

# UNDERSTANDING CYCLE SYNCING

TAILORING YOUR NUTRITION TO YOUR  
MENSTRUAL CYCLE

by Amy Bevan



# WELCOME

Hi there,

I'm so glad you're here! This resource is all about empowering you to connect with your body and support it through every phase of your cycle.

This guide is designed to help you feel more in tune with your energy and nourish yourself in ways that truly make a difference. Whether you're here to deepen your understanding or make meaningful changes, you're in the right place.

*Amy*



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A heartfelt thank you from me to you. If you have any more questions or are seeking further support on your health and wellbeing journey, I'm here for you.





## THE CYCLE

To fully understand cycle syncing, it's crucial to first become the expert on your own menstrual cycle. The average cycle is often described as lasting 28 days, though it can vary between women, typically falling between 21 and 35 days each month. While some women have predictable cycles, others may experience irregularities from month to month. These irregularities are not normal and not to be dismissed. If you're experiencing this please know help is available and you are not alone

. [Book a free consult call](#) if you're needing some additional support, you're not alone in this.



## CYCLE TRACKING

Cycle tracking allows you to gain an in-depth understanding of your body's changes, enabling you to optimise energy levels, mood, and physical well-being throughout the month. Many women find that aligning their diet with their menstrual cycle helps them better manage energy and mood fluctuations.

It's important to note that women's health is often underfunded in scientific research, so the absence of extensive studies doesn't mean the practice is ineffective.



# PHASES OF THE MENSTRUAL CYCLE

The menstrual cycle has four key phases. Keep in mind, the timeframes listed below are general approximations; your personal cycle may vary:

**Menstrual Phase (Days 1–6)**

**Follicular Phase (Days 7–12)**

**Ovulation Phase (Days 13–15)**

**Luteal Phase (Days 16–28)**

By tracking your cycle, you can identify patterns in your energy, mood, and physical symptoms. Using an app to track these changes can help you make informed choices about what foods to consume during different stages of your cycle.

Track your cravings, energy levels, mood shifts, and bloating to identify trends and adjust your diet accordingly. I personally use Lively (all female owned, created and operated).

**Tip:** Track your symptoms to determine which phases you feel more energetic, bloated, or fatigued, and tailor your food choices to manage these symptoms.



# BENEFITS OF A CYCLE SYNCING DIET

Adapting your nutrition to the different phases of your menstrual cycle can support hormonal balance, overall well-being, and enhance your physical and emotional health.

## Some benefits of cycle syncing include:

- **Hormonal Balance:** Aligning your diet with your cycle can help manage hormonal fluctuations, potentially reducing mood swings, bloating, and cramps.
- **Enhanced Energy Levels:** Tailoring your nutrition can help address energy dips and peaks during your cycle. For example, during the follicular phase, higher energy levels might make it easier to engage in higher-intensity workouts.
- **Improved Mood and Mental Clarity:** Certain foods can regulate neurotransmitters and hormones related to mood. A cycle syncing diet can help maintain emotional stability throughout the month.
- **Better Digestion:** Tailoring your meals to each phase may reduce digestive discomfort. For example, lighter foods in the luteal phase can alleviate bloating.
- **Support for Reproductive Health:** Consuming nutrient-dense foods that support ovulation and the menstrual cycle can enhance fertility and reproductive function.
- **Weight Management:** Cycle syncing encourages mindful eating practices aligned with your body's natural rhythms, helping manage cravings and prevent overeating.
- **Increased Nutrient Intake:** A varied diet based on cycle syncing promotes a balanced nutrient intake, supporting long-term health.



## DIET FOR EACH CYCLE PHASE

Below is a breakdown of diet recommendations for each phase of the menstrual cycle. While the science behind food syncing is still emerging, many women report positive outcomes in terms of energy, mood, and PMS symptom management.

# MENSTRUAL PHASE: FOODS TO REPLENISH AND RECOVER

The menstrual phase begins on the first day of your period and lasts until it ends. You may experience fatigue and bloating, so it's essential to consume foods that support energy and replenish iron stores.

## **Recommended Foods:**

- **Iron-rich foods:** Red meat (beef, lamb, liver), poultry (chicken, turkey), fatty fish (salmon, tuna), legumes (lentils, chickpeas), leafy greens (spinach, kale), tofu, nuts (pumpkin seeds, almonds, cashews), and whole grains (quinoa, brown rice).
- **Vitamin C-rich foods:** Citrus fruits (oranges, grapefruits), which help with iron absorption.
- **Hydration:** Drink plenty of water and avoid fizzy drinks, which may cause bloating.

## **Sample Menstrual Phase Meal Plan**

**Breakfast:** Spinach and feta omelet with whole-grain toast and citrus fruit salad.

**Snack:** Raw almonds.

**Lunch:** Quinoa salad with black beans, bell peppers, cherry tomatoes, avocado, and steamed broccoli.

**Dinner:** Grilled chicken with roasted sweet potatoes and sautéed kale.



# FOLLICULAR PHASE: NUTRIENT-DENSE FOODS TO BOOST ENERGY

## **Follicular Phase: Nutrient-Dense Foods to Boost Energy**

As your period ends, you enter the follicular phase, characterized by rising estrogen levels and increased energy. This phase is an ideal time to focus on fresh fruits, vegetables, nuts, and seeds to complement your natural energy levels.

### **Recommended Foods:**

- Fruits: Berries (strawberries, blueberries), citrus fruits (oranges, lemons), and kiwi.
- Vegetables: Leafy greens (spinach, kale), cruciferous vegetables (broccoli, cauliflower), and colorful vegetables.
- Whole Grains: Quinoa, brown rice, oats.
- Nuts and Seeds: Almonds, walnuts, chia seeds, flaxseeds.
- Lean Proteins: Chicken, turkey, fish (especially fatty fish like salmon), and tofu.
- Healthy Fats: Avocados and olive oil.

### **Sample Follicular Phase Meal Plan**

**Breakfast:** Berry smoothie bowl with spinach, mixed berries, banana, chia seeds, and granola.

**Snack:** Apple slices with almond butter.

**Lunch:** Quinoa salad with cucumbers, cherry tomatoes, parsley, chickpeas, and lemon-olive oil dressing.

**Dinner:** Lemon herb chicken with roasted sweet potatoes and steamed broccoli.

# OVULATION PHASE: BOOST PROTEIN FOR VITALITY

The ovulation phase is the short window just before your next period when your body releases an egg. You may experience a reduced appetite, so it's important to consume high-protein and zinc-rich foods to support this vital stage of the cycle.

## **Recommended Foods:**

- Protein-rich foods: Lean meats, eggs, tofu, and legumes.
- Zinc-rich foods: Meat, seafood (especially oysters and shellfish), nuts (cashews, almonds), and fortified foods.

## **Sample Ovulation Phase Meal Plan**

**Breakfast:** Scrambled eggs with avocado and whole-grain toast.

**Snack:** Greek yogurt with walnuts and honey.

**Lunch:** Grilled salmon salad with spinach, quinoa, and olive oil dressing.

**Dinner:** Stir-fried tofu with mixed vegetables and brown rice.

**Tip:** This phase is ideal for high-intensity workouts—make sure to fuel your body with nutrient-dense foods.





# LUTEAL PHASE: FOCUS ON COMFORT AND BALANCE

The luteal phase begins after ovulation and lasts until your period begins. During this phase, many women experience PMS symptoms, such as mood swings, bloating, and cravings. Focus on nutrient-dense comfort foods to reduce discomfort and support hormonal fluctuations.

## **Recommended Foods:**

- Complex carbohydrates: Sweet potatoes, oats, quinoa.
- Magnesium-rich foods: Dark chocolate, leafy greens, legumes.
- Healthy fats: Avocados, olive oil, nuts, seeds.
- B vitamins: Whole grains, leafy greens, and legumes.

## **Sample Luteal Phase Meal Plan**

**Breakfast:** Oatmeal topped with bananas, cinnamon, and pumpkin seeds.

**Snack:** Sliced apple with almond butter.

**Lunch:** Lentil soup with carrots, celery, and whole-grain bread.

**Dinner:** Grilled chicken with roasted sweet potatoes and steamed broccoli.



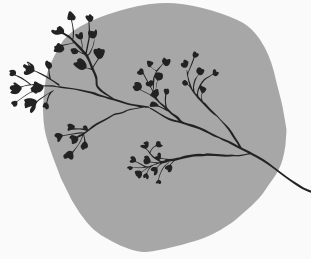


## CONCLUSION

Cycle syncing your diet allows you to align your nutritional needs with your body's natural rhythms, supporting hormonal balance and improving overall well-being. By becoming attuned to the four phases of your menstrual cycle, you can better manage symptoms, optimize energy, and maintain a balanced diet throughout the month.

To get started, consider tracking your cycle with an app and paying attention to how you feel during different phases. By adjusting your food choices to support your body's needs, you can achieve a more harmonious and empowered relationship with your cycle.

*Thank you!*



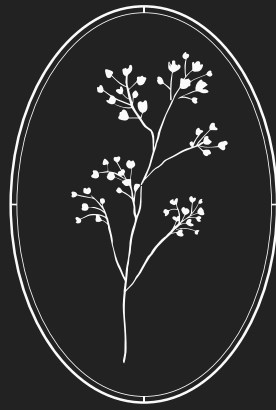
## NEED MORE INSIGHT & SUPPORT?

If you're looking for more personalised guidance or deeper support, I'm here to help. Whether it's fine-tuning your nutrition, understanding your cycle more deeply, or addressing specific challenges, I offer one-on-one coaching and tailored wellness plans to suit your needs.

feel free to reach out for more resources and support. You don't have to navigate this journey alone!

[FREE SUPPORT CALL](#)





*Questions?*

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