

# MENSTRUAL CYCLE foods

Menstrual Cycle Stage	Focus	Sample Foods
Menstruation (Days 1-5)	Iron & Energy	<ul style="list-style-type: none"> <li>• Lean red meat</li> <li>• poultry</li> <li>• fish</li> <li>• lentils</li> <li>• leafy green vegetables (spinach, kale)</li> <li>• nuts (almonds, cashews)</li> <li>• seeds (pumpkin, sunflower)</li> <li>• dried fruits (raisins, apricots)</li> </ul>
Follicular Phase (Days 6-14)	Estrogen & Folate	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Grapefruit, oranges</li> <li>• strawberries, blueberries</li> <li>• brussels sprouts</li> <li>• asparagus</li> <li>• broccoli</li> <li>• whole grains (oatmeal, quinoa, brown rice)</li> </ul>
Ovulation (Day 14-16)	Healthy Fats & Protein	<ul style="list-style-type: none"> <li>• Avocados</li> <li>• nuts (almonds, walnuts)</li> <li>• seeds (chia, flaxseed)</li> <li>• fatty fish (salmon, sardines, mackerel)</li> <li>• eggs</li> <li>• full-fat yogurt</li> <li>• chicken breast</li> </ul>
Luteal Phase (Days 17-28)	Mood & Bloating Relief	<ul style="list-style-type: none"> <li>• Complex carbohydrates (whole-wheat bread, sweet potatoes, brown rice)</li> <li>• bananas</li> <li>• pineapples</li> <li>• broccoli, leafy greens</li> <li>• healthy fats (olive oil, avocado)</li> <li>• Greek yogurt</li> <li>• tofu</li> <li>• dark chocolate (in moderation)</li> </ul>