

4-Week Endometriosis Diet Plan PDF

WEEK 1:

- Focus: Anti-inflammatory foundation
- Foods: Leafy greens, berries, salmon, turmeric, ginger
- Avoid: Dairy, red meat, caffeine, processed sugar

WEEK 2:

- Focus: Gut healing and detox
- Foods: Bone broth, fermented foods, high-fiber veggies
- Avoid: Gluten, alcohol, refined carbs

WEEK 3:

- Focus: Hormone balancing
- Foods: Flaxseed, broccoli, walnuts, avocados
- Avoid: Soy products, non-organic meats

WEEK 4:

- Focus: Maintenance and variety
- Foods: Quinoa, sweet potatoes, chia seeds, colorful veggies
- Avoid: Artificial additives, high-sodium foods

Hydration: Aim for 8-10 glasses of water daily

Supplements: Consider magnesium, omega-3s, vitamin D (consult your doctor)

Disclaimer: Always consult a healthcare professional before starting any diet.