

A FOOD GUIDE FOR MENSTRUAL HEALTH

# CYCLE SYNCING

## GRAINS

BARLEY, OAT, RYE, WHEAT

## VEGETABLES

ARTICHOKE, BROCCOLI, CARROT, LETTUCE,  
PARSLEY, PEA, RHUBARB, STRING BEAN,  
ZUCCHINI

## FRUITS

AVOCADO, GRAPEFRUIT, LEMON, LIME,  
ORANGE, PLUM, POMEGRANITE

## LEGUMES

BLACK EYED PEA, GREEN LENTIL, LIMA BEAN,  
MUNG BEAN, SPLIT PEA

FOLLICULAR PHASE



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## **NUTS**

BRAZIL, CASHEW, LYCHEE

## **MEAT**

CHICKEN, EGGS

## **SEAFOOD**

CLAM, CRAB, TROUT

## **OTHER**

NUT BUTTER, OLIVES, PICKLES, SAUERKRAUT,  
VINEGAR

FOLLICULAR PHASE



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# CYCLE SYNCING

## **GRAINS**

AMARANTH, CORN, QUINOA

## **VEGETABLES**

ASPARAGUS, RED BELL PEPPER, BRUSSEL,  
SPROUTS, CHARD, CHICORY, CHIVE,  
DANDELION, EGGPLANT, ENDIVE, ESCAROLE,  
OKRA, SCALLION, SPINACH, TOMATO

## **FRUITS**

APRICOT, CANTALOUPE, COCONUT, FIG,  
GUAVA, PERSIMMON, RASPBERRY,  
STRAWBERRY

## **LEGUMES**

RED LENTILS

## **NUTS**

ALMOND, PECAN, PISTACHIO

OVULATORY PHASE



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## MEAT

LAMB

## SEAFOOD

SALMON, SHRIMP, TUNA

## OTHER

CHOCOLATE, COFFEE, KETCHUP, TURMERIC

OVULATORY PHASE



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## GRAINS

BROWN RICE, MILLET

## VEGETABLES

CABBAGE, CAULIFLOWER, CELERY, COLLARD  
CUCUMBER, DAIKON, GARLIC, GINGER, LEEK  
MUSTARD GREEN, ONION, PARSNIP, PUMPKIN  
RADISH, SQUASH, SWEET POTATO,  
WATERCRESS

## FRUITS

APPLE, DATE, PEACH, PEAR, RAISIN

## LEGUMES

CHICKPEA, GREAT NORTHERN

## NUTS

PINENUT, WALNUT

LUTEAL PHASE



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## MEAT

BEEF, TURKEY

## SEAFOOD

COD, HALIBUT

## OTHER

MINT, PEPPERMINT, SPIRULINA

LUTEAL PHASE



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## GRAINS

BUCKWHEAT, WILD RICE

## VEGETABLES

BEET, BURDOCK, DULSE, KALE, KELP, KOMBU  
MUSHROOMS

## FRUITS

BLACKBERRY, BLUEBERRY, CONCORD GRAPE  
CRANBERRY, WATERMELON

## LEGUMES

ADUKI, BLACK SOYBEAN, KIDNEY

## NUTS

CHESTNUT

## MEAT

DUCK, PORK

MENSTRUAL PHASE



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## **SEAFOOD**

CATFISH, CLAM, CRAB, LOBSTER, MUSSEL,  
OCTOPUS, OYSTER, SARDINE, SCALLOP

## **OTHER**

DECAF COFFEE, MISO

MENSTRUAL PHASE

