

Flo28

Suggestions for Vegan/Vegetarian Diets



If you're on a vegan or vegetarian diet and your period is regular, your hormones are balanced, and you're feeling good... awesome! In cases where you are still struggling with symptoms, we recommend talking to a Flo Coach to help you assess whether or not a bit of animal protein could be supportive. Every body is different and it's important to understand what works for YOU.

To those of you who love the veggie lifestyle, here are some recommendations to keep it in FLO.

When you see this...

Seafood / shellfish

Red meat

Chicken / turkey

Eggs

Other Substitutes/Ideas

Do this...

Vegetable Sushi Rolls or Zucchini "Crab" Cakes, Lobster Mushrooms, Tempeh

Cauliflower Steaks, Eggplant Steaks or as a burger, Jackfruit as shaved beef, Smoked Tempeh, Lentil Veg or Vegan Meatloaf, Vegetable Burger

Tofu or Tempeh, Beet Steak or Burger, Jackfruit as shredded chicken, Falafel

Tofu or Tempeh Scramble

Cauliflower Pizza Crust, Hearts of Palm, Stuffed Peppers with nut/bean medley

See the next page for recommendations for vegan protein options during each phase...

And here are our recommendations for vegan protein options during each phase:

FOLLICULAR PHASE

NUTS	SEEDS	BEANS
Brazil Cashew Lychee	Flax Seeds Pumpkin Seeds	Black-Eyed Beans Green Lentil Butter (Lima) Beans Mung Bean

OVULATORY PHASE

NUTS	SEEDS	BEANS
Pistachio Almond Pecan	Sesame Seeds Sunflower Seeds	Red Lentil

LUTEAL PHASE

NUTS	SEEDS	BEANS
Walnut Hickory Pine Nut	Sesame Seeds Sunflower Seeds	Navy Soybean (tofu/ tempeh) Cannellini Chickpea Tempeh/Tofu

MENSTRUAL PHASE

NUTS	SEEDS	BEANS
Chestnut	Flax Seeds Pumpkin Seeds Hemp seeds	Adzuki Kidney Black Soybean Black Turtle Bean Tempeh/Tofu