

Cycle Phase Meal & Snack Guide

Green = Fuel Performance | Amber = Support Stability | Red = Support Recovery

■ Green Light Phase

Higher oestrogen, feeling energised, recovering well and ready to push.

This is often the phase where fresh, lighter meals feel appealing. Think colourful plates, lean proteins and plenty of crunch.

Breakfasts

- Greek yogurt with berries, cinnamon and toasted seeds
- Protein oats with apple, cinnamon and vanilla
- Eggs on sourdough with rocket and cherry tomatoes

Lunches

- Lemon & herb chicken salad with avocado and roasted peppers
- Tuna, sweetcorn and crunchy slaw jacket potato
- Mediterranean chicken wrap with cucumber, tomato and oregano

Dinners

- Garlic, lemon and rosemary chicken with roasted potatoes and green beans
- Teriyaki salmon with rice and sesame greens
- Turkey meatballs with tomato, basil and parmesan pasta

Snacks

- Cottage cheese with pineapple and cinnamon
- Edamame beans with sea salt
- Protein yogurt with berries
- Apple with almond butter

Flavour Boosters

Lemon • Basil • Mint • Parsley • Oregano • Garlic

■ Amber Light Phase

Energy fluctuating, a little more bloating, appetite increasing.

This phase benefits from fibre, hydration and meals that keep blood sugar stable.

Breakfasts

- Overnight oats with chia, berries and cinnamon
- Protein yogurt bowl with kiwi and pumpkin seeds
- Eggs on toast with spinach

Lunches

- Chicken and lentil soup with crusty bread
- Turkey and hummus sandwich with salad
- Tuna and bean salad with lemon dressing

Dinners

- Mild chicken curry with rice and vegetables

- Chilli with beans and sweet potato
- Salmon with roasted vegetables and quinoa

Snacks

- Pear and walnuts
- Roasted chickpeas with paprika
- Greek yogurt with berries
- Protein bar

Hydration Ideas

Mint tea • Ginger tea • Sparkling water with lemon • Electrolytes (if appropriate)

Helpful Herbs & Spices

Ginger • Peppermint • Cinnamon • Turmeric • Cumin

■ Red Light Phase

Lower energy, more cravings, wanting warmth, comfort and satisfaction.

This is not the time for rabbit food. It is the time for nourishing, satisfying meals that still support your goals.

Breakfasts

- Chocolate protein oats with banana and cinnamon
- Eggs on sourdough with avocado
- Warm berry protein porridge

Lunches

- Homemade soup with buttered bread and added chicken
- Tuna melt on toast
- Baked potato with cottage cheese and beans

Dinners

- Beef cottage pie with extra vegetables
- Slow cooker chilli with rice
- Chicken curry with naan and plenty of protein
- Salmon, sweet potato and roasted vegetables

Snacks

- Dark chocolate and strawberries
- Protein hot chocolate
- Banana with peanut butter
- Oatcakes with cottage cheese

Comfort Treats

- Hot chocolate made with milk
- A couple of squares of dark chocolate
- Apple crumble with Greek yogurt
- Sticky date pudding after a Sunday roast

Magnesium-Rich Foods

Dark chocolate • Pumpkin seeds • Nuts • Beans • Lentils • Spinach

Helpful Herbs & Spices

Cinnamon • Nutmeg • Cocoa • Ginger • Turmeric