

# FOLLICULAR PHASE FOOD LIST

## GRAINS

- BARLEY
- WHEAT
- OATS
- RYE
- QUINOA
- BROWN RICE
- BUCKWHEAT

## VEGETABLES

- PARSLEY
- CARROT
- STRING BEANS
- ARTICHOKE
- PEAS: GREEN
- LETTUCE
- ZUCCHINI
- BROCCOLI
- RHUBARB
- SPINACH
- KALE

- CUCUMBER
- BELL PEPPERS
- ASPARAGUS
- RADISHES

## **MEAT**

- CHICKEN
- EGGS
- TURKEY
- LEAN BEEF

## **LEGUMES**

- MUNG BEANS
- SPLIT PEA
- BLACK EYED PEAS
- CHICKPEAS
- EDAMAME
- GREEN LENTILS
- LIMA BEANS

# FRUITS

- LIME
- GRAPEFRUIT
- POMEGRANATE
- ORANGE
- LYCHEE
- SOUR CHERRY
- LEMON
- PLUM
- AVOCADO
- APPLES
- BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
- KIWI
- PAPAYA
- PINEAPPLE

# NUTS

- BRAZIL NUT
- CASHEW
- NUT BUTTER
- ALMONDS

- WALNUTS
- PISTACHIOS

## **SEAFOOD**

- SOFT-SHELL CRAB
- TROUT
- FRESH-WATER CLAM
- SALMON
- SHRIMP
- SARDINES

## **OTHER**

- OLIVES
- SAUERKRAUT
- PICKLES
- VINEGAR
- KIMCHI
- SPROUTED BEANS
- SEEDS
- CHIA SEEDS
- FLAXSEEDS
- SUNFLOWER SEEDS
- TEMPEH

- TOFU
- GREEK YOGURT