

MENSTRUAL CYCLE RECIPE GUIDE

detox kitchen.





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ABOUT

DETOX KITCHEN

WE ARE ON A MISSION...

to help people see, understand and consume food in a totally new way. We want people to eat our food and feel amazing afterwards, and we want them to be surprised by how delicious healthy food can be.

We hope that our food inspires people to eat healthier for good, to make better choices and to be conscious of where their food comes from.

Whether it's our cookbooks, online recipes, meal delivery service or veg boxes, we have created our company to do one thing, to make the healthy option the easy option. And in turn to get as many people feeling the amazing benefits of eating a healthy, well balanced diet.





ABOUT

LE'NISE BROTHERS

WE CREATED THIS GUIDE IN
PARTNERSHIP WITH LE'NISE
BROTHERS

Le'Nise Brothers is a registered nutritionist, mBANT, mCHNC, yoga teacher, women's health, hormone and menstruation coach and host of the Period Story podcast. She works with women who want to get control of sugar cravings, mood swings and hormonal acne, bloating and headaches, as well as increase their energy levels.

Le'Nise has helped many women with hormonal issues ranging from PMS, PCOS, fibroids, endometriosis, heavy, painful,

missing & irregular periods, post-natal depletion, perimenopause and menopause.

She set up her practice ***Eat Love Move*** to help empower and educate women to understand their bodies, advocate for better healthcare and heal.

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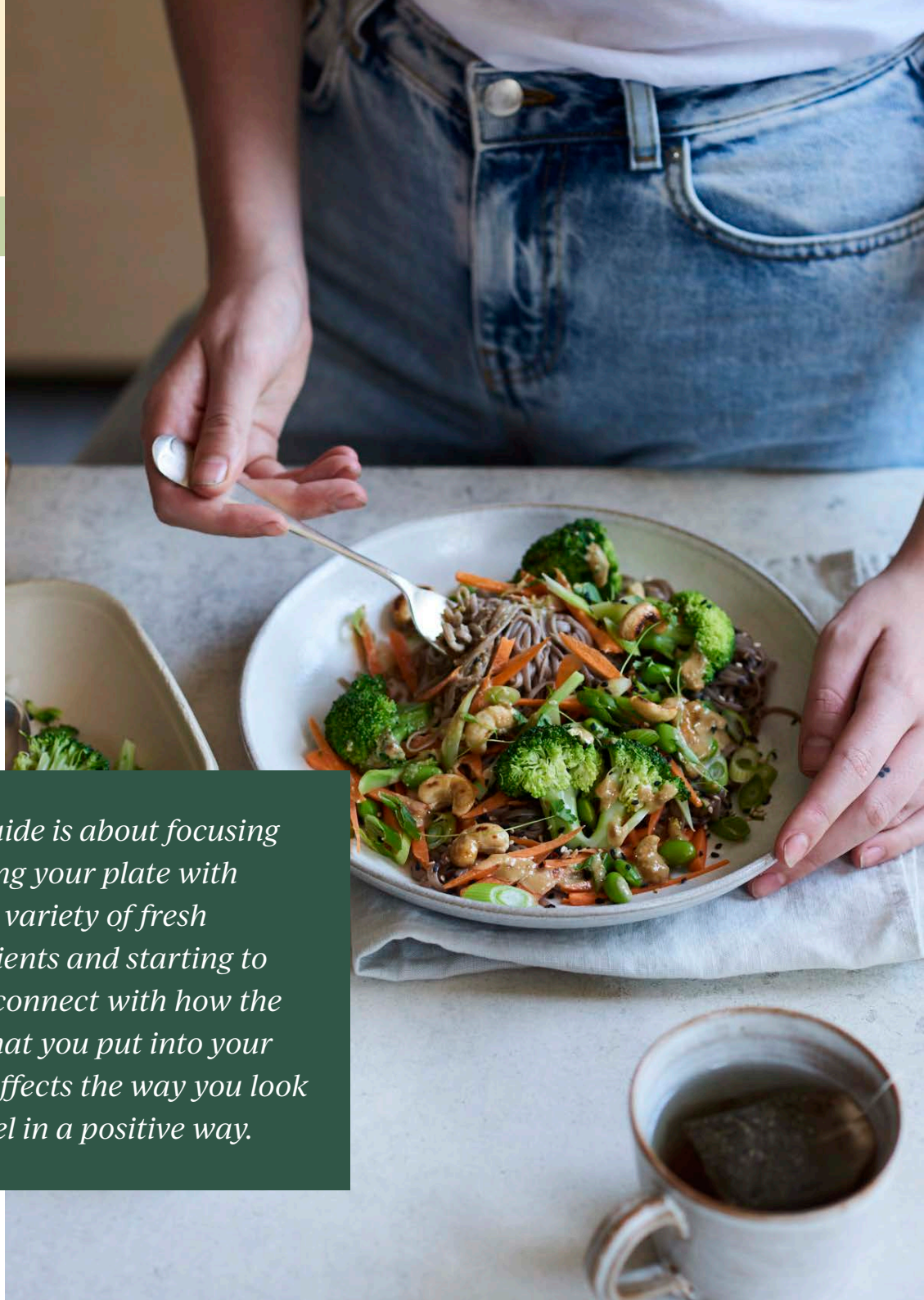
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ABOUT THIS GUIDE

The food we eat has a powerful impact on menstrual and hormone health, especially when we eat according to what our body needs during each of the four phases of the menstrual cycle.

Every woman's nutritional needs are different; however the guidance we provide here is a good template that will help address and support hormonal and menstrual health across the 4 stages of the menstrual cycle.



This guide is about focusing on filling your plate with a wide variety of fresh ingredients and starting to really connect with how the food that you put into your body affects the way you look and feel in a positive way.

INTRODUCTION BY LE'NISE

So many of the women I work with say they feel as though they're in a constant battle with their menstrual cycle and their period. They love the highs of the follicular phase and ovulation but hate the lows of PMS and menstruation. It may seem countercultural, but it is possible to have a better period and feel a sense of ease with your menstrual cycle.

The foods we eat are a really important way of bringing us back into balance and supporting our menstrual and hormonal health. We can split our menstrual cycle into 4 phases: menstrual (starts the first day of our period), follicular, ovulation and luteal. We can then

add in foods that support our body's needs during each phase. It may sound simple, however think of it this way: we mostly eat three meals a day, 7 days a week, 365 days a year. So, it stands to reason that the foods we eat can help bring us into menstrual and hormonal balance.

Start simply: look at the wheel in this guide and add one type of food in for the appropriate phase or try one of the beautiful recipes that the Detox Kitchen team have created. Then go on the next phase and then the next. Eventually, it will become second nature and you may notice a difference in some part of your menstrual and hormone health.



Patricia McHugh: Depth and Field Photography

YOUR

MENSTRUAL CYCLE

1. MENSTRUAL PHASE

3-7 days (day 1 to 3-7 of menstrual cycle).

2. FOLLICULAR PHASE

Around 7-14 days (day 3 to 11-17 depending on how long menstruation lasts).

3. OVULATION

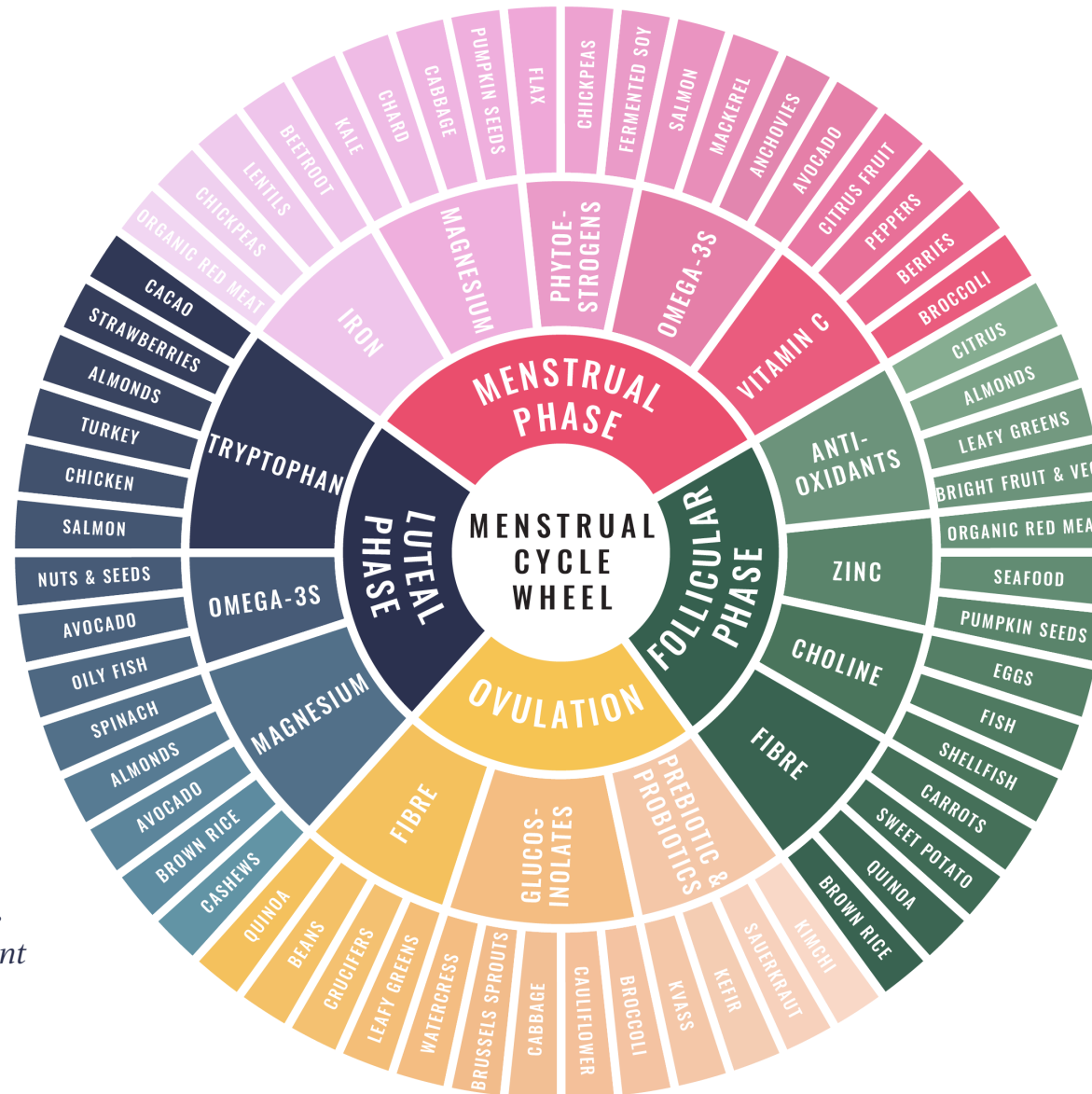
1 day (could be on any day from day 12 to day 18 depending on the total length of the menstrual cycle).

4. LUTEAL PHASE

Around 14 days (day 13 to 24-35, depending on total length of the menstrual cycle).



MENSTRUAL CYCLE WHEEL



Use this wheel as a guide for the nutrients and foods you should be looking to consume throughout the different stages of your cycle.

STAGE 1: MENSTRUAL PHASE

The menstrual phase or the time when we have our periods, is an invitation from our body to slow down and turn inward as we shed the lining of our uterus and start anew. Think of it like the winter of our menstrual cycle. We can support our body during this time by eating foods that help restore and rebuild: iron foods like chickpeas and lentils, omega-3s like oily fish, vitamin C foods like peppers, berries and broccoli and magnesium foods like dark leafy greens, nuts and seeds.

- **Iron** to rebuild blood and energy
- **Magnesium** to reduce cramping and support mood
- **Omega-3s** to reduce inflammation
- **Vitamin C** to reduce inflammation



WARM LENTIL & CHICKPEA SALAD

SERVES 2



Ingredients

120g puy lentils
200g chickpeas, drained and rinsed
1 avocado, cut into cubes
½ red pepper, finely chopped
40g pumpkin seeds
1 spring onion, finely sliced
A pinch of salt
A pinch of pepper

For the dressing

1 tbsp tahini
2 tbsp rapeseed oil
Juice of 1 lemon
Small handful of chopped coriander
A pinch of salt
A pinch of pepper

Method

1. Place the puy lentils in a saucepan and cover with two times the amount of water, bring to the boil and simmer for 15 minutes until cooked. Drain and then rinse.
2. Meanwhile toast your pumpkin seeds by placing them in a small frying pan on a medium heat and toast until lightly golden, being careful not to burn them.
3. Place the lentils into their serving bowls and top with the chickpeas, avocado, red pepper and spring onions.
4. Make the dressing by mixing the ingredients together. Pour over and serve.

STAGE 2: FOLLICULAR PHASE

As winter ends, we move into spring, a time of growth and renewed energy. Moving into the follicular phase of our menstrual cycles, our oestrogen and testosterone levels rise, giving us a feeling of boundless energy, improved moods and perhaps a more creative and open feeling. Certain foods can help us manage our energy levels, support rising sex hormone levels and bring us back into balance. Try adding in brightly coloured fruits and vegetables for their antioxidants and fibre, pumpkins seeds and seafood for zinc, and eggs to support the quality of the eggs that are maturing in our ovaries.

- **Fibre** to support estrogen detoxification and energy levels
- **Antioxidants** to reduce inflammation
- **Zinc** to support testosterone production and egg quality
- **Choline** to improve egg quality



EGG FRIED RICE & QUINOA

SERVES 2



Ingredients

80g brown rice
80g quinoa
½ red pepper, roughly chopped
½ yellow pepper, roughly chopped
½ red onion
1 carrot, sliced into half moons
4 cloves of garlic
Handful of kale, tough stalks removed and roughly chopped
3 free-range eggs
A good glug of olive oil
2tbsp rapeseed oil
1 tbsp tamari soy sauce
20g sunflower seeds
20g pumpkin seeds
A pinch of salt
A pinch of pepper

Method

1. Preheat the oven to 180 degrees.
2. Place the rice in a saucepan with three times the amount of water and cook for 20-30 minutes until cooked. Rinse under cold water and leave to drain.
3. Put the quinoa in a separate pan and cover with three times the amount of water and cook for 7-12 minutes. Rinse under cold water and leave to drain.
4. Meanwhile place the chopped red and yellow peppers, carrots and red onion in a roasting tray along with the garlic. Drizzle with olive oil, season with salt and pepper and cook in the oven for 20 minutes. Add the kale to the roasting tray for the last 5 minutes, making sure to mix well so that it is coated in oil.
5. Whisk the eggs in a bowl then heat the rapeseed oil in a large frying pan. When hot, add the eggs and stir continuously with a wooden spoon to scramble. When the eggs are still wet in the pan, add the quinoa and rice.
6. Add the tamari, pumpkin seeds and sunflowers seeds and cook for a further few minutes. Plate and serve.

STAGE 3: OVULATION

We ride the wave of spring into the summer of our menstrual cycle, ovulation. For many of us, this is the time when we feel like our best and brightest selves. We may notice that our energy levels are at their peak, our skin and hair are at their glossiest and we feel like we can take on their world!

Even though this is just one day of our menstrual cycle, the foods we eat now can continue to have a positive effect on our hormone and menstrual health. Try adding in fermented foods to support your gut health (so important for immune, mental and hormone health!), as well as carrots, sweet potatoes, dark leafy greens and brassicas to support the liver's job of managing the amount of oestrogen in our body.

- **Fibre** to support estrogen detoxification and energy levels
- **Probiotic and prebiotic foods** to support estrogen detoxification and improve egg quality
- **Glucosinolates** to support estrogen detoxification and metabolism



SERVES 2

ROASTED HISPI CABBAGE AND BEAN SALAD WITH QUICK KIMCHI



To make Quick Kimchi

Ingredients

2 Chinese napa cabbage, quartered
20g sea salt
50g honey + 2 tablespoons extra
1 bulb of garlic, cloves separated
80g peeled ginger
1tsp dried chilli flakes
40ml tamari soy sauce
2 spring onions, sliced

Next page for Roasted Hispi Cabbage and Bean Salad

Method

1. Dissolve the salt and honey in 800ml of water and add the cabbage. Leave to soak overnight.
2. The next day drain the cabbage pushing all the water out. Blend 50ml of water with the garlic, ginger, chilli flakes, tamari, and extra honey until smooth.
3. Add the paste to a really large bowl and add the spring onion. Massage the marinade really well into the cabbage leaves.
4. Wedge into a 1 litre sterilised jar and leave out at room temp for 2-5 days depending on how warm it is in the house.
5. Leave in the fridge and consume within one month.

SERVES 2

ROASTED HISPI CABBAGE AND BEAN SALAD WITH QUICK KIMCHI

To make the Roasted Hispi Cabbage & Bean Salad

Ingredients

1 hispi cabbage, outer leaves removed
400g tin of cannellini or butter beans
2 tbsp olive oil
1 tbsp apple cider vinegar
2 gherkins, finely diced
¼ red onion, diced
½ lemon cut into wedges
Salt and pepper

Method

1. Slice the cabbage into quarters through the root, keeping the root intact.
2. Drizzle the cabbage with 1 tbsp olive oil, season and roast in the oven at 180 degrees for 30 mins until singed at the edges.
3. Assemble the bean salad by adding to a mixing bowl with the red onion, gherkins, apple cider vinegar, 1 tbsp olive oil. Combine in a bowl and season to taste.
4. To serve, put the bean salad on a serving platter with the cabbage on top and lemon wedges at the side. Add a big helping of your kimchi.



STAGE 4: LUTEAL PHASE

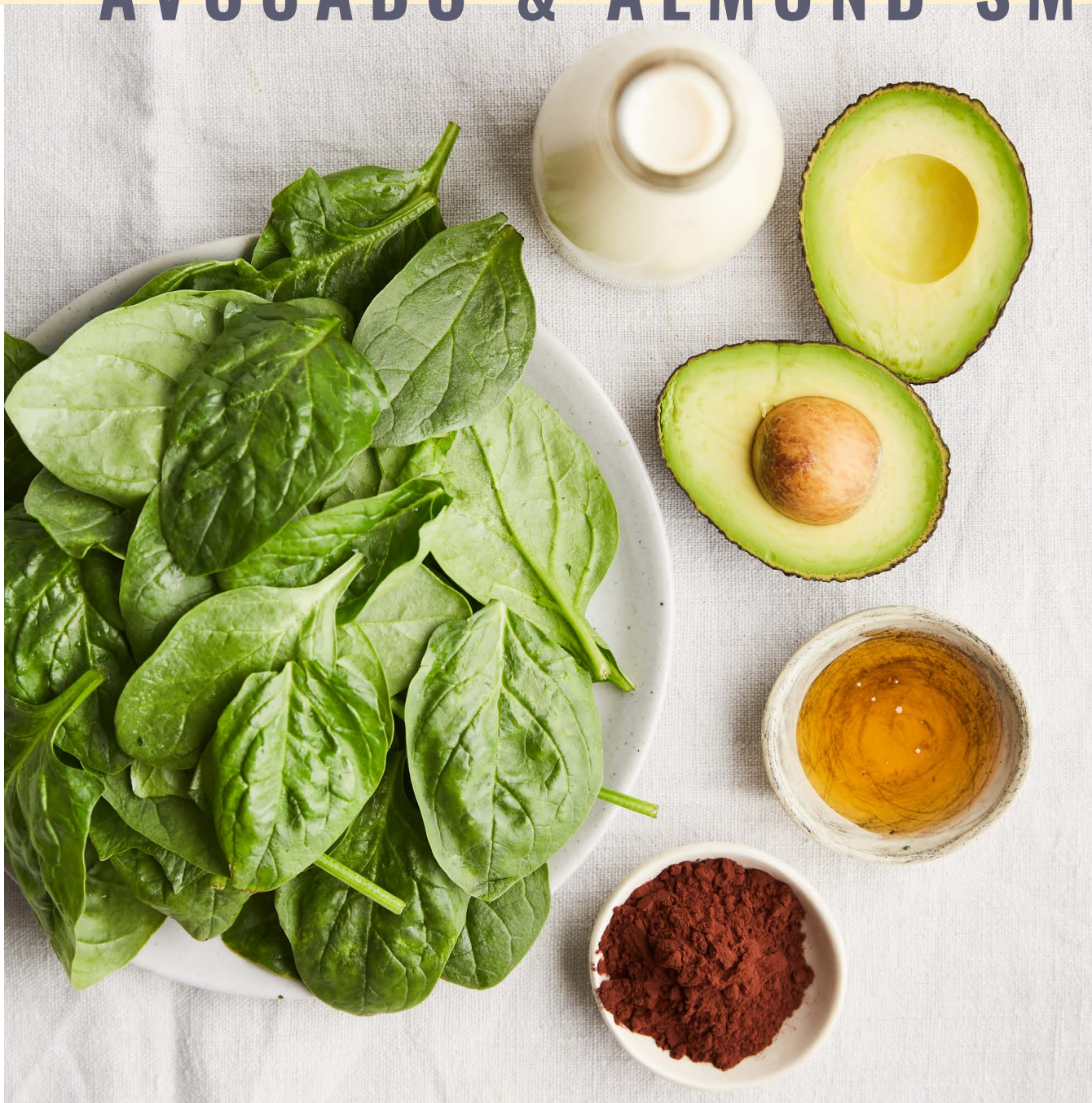
The vibrant highs of ovulation continue into the early part of the next phase of our menstrual cycle, the luteal phase. We might feel a better sense of wellbeing due to the calming effect of progesterone, which is released after we ovulate. This starts to fade if the mature egg that is released during ovulation isn't fertilised and the progesterone and the second rise of oestrogen drops. The second half of our luteal phase is a time to be really gentle with yourself, especially if you feel the effects of PMS symptoms such as anxiety, depression, pain, bloating or craving. Food can play a balancing role during this time. Try adding leafy greens and seeds to help reduce cramps and some cravings, wild salmon, poultry and nuts to help improve your mood and the quality of your sleep.

- ***Omega-3s*** to support skin and hair health, support mood and reduce inflammation
- ***Magnesium*** for energy production, mood and to reduce cramping and headaches
- ***Tryptophan*** to support mood and sleep



SERVES 2

AVOCADO & ALMOND SMOOTHIE



Ingredients

1 avocado
100g spinach
200ml almond milk
1 heaped tbsp cacao powder
½ tsp maple syrup
6 cubes of ice

Method

1. Put all the ingredients into a blender and blitz until smooth. Serve over ice in your favourite glasses.