



Cycle Support Grocery Staples

Stock your kitchen to support every phase

You don't need a complicated plan. Just a kitchen that supports your body through every shift. These staples keep you nourished no matter where you are in your cycle.

01 Menstrual

Days 1–5

Replenish & restore

- Spinach
- Lentils
- Grass-fed beef or salmon
- Pumpkin seeds
- Dark chocolate (85%)
- Bone broth

02 Follicular

Days 6–13

Build & energize

- Eggs
- Greek yogurt
- Fermented foods (kimchi, sauerkraut)
- Leafy greens
- Fresh herbs
- Flax & chia seeds

03 Ovulatory

Days 14–16

Light & balance

- Berries
- Citrus
- Avocado
- Cucumbers
- Broccoli
- Quinoa

04 Luteal

Days 17–28

Stabilize & satisfy

- Sweet potatoes
- Oats
- Brown rice
- Almond butter
- Chickpeas
- Bananas

*“The easier your environment is,
the easier it is to support your body.”*

Created to support you, one phase at a time

BUILT BY CALYX