

*Cycle Syncing*  
**MEALS**

FOR EVERY PHASE



**VOL. 1**

PICTURED: BEEF & BROCCOLI

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**01**

*Menstrual*

01

# Tropical Fruit Smoothie

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## BREAKFAST

### INGREDIENTS

- 3/4 cup frozen mango
- 3/4 cup frozen pineapple
- 1/2 cup frozen raspberries
- 1 cup almond milk
- 1 tbsp chia seeds

Add everything to a blender and puree until smooth. Add more liquid for thinner consistency, or more fruit for thicker. This is the perfect breakfast to take on the road to the office.

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## LUNCH

### INGREDIENTS

- 1 cup dry lentils
- 1 can chickpeas
- 1 cucumber
- 1 red bell pepper
- 1 container grape tomatoes
- 1/2 red onion
- fresh parsley - personal preference
- 2 cloves garlic
- 1 lemon

Follow package instructions to cook lentils. In a large bowl add chickpeas & diced veggies. Chop fresh parsley & mince garlic. Add to bowl. Add the juice of 1 lemon, a drizzle of olive oil, salt and pepper. Add lentils. Mix & store in fridge. This will last up to 5 days.

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## DINNER

### INGREDIENTS

- 1 lb chicken thighs
- 2 tsp curry powder
- 1.5 tbsp garlic chili paste
- 2 tbsp red curry paste
- 2 tsp ginger
- 2 bell peppers
- 1 onion
- 1 can coconut milk
- 2 tsp fish sauce or soy sauce

Season chicken with curry powder and bake until cooked through. In a stock pot, sautee garlic chili paste, red curry paste and ginger until just caramelized. Add diced peppers and onion. Add in coconut milk & fish sauce. Use soy sauce if you don't have fish sauce. Simmer for 15 minutes to build flavor. Dice chicken and add to sauce. Serve over rice or rice noodles. Top with fresh cilantro and lime.

01

# Fruit & Seed Yogurt Bark

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## SNACKS

### INGREDIENTS

- 32 oz vanilla yogurt
- freeze dried mixed berries
- roasted pistachios
- roasted sunflower seeds
- chia seeds

Line a baking sheet with parchment paper. Spread yogurt in an even layer over paper. Sprinkle with berries, nuts & seeds. Measure with your heart. Put in freezer for a couple hours until solid. Cut into squares and store in freezer.

01

# Dark Chocolate Raspberry Bites

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## SNACKS

### INGREDIENTS

- 2 containers fresh raspberries
- 1 tbsp honey
- 1/2 cup dark chocolate chips

In a bowl, mash raspberries until smooth. Add honey. Pour into ice cube molds & freeze until firm. In a microwave safe bowl, melt dark chocolate. Cover raspberry morsels with chocolate & freeze until firm. Store in freezer.



01

# Dark Chocolate Sumo Segments

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## SNACKS

### INGREDIENTS

- 1 sumo orange, separated
- 1/2 cup dark chocolate
- Coarse sea salt

Melt dark chocolate. Dip orange segments in chocolate and place on parchment paper. Sprinkle with sea salt before chocolate hardens. Pop into freezer for 5-10 minutes. Enjoy!

CHAPTER

**02**

*Follicular*

# Blueberry Lavender Chia Seed Pudding

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## BREAKFAST

### INGREDIENTS

- 1/2 cup blueberries
- 2 tbsp lavender syrup
- 1/2 cup basil
- 1/4 cup water
- 3/4 cup almond milk
- 1 tbsp maple syrup
- 4 tbsp chia seeds

Add blueberries, lavender syrup, basil and water to a blender. Puree until smooth and liquid. In a jar, add half of the blueberry puree to the bottom. Add chia seeds and almond milk. Repeat with second jar. Stir, cover and store in fridge overnight. Eat chilled.

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## LUNCH

### INGREDIENTS

- 1 bag kale
- 2 honeycrisp apples, diced
- 1.5 cups shredded carrots
- 2 stalks celery, diced
- 3/4 cup brown rice
- 1 cup toasted walnuts
- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tbsp dijon mustard
- Chicken breast, optional

In a large bowl, massage kale with olive oil & salt. This will tenderize the greens. Add apples, carrots, celery, cooked brown rice & walnuts & chicken (optional). In small bowl add olive oil, vinegar, mustard, salt & pepper. Mix and toss salad. Cover & store in fridge.

# Air Fryer Salmon Bowls

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## DINNER

### INGREDIENTS

- 2 skinless salmon filets
- 2 tbsp Cajun seasoning
- 1 tsp brown sugar
- 1 tbsp apricot preserves
- 2 limes
- 1 mango, diced
- 1 jalapeno, diced
- 1 can sweet corn
- 3/4 cup chopped cherry tomatoes
- Cilantro, optional
- 1 avocado
- 1 cup uncooked jasmine rice

Mix Cajun seasoning with brown sugar then season salmon. Cook in air fryer at 400 degrees for about 8 minutes. Add mango, jalapeno, corn, tomatoes and cilantro to bowl. Season with salt, pepper and juice of 1 lime. In small bowl add apricot preserves & juice from 1 lime. When salmon is done, glaze with apricot sauce. Serve in bowl with rice, mango salsa & 1/2 an avocado.

CHAPTER

**03**

*Ovulatory*

# Tropical Overnight Oats

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## BREAKFAST

### INGREDIENTS

- 1/2 cup oats
- 2 tsp chia seeds
- 1/4 tsp vanilla
- 2/3 cup milk of choice
- chopped roasted macadamia nuts
- shredded coconut
- diced mango

In a small jar add oats, chia seeds, vanilla and milk. Shake to combine. Top with desired amount of nuts, coconut and fruit. Refrigerate overnight. Eat warmed up or chilled. Recipe makes 1 jar. Jars are good up to 7 days.

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## LUNCH

### INGREDIENTS

- 1 lb shaved beef
- 3 cloves garlic
- 1 tsp garlic powder
- 1 tbsp + 1 tsp ginger, fresh or ground
- Red chili flakes (optional)
- 2 tsp cornstarch
- 1 head broccoli
- 1 tsp sesame oil
- 2-3 tbsp hoisin
- 1/4 cup soy sauce
- 2 tbsp rice wine vinegar
- 1 cup dried brown rice

Microwave or steam broccoli. Leave a little crunch. In a bowl, toss beef with salt, pepper, chili flakes, garlic powder 1 tsp ginger, & cornstarch. Heat sesame oil over medium heat. Add garlic & remaining ginger. Sauté until fragrant. Add beef and cook until done. Add hoisin, soy and vinegar. Allow sauce to reduce. When broccoli is done, give it a rough chop & add to beef & sauce. Serve over rice.



# Grilled Shrimp & Veggie Kebabs

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## DINNER

### INGREDIENTS

- 1 zucchini, cubed
- 2 bell peppers, cubed
- 1 red onion, cubed
- 1 yellow squash, cubed
- 1 lb shrimp
- 1 lemon
- 4 cloves garlic, minced
- 1/4 cup fresh parsley, minced
- Red chili flakes (optional)

Marinate steak or shrimp in salt, pepper, olive oil, 2 cloves garlic & chili flakes (optional). Soak wooden skewers in water for at least 30 minutes. Skewer veggies shrimp. Grill or bake until done. In a small bowl, add olive oil, lemon, parsley, garlic, chili flakes (optional), salt and pepper. Brush over skewers when done. Serve with rice & tzatziki.

CHAPTER

**04**

*Luteal*

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## BREAKFAST

### INGREDIENTS

- 1 slice bread of choice
- 1 avocado
- Everything Bagel seasoning
- 1 egg or lox - optional

Toast bread to desired crispness. Use a fork to mash avocado onto the bread. Top with everything bagel seasoning, measure with your heart. Optional, top with some protein. I prefer a fried egg with a runny yolk, or lox.

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## LUNCH

### INGREDIENTS

- 1 container pasta of choice
- 2 cloves garlic
- 2 cups fresh basil
- 1 cup fresh parsley
- 1/3 cup toasted walnuts
- 1/2 cup grated parmesan cheese
- 1/2 cup olive oil
- 1/2 lemon, juiced
- red pepper flakes, optional

Cook pasta to package instructions. In a blender add fresh herbs, garlic, nuts, cheese, lemon juice, red pepper flakes, salt & pepper. Blend to make a paste. Slowly drizzle in olive oil until you get desired consistency. Toss drained pasta in pesto. Optional, serve with lemon pepper salmon or shrimp.

# Sweet Potato Chowder

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## DINNER

### INGREDIENTS

- 1 yellow onion, diced
- 2 large carrots, diced
- 1 bulb fennel, diced
- 4 cloves garlic, minced
- 1 large sweet potato, diced
- 1 cup dry wild rice
- 1 can coconut milk
- 32 oz veggie broth
- 2 bay leaves
- 1/2 tsp fresh thyme

Heat pot and add about 2 tbsp olive oil. Add onion, carrots & fennel. Sautee until softened. Add garlic & sautee until fragrant, about 2 minutes. Add sweet potato. Season with salt & pepper. Add veggie broth & coconut milk. Bring to a boil. Add rice, bay leaves & thyme. Cook until potatoes and rice are cooked through.