liquid is mostly absorbed and the mixture is well-cooked, remove from heat and stir in cacao powder, chopped dark chocolate, maca powder, maple syrup, and vanilla extract.
5. Top with creamy nut butter, flaxseeds, banana, coconut flakes, and more dark chocolate if you prefer. Store in a glass container in the fridge for up to 4 days.

BEST GREEN SMOOTHIE EVER

Gluten-Free, Dairy-Free, Paleo, Grain-Free, Refined-Sugar-Free, Vegan-friendly option

Servings — 1

Cook Time — 5 minutes

INGREDIENTS:

- ½ cups cashew, coconut, hemp, or brazil nut milk (use less to make into a smoothie bowl or more if you like a thinner consistency)
- 1 serving vanilla collagen protein powder
- 1 heaping tbsp flaxseed powder
- ¼ - ½ avocado, pitted and chopped
- 1-2 dates, pitted and chopped
- 2 cups frozen spinach or leafy greens
- 1 small frozen banana or ½ cup frozen berries
- 1 tsp cinnamon
- ½ tsp vanilla extract
- ¼ tsp sea salt
- 1 inch peeled ginger
- Optional: 1 handful of organic broccoli sprouts for some extra liver love

DIRECTIONS:

1. Mix all ingredients in a high-speed blender until smooth and creamy.
2. Try topping with the Seed Cycling Maple Almond Butter Granola Clusters for an additional hormone-balancing treat.

ALL HAIL KALE CAESAR SALAD

Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free

Servings — 2-4

Cook Time — 10 minutes

INGREDIENTS:

For The Salad

- 1 large bundle of organic lacinato kale, de-stemmed, chopped, rinsed and dried
- 1 head romaine lettuce, chopped, rinsed and dried
- Optional 2-4 cups organic shredded rotisserie chicken, wild-smoked salmon, grilled shrimp, or roasted chickpeas for protein
- 1 large avocado, sliced

For the Tahini Miso Dressing

- ¼ heaping cup of fresh lemon juice
- ¼ heaping cup of ground tahini
- ¼ heaping cup of extra virgin olive oil
- 2 heaping tbsp chickpea miso paste
- 2 tsp pure maple syrup
- 2 tsp onion powder
- 1 tsp garlic powder
- ½ tsp sea salt
- Black pepper to taste

DIRECTIONS:

1. Mix all dressing ingredients in a high-speed blender until creamy. Set aside.
2. Assemble salad ingredients by tossing together the rinsed, chopped, and dried kale + romaine, avocado slices, and protein options of choice.
3. Toss in the dressing (you should have some leftovers) and garnish with fresh lemon wedges.

BROCCOLI FALAFEL + TAHINI MISO DRIZZLE

Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free

Servings — 4-6 Cook

Time — 30 minutes

INGREDIENTS:

For The Falafels

- ½ head of a large broccoli, chopped into florets
- ½ onion, peeled and roughly chopped
- 2 garlic cloves, minced
- 1 large handful mixed herbs (such as parsley and mint)
- 1 15 oz. can Eden Organics chickpeas, drained and rinsed
- 3 tbsp almond flour
- Grated zest of 1 lemon
- 2 tsp cumin powder
- 1 tsp coriander
- 1 tsp paprika
- 1 tsp sea salt
- 1 tsp baking powder

For the Tahini Miso Dressing

- ¼ heaping cup of fresh lemon juice
- ¼ heaping cup of ground tahini
- ¼ heaping cup of extra virgin olive oil
- 2 heaping tbsp chickpea miso paste
- 2 tsp pure maple syrup
- 2 tsp onion powder
- 1 tsp garlic powder
- sea salt and ground black pepper

DIRECTIONS:

1. Preheat oven to 425 F and line a large baking tray with parchment paper.
2. Using a food processor, pulse the broccoli florets for a few seconds until it resembles a "rice-like" texture. Remove the broccoli and repeat the process with the onion, garlic, and herbs.
3. Add the broccoli rice back, along with all remaining ingredients. Pulse until combined (do not overmix; you want the texture to be slightly chunky).
4. Using your hands or an ice cream scooper, roll into balls and place evenly on the parchment-lined pan. Bake for 15 minutes, remove and flip, then bake for 5-10 minutes more until the balls are golden brown.
6. Add all tahini miso drizzle ingredients to a high-speed blender and mix until smooth. Assemble the rest of your toppings to create a bowl or lettuce wraps.
7. Once falafels are done cooking, let cool for a few minutes, then add to bowl and drizzle generously with tahini sauce. Will last in the fridge for 5 days.

HORMONE HELPER HOT CHOCOLATE

Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free, Vegan

Servings — 1 12 oz cup

Cook Time — 10 minutes

INGREDIENTS:

- 10 oz (about 1 ½ cups) of non-dairy milk like Brazil Nut, cashew, coconut, or hemp
- 1 tbsp coconut oil or butter
- 1-2 squares of clean dark chocolate
- 1-2 dates, pitted and chopped (can swap for 1-2 tsp pure maple syrup)
- 1 heaping tbsp cacao powder
- 1 tsp organic maca root powder
- ½ tsp vanilla extract
- ½ tsp Ceylon cinnamon
- Sprinkle of sea salt
- Optional adaptogen boost such as reishi or chaga mushroom powder

DIRECTIONS:

1. Add the coconut oil and dark chocolate squares to a small stovetop pot over medium heat.
2. Once melted, add the remaining ingredients and heat through until steaming (not boiling), stirring frequently.
3. Pour into a high-speed blender and pulse until creamy and frothy.



Thank you

It is my hope that you find this information useful and helpful in your healing journey. I am here to support you. I would love to work with you and help you attain your goals of balancing your hormones while navigating the restoration your health. I have also incorporated a photolight therapy patch system to correlate this restoration and balance. Please reach out to me to learn more.

Laura Martin

