



How did last week go? What changes do you need to make in your schedule to ensure that you're able to spend a dedicated amount of time each week to planning your food? Even though it feels like this is not the case, do remember that you are the only one ultimately in charge of your schedule.

If you want to feel better, you've got to put in the work. You can totally do this!

Enlist helpers if you need to. Have family members help with shopping, prepping, or dishes. Send out your shopping list to InstantCart or [Walmart.com](https://www.walmart.com). Hire a college girl to shop for you or prep your meals. Make it work- it's so important that you do!
































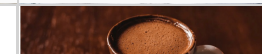
























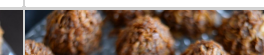





I'm so proud of you for getting this far. Keep up the amazing work.

The Seed Cycling Dots are meant to be synced with your menstrual cycle. Day 1 of your cycle is the first day you bleed.

For days 1-14 of your cycle, please enjoy a Follicular Phase Seed Cycling Dot once a day. For days 15-28 of your cycle, please enjoy a Luteal Phase Seed Cycling Dot once a day.

Note that both recipes are included in this week's plan. This is simply to make sure you have access to both recipes, no matter where you are in your cycle. Enjoy the dot that correlates with whatever phase of your cycle you happen to be in this week. For example, if you are on days 3-10 of your cycle this week, you'll eat a Follicular Phase Seed Cycling Dot each day.

Love,
Jennifer

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Overnight Cinnamon Raisin Rice Pudding	 Overnight Cinnamon Raisin Rice Pudding	 2 Eggs Fried in Butter	 Blueberry Banana Smoothie Bowl	 Michelle's Green Smoothie	 Blueberry Banana Smoothie Bowl	 2 Eggs Fried in Butter
	 Lemon Gut Shot	 Lemon Gut Shot	 Lemon Gut Shot	 Lemon Gut Shot	 Lemon Gut Shot	 Lemon Gut Shot	 Lemon Gut Shot
Lunch	 Sweet and Savory Salmon	 Sheet Pan Chicken with Bacon Brussels	 Sheet Pan Flank Steak and Broccoli	 Spring Stir Fry	 Slow Cooker Chicken Tortilla Soup	 Spicy Crock Pot Tacos and Slaw	 Thai Noodles and Veggies
	 Simple Roasted Green Beans	 Sheet Pan Chicken with Bacon Brussels	 Sheet Pan Flank Steak and Broccoli	 Spring Stir Fry	 Slow Cooker Chicken Tortilla Soup	 Spicy Crock Pot Tacos and Slaw	 Thai Noodles and Veggies
Snack 2	 Collagen Seed Cycling Dots Luteal Phase (15-28)		 Randi's Special	 Hot Chocolate Cravings Buster		 Hot Chocolate Cravings Buster	 Herbal Hormone Tonic
	 Collagen Seed Cycling Dots Luteal Phase (15-28)		 Randi's Special	 Collagen Seed Cycling Dots Follicular Phase (1-14)		 Collagen Seed Cycling Dots Follicular Phase (1-14)	 Herbal Hormone Tonic
Dinner	 Sheet Pan Chicken with Bacon Brussels	 Sheet Pan Flank Steak and Broccoli	 Spring Stir Fry	 Slow Cooker Chicken Tortilla Soup	 Spicy Crock Pot Tacos and Slaw	 Thai Noodles and Veggies	 Steak Kebabs
	 Herbal Hormone Tonic	 Herbal Hormone Tonic	 Herbal Hormone Tonic	 Herbal Hormone Tonic	 Herbal Hormone Tonic	 Herbal Hormone Tonic	 Simple Roasted Broccoli
Snack 3		 Collagen Seed Cycling Dots Luteal Phase (15-28)	 Collagen Seed Cycling Dots Luteal Phase (15-28)		 Collagen Seed Cycling Dots Follicular Phase (1-14)	 Collagen Seed Cycling Dots Follicular Phase (1-14)	 Collagen Seed Cycling Dots Follicular Phase (1-14)
		 Hot Chocolate Cravings Buster	 Collagen Seed Cycling Dots Luteal Phase (15-28)		 Collagen Seed Cycling Dots Follicular Phase (1-14)	 Collagen Seed Cycling Dots Follicular Phase (1-14)	 Collagen Seed Cycling Dots Follicular Phase (1-14)

Fruits

- 1 1/2 Banana
- 7 Lemon
- 3 tbsps Lemon Juice
- 1 Lime
- 2 tbsps Lime Juice

Breakfast

- 4 1/16 cups Almond Butter
- 4 cups Dry Oats
- 1 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 Bay Leaf
- 1 tsp Black Pepper
- 3 pinches Celtic Salt
- 5 Celtic Salt
- 2 tbsps Chia Seeds
- 3 2/3 tbsps Cinnamon
- 2 pinches Cinnamon
- 1 1/2 tsps Cumin
- 1 tsp Dried Oregano
- 2 1/2 cups Flax Seeds
- 1 tsp Garlic Powder
- 1 1/3 tbsps Garlic Salt
- 1/4 cup Ground Ginger
- 1 tbsp Onion Powder
- 1 tbsp Oregano
- 1 1/2 tsps Pepper
- 2 1/2 cups Pumpkin Seeds
- 2 tbsps Salt
- 2 tsps Salt & Pepper
- 2 Salt & Pepper
- 1 1/2 cups Sesame Seeds
- 1 tsp Smoked Paprika
- 1 1/2 cups Sunflower Seeds
- 3 tbsps Taco Seasoning
- 1/4 cup Turmeric
- 5 ozs Water Chestnuts

Frozen

Vegetables

- 1 Baby Bok Choy
- 1 cup Bean Sprouts
- 2 lbs Broccoli
- 2 bunches Broccoli
- 1 lb Brussels Sprouts
- 1 Butter Lettuce Leaves
- 12 ozs Button Mushrooms
- 3 cups Cabbage
- 1 Carrot
- 2 stalks Celery
- 1/4 cup Cilantro
- 1 Cilantro
- 2 tbsps Garlic
- 23 Garlic Cloves
- 1 tbsp Ginger
- 1 Green Bell Pepper
- 1 bunch Green Onion
- 1 Green Onion
- 1 Leek
- 8 ozs Mushrooms
- 1 cup Napa Cabbage
- 1 cup Onion
- 3 Onion
- 3 Radishes
- 2 Red Bell Pepper
- 2 Red Onion
- 1 lb Snap Peas
- 2 cups Spinach
- 1 Sweet Onion
- 1 container White Button Mushrooms
- 1 White Onion
- 1 Yellow Bell Pepper
- 3 Zucchini

Boxed & Canned

- 3 1/2 cups Almond Milk
- 8 ozs Almond Milk
- 15 ozs Black Beans
- 2 tbsps Canned Chili In Adobo
- 2 tbsps Cornstarch

Bread, Fish, Meat & Cheese

- 4 slices Bacon
- 2 lbs Beef Chuck
- 12 Chicken Leg, Bone In
- 3 lbs Flank Steak
- 12 Italian Chicken Sausage
- 3 lbs Skirt Steak
- 1 Whole Rotisserie Chicken

Condiments & Oils

- 3/4 cup Balsamic Vinegar
- 1/3 cup Coconut Aminos
- 1/3 cup Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Olive Oil
- 2 tbsps Red Wine Vinegar
- 3 tbsps Worcestershire Sauce

Cold

- 1/3 cup Butter
- 4 Egg
- 1 tbsp Ghee
- 3 cups Unsweetened Almond Milk

Other

- 6 cups Chicken Stock
- 1 Cilantro Corn Chips
- 2 cups Collagen Powder
- 8 servings Collagen Powder
- 8 scoops Collagen Protein
- 1/2 cup Ice Cubes
- 3 cups Nut Milk
- 28 bags Organic Alfalfa Leaf Tea
- 28 bags Organic Nettle Leaf Tea
- 28 bags Organic Peppermint Tea
- 84 bags Red Raspberry Leaf Tea
- 6 cups Rice
- 1 cup Tomatillo Salsa
- 7 cups Water

-
- 1 Frozen Banana
 - 1 1/2 cups Frozen Blueberries
 - 2 cups Frozen Corn
 - 1 cup Frozen Green Peas
 - 1 cup Frozen Mango
 - 4 1/2 ozs Diced Chilis
 - 15 ozs Diced Tomatoes
 - 8 ozs Rice Spaghetti
 - 1 cup Vegetable Broth

Baking

- 1/3 cup Chocolate Chips
- 3/4 cup Cocoa Powder
- 2 tbsps Dark Chocolate Chips
- 2 tbsps Honey
- 40 Pitted Dates
- 2 cups Raisins
- 1 1/2 tsps Stevia Powder
- 3 2/3 tbsps Vanilla Extract



Overnight Cinnamon Raisin Rice Pudding

2 servings

5 minutes

Ingredients

3 cups Rice (pre-cooked)
1 1/2 cups Nut Milk
1 cup Raisins
4 scoops Collagen Protein
2 tsps Maple Syrup
1 1/2 tsps Vanilla Extract
1/2 tsp Cinnamon

Directions

- 1 Combine all ingredients together, mixing well.
;
- 2 Portion out into two mason jars and cover. Put into the refrigerator .
;
- 3 In the morning, remove and briefly heat in the microwave if you want it warm.



Lemon Gut Shot

8 servings

5 minutes

Ingredients

- 1 Lemon (whole, with white pith)
- 2 tsps Ground Ginger
- 1 tsp Cinnamon
- 2 tsps Turmeric
- 1 cup Water

Directions

- 1 Use a high powered blender to thoroughly blend all ingredients. Store in a mason jar in the refrigerator. Shake well before serving each day. Drink 1 oz in the morning on an empty stomach. If constipated or sick, drink 1 oz, 2-4x/ day.



2 Eggs Fried in Butter

1 serving

10 minutes

Ingredients

- 2 Egg
- 1 tbsp Butter
- 1 Salt & Pepper (to taste)

Directions

- 1 Heat pan and add butter.
:
- 2 Fry eggs, adding salt and pepper to taste.
:
- 3 Remove from heat and enjoy.



Blueberry Banana Smoothie Bowl

1 serving

5 minutes

Ingredients

1/2 cup Frozen Mango
1/2 cup Frozen Blueberries
3/4 cup Almond Milk
2 servings Collagen Powder
1/4 Banana
1 tbsp Chia Seeds
1 pinch Cinnamon

Directions

- 1 Add blueberries, mango, almond milk, and collagen to a blender.
:
- 2 Blend until very smooth. If too thin, add an ice cube or two.
:
- 3 Spoon into a bowl, slice banana on top, and sprinkle chia seeds over the top.
:
- 4 Dot bowl with a few more blueberries if desired.
:
- 5 Sprinkle a pinch of cinnamon over the top and serve.



Michelle's Green Smoothie

1 serving

5 minutes

Ingredients

2 cups Spinach
2 cups Almond Milk
1/2 cup Frozen Blueberries
1 Banana
1 serving Collagen Powder
1 tbsp Almond Butter

Directions

- 1 Whirl all ingredients in a blender and serve right away.
;
- 2 Swap out blueberries for any other frozen berries.



Collagen Seed Cycling Dots Luteal Phase (15-28)

14 servings

20 minutes

Ingredients

1/2 cup Sunflower Seeds
1/2 cup Sesame Seeds
1/2 cup Dry Oats
1/4 cup Collagen Powder
2 tbsps Chocolate Chips
5 Pitted Dates
1/2 cup Almond Butter
1 tsp Vanilla Extract
1 pinch Celtic Salt

Directions

- 1 Use a food processor to grind the seeds until they are a fine powder.
- 2 Add in oats, chocolate chips, dates, almond butter, vanilla, and pinch of salt.
- 3 Process until batter is smooth.
- 4 Add a bit of water to batter if needed to smooth it out further.
- 5 Line a cookie sheet with wax paper.
- 6 Roll dough into 14 1-inch sized balls.
- 7 Refrigerate or freeze until firm and store in a glass container.
- 8 Eat 1 ball for each day of your luteal phase.



Randi's Special

1 serving

3 minutes

Ingredients

- 1 Frozen Banana
- 8 ozs Almond Milk
- 2 tbsps Dark Chocolate Chips
- 1/2 cup Ice Cubes

Directions

- 1 Whirl all ingredients together in a high powered blender.
:
- 2 Serve immediately.
:
- 3 This recipe was created by a dear client as a treat for her children.
:
- 4 It's a healthy version of a popular ice cream sundae from Dewar's Ice Cream Shop in Bakersfield, CA.



Hot Chocolate Cravings Buster

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 tbsp Cocoa Powder
- 1 tsp Cinnamon
- 1/2 tsp Stevia Powder
- 1 serving Collagen Powder (get 20 grams of protein total with your collagen)
- 1 tbsp Butter ((optional))

Directions

- 1 Whisk all ingredients together, heat on the stove or microwave, and serving piping hot. Enjoy 1-3x/ day. If you are drinking more than once a day, consider swapping nut milk for hot water and omitting butter. If you are sensitive to butter, you can swap out for ghee.



Collagen Seed Cycling Dots Follicular Phase (1-14)

14 servings

20 minutes

Ingredients

1/2 cup Pumpkin Seeds
1/2 cup Flax Seeds
1/2 cup Dry Oats
1/4 cup Collagen Powder
2 tbsps Cocoa Powder
5 Pitted Dates
1/2 cup Almond Butter
1 tsp Vanilla Extract
1 Celtic Salt

Directions

- 1 Use a food processor to grind the seeds until they are a fine powder.
- 2 Add in oats, chocolate powder, dates, almond butter, vanilla, and pinch of salt.
- 3 Process until batter is smooth.
- 4 Add a bit of water to batter if needed to smooth it out further.
- 5 Line a cookie sheet with wax paper.
- 6 Roll dough into 14 1-inch sized balls.
- 7 Refrigerate or freeze until firm and store in a glass container.
- 8 Eat 1 dot for each day of your follicular phase.



Herbal Hormone Tonic

16 servings

15 minutes

Ingredients

- 12 bags Red Raspberry Leaf Tea
- 4 bags Organic Nettle Leaf Tea
- 4 bags Organic Alfalfa Leaf Tea
- 4 bags Organic Peppermint Tea

Directions

- 1 Supplies needed: 2 quart-sized mason jars.
- 2 Note: Get herbal tea bags from Amazon or order loose leaf herbs from Mountain Rose Herbs. The ratio is 4 parts red raspberry to 1 part all other herbs.
- 3 Alfalfa and nettle are full of trace minerals, peppermint calms the stomach, and raspberry is an excellent strengthening tonic.
- 4 Boil 8 cups of water and remove from heat. Add tea bags or loose leaf teas to water and allow to steep for 10 minutes. Strain, pour tea into 2 mason jars, and refrigerate.
- 5 Sip on tea all day. Dilute in warm or cool water if desired. Drink 1 cup a day for the first trimester or pregnancy, and as often as you like in trimesters 2 and 3.



Sheet Pan Chicken with Bacon Brussels

6 servings

55 minutes

Ingredients

- 12 Chicken Leg, Bone In (skin on)
- 1 lb Brussels Sprouts
- 4 slices Bacon (thick cut)
- 1 White Onion (medium)
- 1 tbsp Garlic Salt
- 1 tsp Black Pepper
- 1 tsp Smoked Paprika

Directions

- 1 Set out a large mixing bowl and preheat oven to 400 degrees.
- 2 Cut brussels sprouts in half and toss into bowl.
- 3 Peel onion slice into 1/2 inch slivers and toss into bowl.
- 4 Using kitchen shears, chop bacon into small squares and toss into bowl.
- 5 Add chicken thighs to bowl.
- 6 Add in garlic salt, pepper, and smoked paprika.
- 7 Mix all ingredients together to coat well. If any spice is lacking, feel free to add a bit more and toss to coat.
- 8 Line a baking sheet with wax paper. Pour the contents of the bowl onto the sheet in one layer. Bake at 400 for 35 minutes.



Sheet Pan Flank Steak and Broccoli

6 servings

37 minutes

Ingredients

- 3 lbs Skirt Steak
- 2 bunches Broccolini
- 10 Garlic Cloves
- 1 Sweet Onion
- 1 tsp Salt & Pepper
- 3/4 cup Balsamic Vinegar
- 1/2 cup Olive Oil
- 1/4 cup Dijon Mustard
- 1 tbsp Lemon Juice
- 1 tbsp Oregano
- 1 tsp Garlic Salt

Directions

- 1 Preheat oven to 400 degrees.
- 2 Cut each skirt steak into 2 pieces. Make marinade with vinegar, oil, mustard, lemon, oregano, salt, and pepper.
- 3 Cover a large baking sheet with wax paper. Arrange steak and veggies in a single layer on sheet.
- 4 Cook at 400 degrees for 10 minutes and remove sheet pan from oven. Increase heat to broil or 500 degrees.
- 5 Using tongs, flip steak over to the other side and broil other side for 5-7 minutes or until desired level of doneness. Cut thinly and serve.
- 6 Remove veggies from pan at any time if they start to burn.



Spring Stir Fry

6 servings

26 minutes

Ingredients

- 12 Italian Chicken Sausage
- 1 lb Snap Peas (chopped)
- 1 container White Button Mushrooms (thinly sliced)
- 2 Onion (thinly sliced)
- 1 tsp Salt & Pepper
- 1 tbsp Ghee

Directions

- 1 Slice sausage into thin rounds. Melt butter in a skillet.
;
- 2 Saute vegetables and add salt and pepper.
;
- 3 Add sausage and cook until crisp on both sides
;
- 4 Serve hot.



Slow Cooker Chicken Tortilla Soup

6 servings

4 hours 15 minutes

Ingredients

- 6 cups Chicken Stock
- 1 Whole Rotisserie Chicken (shredded)
- 2 cups Frozen Corn
- 15 ozs Diced Tomatoes
- 15 ozs Black Beans
- 4 1/2 ozs Diced Chilis
- 1 cup Tomatillo Salsa
- 1 cup Onion (diced)
- 1 tsp Garlic Powder
- 1 1/2 tsps Cumin
- 3 tbsps Taco Seasoning
- 1 Green Onion (for toppings)
- 1 Lime (for toppings)
- 1 Cilantro (for toppings)
- 1 Cilantro Corn Chips (for toppings)

Directions

- 1 Combine chicken broth, chicken, corn, drained beans, chilis, onion, salsa, garlic powder, cumin, and taco seasoning in slow cooker.
- 2 Cook on low for 4 hours.
- 3 Top with any or all optional toppings.
- 4 Serve piping hot.



Spicy Crock Pot Tacos and Slaw

6 servings

8 hours 10 minutes

Ingredients

2 lbs Beef Chuck
1 Onion (thinly sliced)
3 Garlic Cloves (chopped)
2 tbsps Canned Chili In Adobo
1 tsp Dried Oregano
2 Bay Leaf
1 tbsp Salt
3 cups Cabbage (sliced)
3 Radishes (julienned)
1/4 cup Cilantro (chopped)
2 tbsps Lime Juice
1 Butter Lettuce Leaves

Directions

- 1 Brown chuck in a skillet on all sides, 3-4 minutes per side.
;
- 2 Sprinkle seasonings onto chuck evenly and place in crockpot.
;
- 3 Add vegetables on top of meat.
;
- 4 Cook on low for 8 hours in a slow cooker.
;
- 5 Shred beef and make slaw.
;
- 6 Serve beef on top of lettuce leaves and add plenty of slaw on top.



Thai Noodles and Veggies

6 servings

45 minutes

Ingredients

8 ozs Rice Spaghetti (cooked)
 1 cup Vegetable Broth
 2 tbsps Coconut Aminos
 1 tbsp Ginger (grated)
 2 Garlic Cloves (crushed)
 1 Carrot (sliced)
 2 stalks Celery (sliced)
 1 Red Bell Pepper (sliced)
 8 ozs Mushrooms (sliced)
 1 Baby Bok Choy (sliced)
 1 bunch Green Onion (chopped)
 1 Leek (thinly sliced)
 1 cup Napa Cabbage (shredded)
 1 cup Bean Sprouts
 1 cup Frozen Green Peas
 5 ozs Water Chestnuts (sliced, drained)
 2 tbsps Cornstarch

Directions

- 1 Put a large pot of water on to boil and cook noodles according to the package. Drain and set aside.
- 2 Meanwhile, place 1/2 cup of vegetable broth in a skillet.
- 3 Add the coconut aminos, garlic, and ginger and bring to a boil.
- 4 Stir in the carrot and celery and cook for 3 minutes and then add the remaining vegetables and cook for 7 more minutes.
- 5 Mix the rest of the broth with cornstarch and add to veggie mixture. Stir and cook until thickened and then pour over pasta and toss to mix. Serve.



Steak Kebabs

6 servings

4 hours 20 minutes

Ingredients

- 3 lbs Flank Steak
- 1 Red Bell Pepper
- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 2 Red Onion (large)
- 12 ozs Button Mushrooms
- 3 Zucchini (large)
- 3 tbsps Worcestershire Sauce
- 2 tbsps Honey
- 1 tbsp Dijon Mustard
- 2 tbsps Garlic (minced)
- 1/2 cup Olive Oil
- 1/4 cup Coconut Aminos
- 2 tbsps Lemon Juice
- 2 tbsps Red Wine Vinegar

Directions

- 1 Meat must marinate for 4 hours or more.
- 2 Use all ingredients in the second column to make marinade, pouring everything into a large bowl and mixing well.
- 3 Cut flank steak into 1 inch pieces and toss in marinade.
- 4 Cut zucchini, onions, and bell peppers into inch pieces and toss into marinade. Mushrooms can go in whole.
- 5 After 4 hours, heat oven to 425 degrees or turn grill on.
- 6 Thread all ingredients onto skewers and broil for 15-20 minutes or grill for 10 minutes, or until done.



Simple Roasted Broccoli

6 servings

45 minutes

Ingredients

2 lbs Broccoli
8 Garlic Cloves
1 tbsp Onion Powder
1 tbsp Salt
1 1/2 tsps Pepper
2 tsps Extra Virgin Olive Oil

Directions

- 1 Preheat oven to 400 degrees.
- 2 Mix all dry ingredients in a small bowl.
- 3 Spread veggies out on a large baking sheet.
- 4 Sprinkle seasoning mixture generously over vegetables.
- 5 Roast for 35 minutes or until nice and browned, almost crispy.
- 6 Remove from oven and drizzle with olive oil.
- 7 Toss and serve.