



# Inner Seasons Guide

for kitchen witches

who want to eat with the  
rhythm of their body's  
cycle.

Take the guess-work  
out of nourishing  
yourself.





# LUNAR

the moon + menstrual cycle

# NOURISHMENT

how you take care of yourself

You know that feeling. You've been working all day, your stomach is growling and you have no idea what to make for dinner. **Your food feels boring.**

You eat the same few healthy meals and you're not really sick of them, but you wonder what else is out there.

**There's a WAY easier method for nourishing yourself that's more ancient than any diet or health trend out there- eating with the rhythm of your monthly cycle.**

Your cycle (specifically your endocrine system) is like your body's brain. **It dictates how you feel not just physically, but mentally and even emotionally!** It's your hormone center. Your hormones change throughout the month and depending on which of your cycle you're in, your body's ability to metabolize food changes, your body's nutrient needs change, and even the things you crave change.

**Intuitive eating along with knowing which of your cycle you're in, is a simple but transformational way to take your health to the next level.**

## GET YOUR INNER SEASONS GUIDE >>>

# HOW TO USE THIS GUIDE:

## STEP 1:

**Track your monthly cycle so you know which phase of your cycle you're in.**

In my online course, Reclaim Your Cycle, I teach The Fertility Awareness Method (and have since 2015!). It's the most effective way to know where you are in your cycle.

## STEP 2:

**Determine which season you're in!**

New Moon= Winter = Menstruation= first days of cycle

Waxing Moon= Spring= Follicular= after bleeding, before ovulation

Full Moon= Summer= Ovulation= when you release an egg

Waning Moon= Fall= Luteal= after ovulation but before bleeding

## STEP 3:

**Use the guide to eat that season's meal during that phase of your cycle.**

For example, use the New Moon menu as a guide while you're on your period.

Or when you know you've ovulated but haven't started your next period, use the Waning Moon guide.

# READY?





# non-vegan

scroll down for vegan

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# *Cooking Guidelines*

## *Fermented Items*

sour / bulgarian yogurt or kefir, kimchi,  
sauerkraut, natural pickles, miso

## *healthy spices*

mineral (natural) salt, fresh pepper, fennel,  
coriander, cumin, black and yellow mustard  
seeds, cayenne, cinnamon, cardamom.

## *party items*

raw honey, coconut milk, ghee, apple cider  
vinegar, kombu, dried beans, brown and  
wild rice, garlic, ginger, tumeric, onions.

## *tips:*

1. Always pre-soak beans at least 8 hours.
2. Always use grass-fed butter.
3. Pre-soak grains like steel cut oats.
4. Have or make bone broth to use when cooking most meals.
5. HAVE FUN! Put on some music, call a friend- if cooking isn't fun, your food won't taste as good ;)



# New Moon Winter

USE THIS AS A GUIDELINE FOR COOKING THIS WEEK

## snacks

Watermelon, grapes, smoothies with berries (blackberry, cranberry, blue berry).  
Coffee is okay during menstruation.

## breakfast


Sweet potato (hash or diced) with poached egg and topped with kimchi.  
Turn it into a healthy salad by putting in a bowl with mixed greens.

## lunch

Spicy thai style soup coconut milk soup with kombu, kale, mushrooms, and carrots.  
Add shrimp or ANY seafood and pour soup over wild rice.

## dinner

Adzuki and black bean chili (protein optional) topped with avocado, sour yogurt, and optional grated cheese





# Waxing Moon Spring

USE THIS AS A GUIDELINE FOR COOKING THIS WEEK

## snacks

carrot sticks w/ navy bean hummus,  
grapefruit, orange

## breakfast


sour yogurt parfait with plum, cherry, steel  
cut oat granola, raw honey and top with  
superfoods like maca, cacao, and goji  
berries

## lunch

Roasted Chicken with lightly cooked  
carrots, green beans, and broccoli.  
Sauteed turnip greens and garnish with  
sauerkraut.

## dinner

Cooked barley salad tossed with lettuce,  
diced tomato, broccoli, and green peas.  
Choose your fav dressing!





# Full Moon Summer

USE THIS AS A GUIDELINE FOR COOKING THIS WEEK

## snacks

Cantaloupe, dried figs, fruit smoothie with berries (strawberry + raspberry), pecans, pistachios, almonds.

## breakfast

Quick asparagus (cook 5-10 min) topped with poached egg and sourdough toast with ghee or grass-fed butter.

## lunch

Lamb burger (or salmon fillet) over sauteed dandelion greens with roasted parsnips and roasted brussels sprouts.

## dinner

Sauteed spinach, sweet corn, and rainbow chard salad tossed with avocado, chives, and bell pepper. Add your fav dressing to top! (I love to make a pecan and basil pesto to top!).







# Waning Moon Autumn

USE THIS AS A GUIDELINE FOR COOKING THIS WEEK

## *snacks*

fruits like apples, dates, and peaches.

## *breakfast*

Stewed apples with steel cut oats with ghee or grass-fed butter and raw honey

## *lunch*

Taco bowl with ground beef or turkey, navy beans, shredded lightly cooked cabbage + onions/garlic, and chopped cucumber with sliced radishes. Garnish with sour yogurt and avocado.

## *dinner*

Sauteed mustard greens and collard greens served over rice and serve with baked curry cauliflower topped with sauerkraut or kimchee.



# vegan

scroll up for vegan

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# *Cooking Guidelines*

## *Fermented Items*

kimchi, sauerkraut, natural pickles, miso

## *healthy spices*

mineral (natural) salt, fresh pepper, fennel, coriander, cumin, black and yellow mustard seeds, cayenne, cinnamon, cardamom.

## *party items*

coconut milk, apple cider vinegar, kombu, dried beans, brown and wild rice, garlic, ginger, tumeric, onions.

## *tips:*

1. Always pre-soak beans at least 8 hours.
2. Never heat olive oil.
3. Pre-soak grains like steel cut oats.
4. Have or make veggie broth to use when cooking most meals.
5. HAVE FUN! Put on some music, call a friend- if cooking isn't fun, your food won't taste as good ;)



# New Moon Winter

USE THIS AS A GUIDELINE FOR COOKING THIS WEEK

## snacks

watermelon, grapes, berry smoothies  
(blackberry, cranberry, blueberry), coffee  
is okay during menstruation.

## breakfast

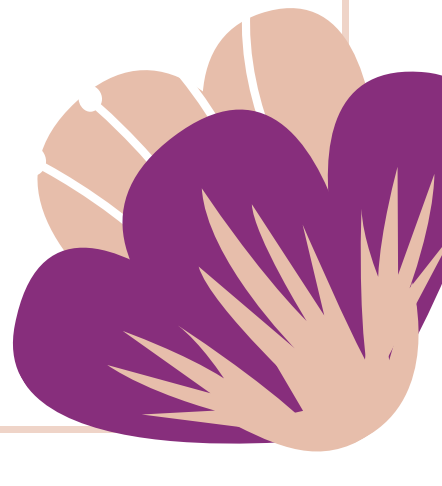
Buckwheat porridge sweetened with agave  
nectar or dates, cinnamon, cardamon, and  
coconut milk or cream.

## lunch

Spicy thai style soup coconut milk soup with  
kombu, kale, mushrooms, and carrots, add  
miso for fermentation and optional diced  
soy. Pour soup over wild rice.

## dinner

Sauteed mustard greens and collard  
greens served over rice and serve with  
baked curry cauliflower topped with  
sauerkraut.





# Waxing Moon Spring

USE THIS AS A GUIDELINE FOR COOKING THIS WEEK

## snacks

carrot sticks w/ navy bean hummus,  
grapefruit, orange

## breakfast

stewed plums and cherries cooked with  
steel cut oats, topped with agave nectar or  
dates, goji berries, and a dollop of coconut  
cream.

## lunch

Kimchi (cooked carrots, zucchini and string  
beans served with split mung dal) and  
garnished with sauerkraut. (replace the  
ghee with coconut oil).

## dinner

Cooked barley salad tossed with lettuce,  
diced tomato, broccoli, and green  
peas. Make a dressing using miso, apple  
cider vinegar, and olive oil, to taste.





# Full Moon Summer

USE THIS AS A GUIDELINE FOR COOKING THIS WEEK

## snacks

Cantaloupe, pecans, pistachios, almonds.

## breakfast

Superfood smoothie with coconut milk, figs (dried or fresh), raspberries, strawberries and add maca powder and cacao. For added sweetness put in dates. Top with nuts to make a blended bowl!

## lunch

One pot dish of indian inspired eggplant and potato curry served over red lentils. Garnish with cilantro.

## dinner

Brussels sprouts roasted with dates and onions (it's good I swear) served over a veggie rice pilaf. Create a dressing with tahini, lemon juice, apple cider vinegar and olive oil.





# Waning Moon Autumn

USE THIS AS A GUIDELINE FOR COOKING THIS WEEK

## *snacks*

fruits like apples, dates, and peaches.

## *breakfast*

Avocado sourdough toast with an apple "salad" (thinly sliced apples, walnuts, raisins, tossed in a balsamic vinaigrette).

## *lunch*

"Taco" bowl with navy beans and kidney beans, shredded lightly cooked cabbage + onions/garlic, and chopped cucumber with sliced radishes. Garnish with kimchi, cilantro, and avocado.

## *dinner*

Sauteed mustard greens and collard greens served over rice and serve with baked curry cauliflower topped with sauerkraut.

