

Your downloadable resource

## Menstruation

From Chloe's Clinic episode #4- Period Talk with Chloe Collins, Women's Health Expert and Registered Clinical Nutritionist

### Nutrition during menstruation

**Iron-** Grass fed beef, wild fish, free range poultry, spinach, legumes, eggs, nuts & seeds.

**Vitamin C-** Orange, capsicum, dark leafy greens, sweet potato, broccoli, papaya, kiwi, tomatoes, berries.

**Reduce caffeine intake, increase water intake.**

### Caramel choc slice recipe, for those cravings!

#### Ingredients

##### Base

- 1 cup walnuts
- 2/3 cup almond meal 1/2 cup coconut oil
- 4 tbsp raw cacao
- 2 tbsp maple syrup

##### Salted caramel filling

- 2 cups medjool dates
- 1 cup coconut milk
- 1 cup coconut oil
- 1 tsp Himalayan sea salt

##### Method

1. Blend all of the base ingredients & add to a lined tray
2. In the same blender, blend the filling ingredients and add on top of the base.
3. Let set in fridge for an hour or so and enjoy!



## Reclaim Your Cycle

A 4 week program designed by accredited Clinical Nutritionist and Women's Health Expert for women to set the foundation of good health for a better quality of life.

This program is for women of all ages, creating the foundations of optimum reproductive health and thriving fertility. A 4 week, step-by-step online course teaching you how to eat, move, connect and live with a healthy cycle.

Learn more at [www.chloecollins.com.au/ryc](http://www.chloecollins.com.au/ryc)

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