

CYCLE SYNCING

SUPPORT YOUR MIND & BODY
DURING YOUR MONTHLY CYCLE



1

MENSTRUAL PHASE

(DAYS 1 - 7)

Slowest energy days. Slow down & look inward. Write down monthly goals.

WHAT TO EAT: Warming foods like soups and stews. Include foods rich in iron and protein, like lentils as well as beets, mushrooms and sea veggies.

HOW TO EXERCISE: Gentle yoga, pilates & walking.

2

FOLLICULAR PHASE

(DAYS 8 to 13)

More energy & brain power. Time to problem solve. Try a new social activity. Schedule a work meeting.

WHAT TO EAT: Protein & vegetables for estrogen support. Foods high in vitamin E like sweet potatoes & leafy greens to nourish ovaries.

HOW TO EXERCISE: Intense workouts like heavy weight & HIIT.



3

OVULATORY PHASE

(DAYS 14-21)

You're feeling confident, have that difficult conversation you've been avoiding. Peak sex drive. schedule a date.

WHAT TO EAT: Cruciferous vegetables like cauliflower & brussels sprouts to flush out extra estrogen.

HOW TO EXERCISE: High-impact workouts & group classes like spinning.



4

LUTEAL PHASE

(DAYS 22 - 28)

Attention turning inward. Time to nest & spend time at home. Check off TO-DO lists.

WHAT TO EAT: Grounding foods like soups & root vegetables. Organic berries to curb cravings.

HOW TO EXERCISE: Stretching & restorative yoga.



CYCLE SYNCING WAS INVENTED BY FUNCTIONAL NUTRITIONIST ALISSA VITTI, IN HER BOOK WOMEN CODE. YOUR MONTHLY CYCLE CONSISTS OF THE ABOVE 4 PHASE.