



WOMEN'S HORMONE HEALTH

*A Women's Health Week initiative -
Recipes and movement tips for our
community.*



INTRODUCTION

This booklet was following a special Woven workshop held during Women's Health Week in September 2021.

Participants - local women - created recipes and movement tips based on the four stages of the women's menstrual cycle.

Woven is a grassroots non-for-profit community group dedicated to empowering local women through connection and creativity.

This information has been curated for local women by local women.

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FACILITATED BY



Local health practitioner
Issy Downie

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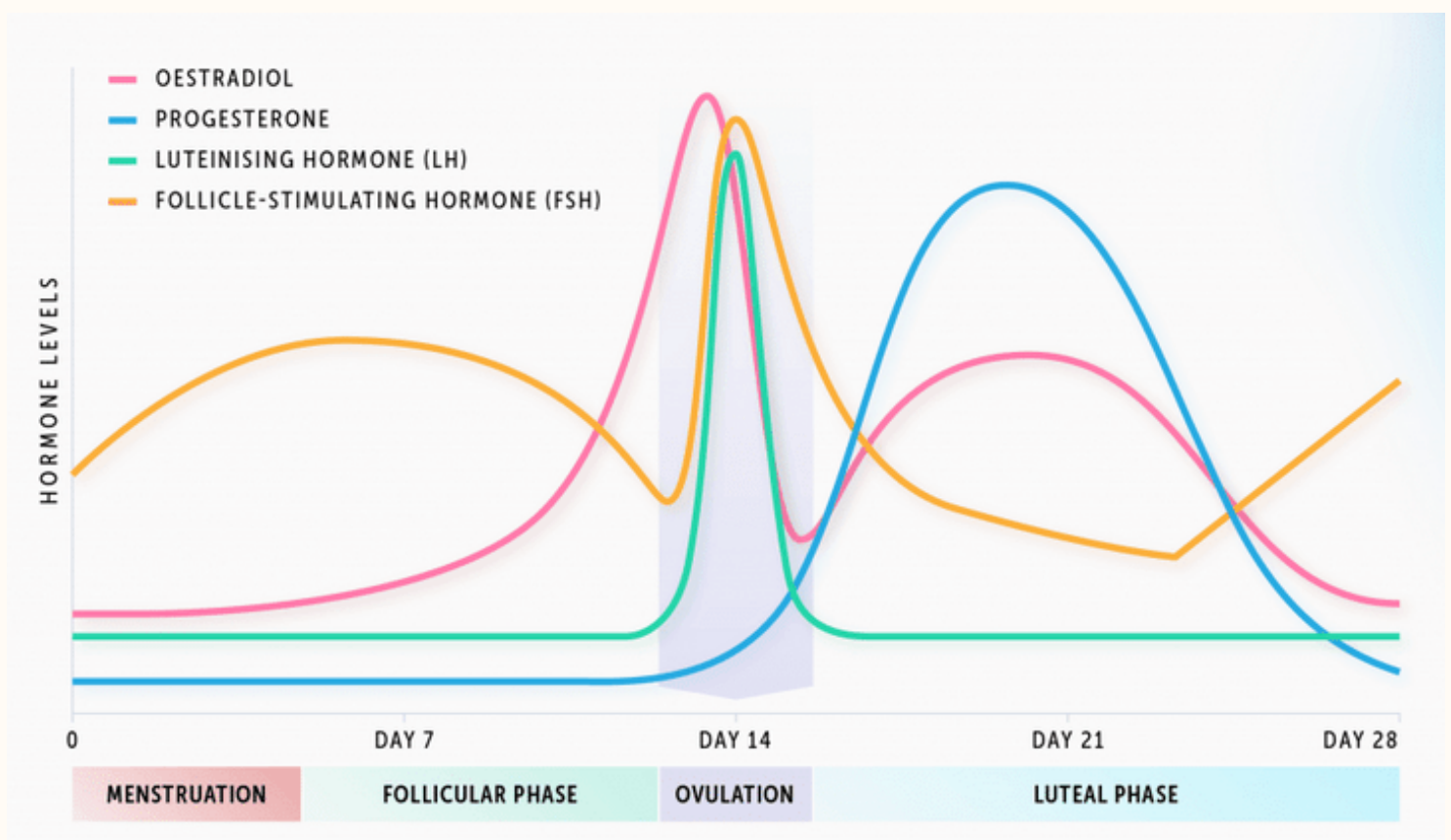


Group facilitator
Stacey Hutt

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HORMONES AND THE MENSTRUAL CYCLE

During a typical 28 day cycle, a woman's body experiences a wide range of hormonal changes. Research shows certain foods and exercise can help us within each of these phases.



1: FOLLICULAR PHASE

Duration: 7-10 days

A time of beginning and to embrace your creativity.

FOODS

- Grains: Barley, oat, rye, wheat, rice, quinoa
- Veggies: Artichoke, broccoli, lettuce, carrot, parsley, rhubarb, zucchini, peas, onion, garlic, corn
- Fruit: Avocado, grapefruit, lemon, lime, orange, stone fruits, pomegranate cherry
- Legumes: split peas, lima beans, mung beans, green lentils
- Nuts and seeds: Brazil, cashews, flaxseeds, pumpkin seeds, lychie, sunflower seeds, pistachios, almonds
- Meats: Chicken, eggs
- Seafood: soft shell crab, clams, trout
- Other: Nutbutter, Olives, pickles, sauerkraut, vinegar, tempeh, tofu, soy, miso

EXERCISE

Cardio exercises like running, swimming, biking and hiking.

BREAKFAST FOR FOLLICULAR PHASE



Breakky smoothie

avo, flax seeds, cashew, almond milk, apple, spinach, carrot



Smoked trout on rye w avo, lemon, parsley, and seedy sprinkle



Smashed pea and avo w poached egg, sauerkraut on rye served with roasted sprinkle



follicular granola

Toasted sunflower seeds, pumpkin seeds, flax seeds, pistachio, almond, brazil & cashew nuts w stone fruits

EXERCISE! Getting kids ^{dressed} ready for school, out of the house in the f**ing car or on bikes in 30 mins or you lose your mind!

LUNCH FOR FOLLICULAR PHASE



Tempen Burger

- pickles, kraut, lettuce, avo, carrot, olive topenade



Soft shell crab fettuccine

- broccolini, fettuccine, garlic, parsley, onion, pear



Miso soup

= soft shell crab sushi

= clam



Vege soup = Mung Beans

- carrot, zucchini, broccoli, parsley, onion, garlic, barley, corn



Chicken Risotto = greens (pear + zucchini)

EXERCISE \Rightarrow Cardio

Mocean \rightarrow group sessions, PT, bootcamp.

7 Barton Road, Margaret River.

www.moceanfitness.com.au

SNACKS FOR THE LADY IN HER FOLLICULAR PHASE ♡



POPCORN
w/ nut butter MISO



STONEFRUIT CRUMBLE

w/ oat, almond & pistachio crumble, cashew butter.

ORANGE & POMEGRANATE MUESLI BAR
w/ flax seed, pumpkin seed, pistachio,



LYCHEE & LIME SORBET

lychee, egg, lemon, lime, with pistachio
sprinkles

exercise - Ride to work, and back & run and skip
around work all day long. ☺



then skip and run around the kids & hike to
the top of the bed to sleep



DINNER FOR FOLLICULAR PHASE



Poached chicken - quinoa salad with pomegranate, grapefruit, zucchini & parsley.



Roast chicken, stuffed with onion, garlic & pistachio.

Steamed broccoli, carrots & peas.

EXERCISE!

Walk kids to school, carrying all school bags, lunch boxes and water bottles.

Run home.

Drive to "HUSTLE MUMMAS" and get an amazing training session with 8 other mums.

2: OVULATION

Duration: 3-4 days

A time open up, be social and communicate.

FOODS

- Grains: Amaranth, corn, quinoa
- Veggies: Asparagus, capsicum, brussel sprouts, chard, chives, eggplant, okra, onion garlic, shallots, cabbage, kale, bok choy, spinach, tomato, portabella and white button mushrooms
- Fruit: apricot, rockmelon, coconut, fig, guava, persimmon, raspberry, strawberry, kiwi
- Legumes: red lentils
- Nuts and seeds: flaxseed, almonds, pecan, pistachios, pumpkin seeds
- Meat: Lamb, eggs
- Seafood: Salmon, prawns, tuna
- Other: Alcohol, coffee, chocolate, turmeric, ginger, probiotics

EXERCISE

Running intervals, HIIT, cross fit, boxing, 30-minute exercise videos, power pilates or yoga, boot camp.

Libido Loving Light Bites



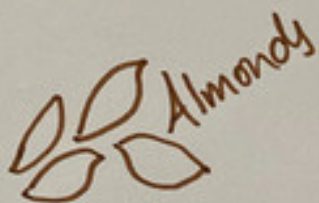
Tumeric
Latte



Chocolate
(yum!)



Strawberries



Almonds



Kiwi
Fruit



Raspberries

Instagram
vids
@Rocamoons

EXERCISE

Mocean Functional Fit
Margaret Rive

Moving Tide
Pilates
Conaramup

Run Gracetown Strips

Ovulation BREAKFAST

Ovu - Ovo

Ingredients

(serves 2)

- 4 eggs
- handful of mushrooms
- handful of Kale
- 2 clover garlic



- Fry sliced garlic in butter until fragrant
- Add mushrooms (sliced) + fry until golden brown.
- Add Kale + fry until softened.
- Add lightly beaten eggs (whisked with milk salt + pepper) to pan, wait and then start leisurely folding eggs back + forth until cooked.

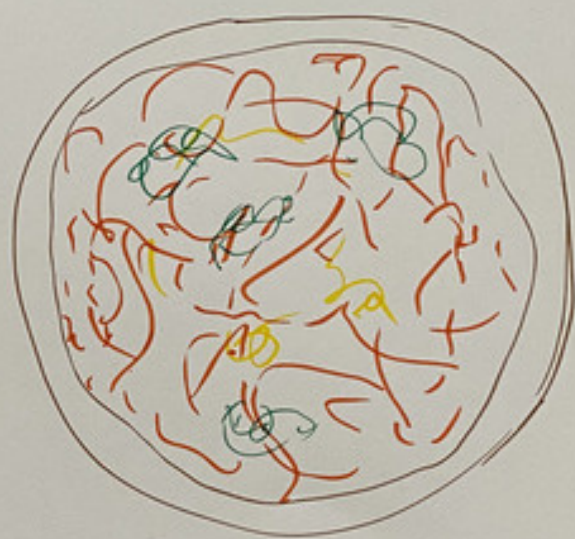
Enjoy!

Ovulation Lunch

Delightful Dhal

Ingredients

- 2 cups red lentils
- 1/2 cup coconut milk
- 2 cups hot water
- 1 inch ginger piece (peeled + grated)
- 1 diced onion
- 2 garlic cloves crushed
- 1 tsp coconut oil
- 1 tsp turmeric
- 1 1/2 tsp garam masala
- Coconut milk, mixed seeds (pumpkin) + almonds (roasted + crushed) + parsley/coriander to garnish - with a pinch of salt + pepper.



★ Best served warm with fresh leaves, mixed seeds + a few drops of coconut milk.

1. Rinse the lentils with cold water + drain
2. In a medium saucepan, heat the coconut oil, add the onion, garlic, ginger + turmeric + cook for two minutes, stirring frequently.
3. Add the lentils + water, bring to boil + let simmer for 15 minutes
4. Add garam masala + coconut milk + mix to combine.
5. Let simmer for another five minutes until all liquid absorbed + you obtain a porridge consistency

Ovulation Dinner

Sexy Salmon.

& asian veggies

INGREDIENTS

Marinade

- 2 lemongrass stems
- ^{cup}
1/4 soy sauce
- 2 tsp minced ginger
- 3 tsp minced garlic
- 1 large bunch fresh coriander

Salmon

- 1 side salmon (or adjust to suitable portion)
- 4 tbsp honey
- juice of 2 limes
- 8 spring onions, finely sliced
- 2 red chillies, deseeded & finely sliced.

Asian Veggies

Bok choy & Shredded Cabbage

METHOD

1. Prepare marinade by combining lemongrass, soy sauce, ginger, garlic & coriander stalks in blender
2. Preheat oven to 200°C. Place salmon on oven proof dish. Pour marinade on salmon & cover for 1 hour.
3. When ready - brush marinade to edges & brush with honey
4. Cook for 10 - 12 mins.
5. Fry up asian veggies in wok until slightly wilted & delicious.
6. Remove fish from oven & squeeze lime juice over fish. Sprinkle with coriander leaves, spring onion & chillies.

Enjoy!

3: LUTEAL PHASE

Duration: 10-14 days

A time for deep focus, review and the completing of tasks.

FOODS

- Grains: Brown Rice, millet
- Veggies: cabbage, cauliflower, all green veggies, garlic, ginger, leek, onion, parsnip, pumpkin, radish, sweet potato, avocado
- Fruit: Apple, date, peach, pear, raisin, oranges, apricots, dried figs
- Legumes: chickpea, great northern bean, navy bean
- Nuts and seeds: hickory, pine nuts, sesame seeds, sunflower, almonds, walnuts
- Meat: Beef, Turkey
- Seafood: cod, anchovies, prawns, sardines, salmon, tuna
- Other: Mint, peppermint, spirulina, yoghurt, hard cheese

EXERCISE

First half: HIIT, strong Pilates, weight training.

Second half: Pilates, Barre, yoga.

LUTEAL PHASE

— BREAKFAST

— BOWL OF LOVING MYSELF

— LUNCH

— BACK OFF + LET ME EAT SALAD

— DINNER

— GIMME COMFORT FOOD, BITCH!"

— SNACK

— SOOTHING SMOOTHIE

— BEFORE I GO NUTS.

BREAKFAST

- BOWL OF LOVING MYSELF

- YOGHURT

- ALMONDS

- WALNUTS

- APPLE / PEACH

- DATES / DRIED FIG

- SESAME SEEDS.

LUNCH

"BACK OH + let me EAT SALAD"

- ROAST Veggie Salad delight!

- ROAST A TRAY OF Sweet potato, cauliflower, zucchini, pumpkin
- Add to a good handful of spinach.
- Add some crunch - pine nuts, Almonds.
- Chick peas - if you have some
- Top with some feta / Parmesan

Toss together → delish ♥

Dinner

"Gimme comfort food, bitch!"

➤ Beef mince + sweet potato Shepherd's Pie

- Sauté chopped onions & garlic until fragrant and transparent.
- Add beef mince or veg. mince alternative until cooked through. Season.
- Peel & chop sweet potato, boil until you can pierce easily with a fork.
- Pour out excess water & mash
- Line casserole dish with baking paper.
- Pour in beef mix and compress, layer sweet potato mash on top.
- Sprinkle w/ cheese & bake until golden.

SNACKS

-SOOTHING SMOOTHIE

SMOOTHIE

- NUT MILK
- SPINACH
- MINT
- AVOCADO
- APPLE

-BEFORE I GO NUTS.

FRUIT + NUT BUTTER

- PEAR | APPLE
- DATE | FIGS
- ALMOND
WALNUT
or PINE NUTS
BUTTER

EXERCISE

TIPS!

"Im gonna do whatever the f*** I feel like"

DAYS 14-20

- HIIT - F45, CROSSFIT, weight training.
- Swimming, running

DAYS 21-28

- YOGA
- PILATES
- long walks
- bike rides
- restore + recover!

4: MENSTRUAL PHASE

Duration: 3-7 days

A time for personal reflection, peace and looking inward.

FOODS

- Grains: Buckwheat, wilds rice
- Veggies: Beetroot, Kale, Kelp, Kombu, Mushrooms,
- Wakame, Water chestnut (salted or baked)
- Fruit: Blackberry, blueberry, grapes, watermelon, dried
- fruits
- Legumes: black soybean, black turtle bean, kidney bean
- Nuts and seeds: chestnut, sesame seeds, sunflower seeds, coconut, pine nuts
- Meats: Most meats (not cured), bone broth
- Seafood: catfish, clam, crab crayfish, mussels, octopus, oyster sardine, scallop, squid
- Other: miso, salt, tamari, warm drinks, turmeric, warm spices

EXERCISE

Meditation, stretching, gentle yoga and Pilates, gentle walks/ swimming.

Breakfast

Menstroothie! - Breakfast

Beetroot, kale, blueberries, blackberries, grapes,
watermelon, sunflower seeds, coconut + turmeric.

Blitz with ice

Lunch

Big Red Salad! - Lunch

Buckwheat, wild rice, black soy bean, kidney beans,
mushroom, sesame seeds, sunflower seeds, pine
nuts, kale, dried cranberries.

Dressing - miso, salt + tamarind, paprika,
cayenne, cumin.

Dinner

Once a month - (greek + beef! - Dinner

& bone broth, mussels, water chestnuts, wakame,

Snack

Love Bar! - Snack

All the nuts, coconut, dried fruit



READ MORE...

Vitti, Alisa. In the FLO: A 28-Day Plan Working with Your Monthly Cycle to Do More and Stress Less. 2020, HarperCollins Publishers.

CONTACT US

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