

## Useful Foods!

	<b>Period (Follicular Phase)</b>	<b>Between Period and Ovulation (Follicular Phase)</b>	<b>After Ovulation (Luteal Phase)</b>	<b>Pre-Period (Luteal Phase)</b>
<b>Optimal type of training</b>	Moderate to high intensity, skills, drills, strength training	High intensity, warm-up and cool down, mobility work	Moderate intensity, reduced peak power in weights, mobility and flexibility	Gentle to moderate exercise (even yoga, pilates, walks)
<b>Iron, magnesium, zinc</b>	Beans, spinach, whole grains, meat, dark chocolate			Beans, spinach, whole grains, meat, dark chocolate
<b>Vitamin-C Rich</b>	Strawberries, citrus, kiwi, bell peppers, broccoli, brussels sprouts	Strawberries, citrus, kiwi, bell peppers, broccoli, brussels sprouts		Strawberries, citrus, kiwi, bell peppers, broccoli, brussels sprouts
<b>Foods Rich in Collagen (to build bone, muscle)</b>		Fish with skin, bone broth, gelatin, pumpkin seeds		
<b>Protein and Carb snacks</b>		Fuel before and after workouts	Take during long workouts, throughout the day and especially after running	
<b>Fluids</b>			Water and electrolytes	Electrolytes especially
<b>Complex carbs</b>			Whole grain toast, PB&J, popcorn	
<b>Fats and oils</b>			Nuts, seeds, nut butters, avocado, olive oil, full-fat dairy	
<b>Antioxidant-</b>			Fruits and	

<b>rich foods</b>			<b>veggies</b>	
<b>Foods rich in fiber</b>				Fruits, veggies, nuts, seeds, whole grains
<b>Protein</b>				Eggs, meat, dairy, soy, fish
<b>Melatonin rich foods for sleep</b>				Tart cherry juice, red grapes, bananas
<b>Foods to boost serotonin</b>				Seeds, peas, legumes, soy, eggs, whey
<b>Protein-rich foods to target mood (branched-chain amino acids)</b>				Red meat, yogurt