

OVULATORY PHASE FOOD LIST

GRAINS

- AMARANTH
- CORN
- QUINOA
- BUCKWHEAT

VEGETABLES

- ASPARAGUS
- BELL PEPPER (RED)
- CHARD
- CHICORY
- ENDIVE
- ESCAROLE
- OKRA
- SPINACH
- TOMATO
- BRUSSEL SPROUTS
- EGGPLANT
- DANDELION

- SCALLION
- KALE
- BEETROOT

MEAT

- LAMB
- CHICKEN

LEGUMES

- RED LENTIL
- CHICKPEAS

FRUITS

- APRICOT
- CANTALOUPE
- FIG
- GUAVA
- PERSIMMON
- RASPBERRY
- STRAWBERRY
- BLUEBERRIES (HIGH IN ANTIOXIDANTS)
- POMEGRANATE

NUTS

- ALMOND
- PECAN
- PISTACHIO
- WALNUTS

SEAFOOD

- SALMON
- SHRIMP
- TUNA
- MACKEREL

OTHER

- CHOCOLATE (MODERATE)
- COFFEE
- COCONUT
- KETCHUP
- TURMERIC
- ALCOHOL (MODERATE)
- GREEN TEA