

NATHI
TORO

CULTIVATING
A PLANT-BASED
LIFESTYLE



Menstrual Cycle Foods

FEMININE HEALTH



First day of your period
LOW intensity workouts

MENSTRUATION
DAY 1 - 6

FOOD FOCUS: WARM

- IRON
- HEALTHY FATS
- LOW GLYCEMIC COMPLEX CARBOHYDRATES (ROOT VEGGIES)
- WHOLEGRAIN
- ZINC
- COOK FOODS
- FERMENTED AND SPROUTS

SHOPPING LIST:

- SEA VEGETABLES (KELP)
- SWEET POTATO
- ACTIVATED BROWN RICE
- KEFIR OR PROBIOTIC YOGURTS
- PUMPKIN SEEDS
- MILLET- BASED CEREALS
- LEAN PROTEINS
- NUTS
- LEGUMES

SUPPLEMENTS:

- Magnesium oil spray: For cramps and migraines
- Methylated B vitamins: For breast tenderness, clotting cramps and migraines
- Agnus Castus: For many PMS symptoms



FOLLICULAR PHASE DAY 7-11

FOOD FOCUS: FRESH & LIGHT

- SALAD
- FERMENTED FOODS
- PHYTOESTROGEN FOODS
- FIBER
- CRUCIFEROUS VEGETABLES
- ANTIOXIDANTS

SHOPPING LIST:

- SALAD VEGETABLES
- FLAXSEEDS
- AVOCADO
- BROCCOLI
- NUTS/SEED MIX
- PROBIOTIC YOGHURT
- ZUCCHINI/
COURGETTES
- BUCKWHEAT
- SALMON
- KEFIR

SUPPLEMENTS:

- Probiotics: Are good daily support to aid digestion, detoxification, immunity and and mood
- Shatavari root: Known for its support of sexual vitality to compliment increased arousal
- L theanine and lemon balm: If the increase in your energy levels tips over into feelings of restlessness



Basal temperature increases.

excess of estrogen

HIGH intensity workouts

OVULATION PHASE DAY 12-19

FOOD FOCUS: FIBER & LIGHT

- NUTRIENTS THAT SUPPORT THE LIVER
- PROTEINS
- FATS
- FIBER RICH VEGGIES
- ANTIOXIDANT RICH VEGGIES

SHOPPING LIST:

- QUINOA
- EGGS
- KALE
- RADISHES
- WHOLEGRAIN: BREADS, PASTA, RICE -- BB
- VITAMINS
- FRUITS: BERRIES, CITRUS, PAPAYA
- SUNFLOWER & SESAME SEEDS
- ALMOND, PECAN, PISTACHIOS

SUPPLEMENTS:

- Vitamin B6: Supports energy production, mood and hormone regulation throughout the month
- Valerian/ Fennel tea blend: A botanical known to encourage a deeper sleep



experience PMS, water retention,
swollen breast, cravings.

LOW INTENSITY CARDIO

LUTEAL PHASE DAY 20 - 28

FOOD FOCUS: CURB CRAVINGS

- COMPLEX FIBER
- CUT DOWN
CAFFEINE &
ALCOHOL
- WATER
- HERBAL TEAS
- MATCHA
- STARCHY
VEGGIES
- LEGUMES
- ALGAE
- GRASS FED MEAT

SHOPPING LIST:

- CAULIFLOWER
- CUCUMBER (WATER
RETENTION)
- SQUASH
- CAFFEINE-FREE HERBAL TEAS
- SESAME SEEDS
- SPINACH
- BROWN RICE
- PROTEIN OF CHOICE: TOFU,
CHICKEN, LEAN MEATS, FISH
AND SEAFOOD
- BERRIES
- TURMERIC LATTE BLEND
- DARK CHOCOLATE

SUPPLEMENTS:

- Viridian: 7-day sugar detox: to keep sugar cravings at bay
- Ashwagandha: Known for its ability to help the body adapt to stress
- Viridian Mg with B6: For anxiety, tension and promoting sleep.
- Magnesium bath salts: Water retention and anxiety





nathitoro.com