

Seed Cycling Printable Chart

Rotate these seeds during your menstrual cycle to support hormone balance.

Follicular Phase (Day 1–14)

Seeds to Eat Daily

- 1 tbsp Ground Flax Seeds
- 1 tbsp Pumpkin Seeds

Key Nutrients

Lignans, Zinc, Omega-3 fats

Purpose

Supports healthy estrogen metabolism and hormone balance

Luteal Phase (Day 15–28)

Seeds to Eat Daily

- 1 tbsp Ground Sesame Seeds
- 1 tbsp Sunflower Seeds

Key Nutrients

Magnesium, Selenium, Vitamin E

Purpose

Supports progesterone pathways and luteal phase hormone balance

Helpful Tips

- Grind flax and sesame seeds for better absorption.
- Store seeds in airtight containers in the refrigerator.
- Add seeds to smoothies, yogurt, oats, or salads.
- Stay consistent for 2–3 months and track symptoms.