



Your Cycle, Simplified

What your body needs — week by week

Your body isn't inconsistent — it's cyclical. Each phase brings a different hormonal environment, and with it, different energy, appetite, and needs. When you move and eat in rhythm with those shifts, everything starts to feel a little less like guesswork.

01 Menstrual

Days 1–5

- FEEL** Low energy, inward, reflective
- FOCUS** Replenish & restore
- EAT MORE** Iron-rich foods, magnesium, warm nourishing meals
- MOVE** Rest, gentle yoga, slow walks, stretching

ON YOUR PLATE

spinach · lentils · dark chocolate · salmon

02 Follicular

Days 6–13

- FEEL** Lighter, clearer, more open
- FOCUS** Build & energize
- EAT MORE** Protein, probiotics, fresh vibrant foods
- MOVE** Jogging, hiking, strength training, cardio

ON YOUR PLATE

eggs · yogurt · leafy greens · seeds

03 Ovulatory

Days 14–16

- FEEL** Confident, social, energized
- FOCUS** Support & balance
- EAT MORE** Antioxidants, fiber, light refreshing meals
- MOVE** HIIT, heavy lifting, group classes, intense cardio

ON YOUR PLATE

berries · broccoli · avocado · citrus

04 Luteal

Days 17–28

- FEEL** Slower, craving comfort and ease
- FOCUS** Stabilize & nourish
- EAT MORE** Magnesium, complex carbs, protein & healthy fats
- MOVE** Walking, Pilates, light weights, swimming

ON YOUR PLATE

oats · sweet potato · tahini · spinach

*Listen to your body. It's not working against you —
it's asking you to pay attention.*

BUILT BY CALYX

Calyx is a cycle-aware nutrition

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