

Evelation



Nutrition for your Cycle



**Please keep in mind this is a sample plan and should be adjusted based on your needs

www.evelationnz.com

Phase 1: Menstrual

Focus: Iron, magnesium, hydration

Tips: Reduce salt, drink herbal teas, eat warming foods

Meal	Sample Food
Breakfast	Spinach & mushroom omlette
Snack	Pumpkin seeds + dark chocolate
Lunch	Lentil soup with kale and carrots
Snack	Greek yogurt with berries
Dinner	Grilled salmon, quinoa, roasted vegetables

Phase 2: Follicular

Focus: Protein, complex carbs, antioxidants

Tips: Support energy and follicle development

Meal	Sample Food
Breakfast	Overnight oats + chia seeds, berries, almond butter
Snack	Apple slices + almond butter
Lunch	Quinoa salad with chickpeas, avocado, spinach
Snack	Smoothie with banana, spinach, protein powder
Dinner	Grilled chicken, roasted sweet potatoes, greens

Phase 3: Ovulatory

Focus: Anti-inflammatory foods, healthy fats, zinc

Tips: Support liver detox and hormone metabolism

Meal	Sample Food
Breakfast	Scrambled eggs with spinach & tomatoes
Snack	Handful of mixed nuts
Lunch	Lentil & broccoli salad with tahini dressing
Snack	Carrot sticks + hummus
Dinner	Baked cod, quinoa, roasted Brussels sprouts

Phase 4: Luteal

Focus: Blood sugar balance, manage PMS, boost serotonin

Tips: Include complex carbs, magnesium, reduce sugar & salt

Meal	Sample Food
Breakfast	Oatmeal with cinnamon, pumpkin seeds, banana
Snack	Greek yogurt + berries
Lunch	Brown rice, roasted vegetables, lean turkey
Snack	Dark chocolate + walnuts
Dinner	Stir-fry with beef, broccoli, bell peppers