

GLOW BY SACHA

CYCLE SYNCING GUIDE

Learn how to optimize your cycle for more energy, productivity, happiness & improved health.

This is a guide to understanding & supporting the innate wisdom of your body. Learn all about your menstrual cycle and how to sync your nutrition, movement, self-care, social & work engagements monthly.

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ABOUT THIS GUIDE



Above is a picture of me, Sacha, the founder of Glow by Sacha.

I don't know about you, but no one told me a thing about my period other than how to place a pad into my underwear, and that I'd experience bleeding once a month for about a week. No talk about cervical mucus, mood changes, bloating, fatigue, bloating, cramping, did I mention bloating?

The 4 phases of our cycles, how to sync exercise, nutrition and social engagements, or better yet, how to hack my cycle so that I learn to love and appreciate what my body can do, instead of dreading it each month.

Once I started to learn about the innate wisdom of our beautiful bodies I knew I had to share this magical information and help others better understand their bodies and how to make it work for them not against them. I truly believe that every young girl and woman should know in depth how our cycles work, how to sync your life with it and how to appreciate it.

WHAT IS CYCLE SYNCING

The practice of one aligning your lifestyle - **nutrition, exercise, social engagements and work** - with the different phases in your menstrual cycle.

This will give your body the ultimate support and feeling of wellbeing.

MENSTRUAL CYCLE PHASES	
Menstrual Phase: The time you are bleeding. Hormone levels are low.	3-7 Days
Follicular Phase: The time between bleeding and ovulation. Estrogen levels are slowly beginning to rise.	7-10 Days
Ovulatory Phase: An egg is released to be fertilized (or not). Estrogen and luteinizing hormone peaks. This is prime baby-making time if you're trying to conceive or make sure to use protection during sex if not.	2-4 Days
Luteal Phase: Time between ovulation and bleeding. Progesterone peaks toward the end of this phase, hormones are at their lowest points, and you can say hello to pms!	10-14 Days
*These 4 phases are linked to the 4 seasons. As our hormones and energy ebb and flow, so do the seasons' cycles. It is important to note that no two bodies are the same. Some may have longer or shorter cycles.	

HORMONES 101

WHAT ARE HORMONES?

Hormones: Chemical messengers secreted by endocrine glands in our brain and body. They travel through our bloodstream to target different cells.

WHAT DO HORMONES DO?

Hormones play a critical role in many vital physiological processes such as growth, reproduction, metabolism, digestion, sleep, muscular activity, and stress and mood regulation, to name a few. They basically allow our organs to communicate with each other and our tissues.

WHY ARE THEY SO IMPORTANT?

They basically control EVERYTHING in your body, so when your hormones are unbalanced, you will most definitely feel it in some way.



MENSTRUAL PHASE

WHAT IS THIS PHASE EXACTLY?

When you are bleeding- your pituitary gland aka Master Gland (regulates lots of bodily functions) releases a hormone to tell your ovaries to mature.

ENERGY

You may feel lower energy, want more alone time, or experience decreased motivation. This is completely normal since testosterone & estrogen are at their lowest. Just like winter, this is a time where you might feel like you want to stay in, hibernate, rest, journal, meditate, and limit social activity.

SUGGESTED MOVEMENT

It is important to listen to your body! Everybody is different. Suggested activity during this time is yoga, pilates, walking, low intensity workouts, strength training, or just plain old REST!

By day 3 or 4 some can resume higher intensity workouts, either way, listening to what your body needs is best.



MENSTRUAL PHASE

NUTRITION



WARM FOODS

Things like soups, stews, and warm spices. Warm foods can reduce cramps and help with inflammation (important to always eat anti-inflammatory foods).

IRON RICH FOODS

Leafy greens, shellfish, kidney & soy beans, grass-fed beef, tofu, eggs, mushrooms, turmeric, pumpkin seeds, beets.

DARK COLORED FRUITS

Blueberries, blackberries, cranberries, watermelon.

FLAX AND PUMPKIN SEEDS

1 tbsp each are your seed friends during this first half of the cycle (days 1-13). Flaxseeds help in producing estrogen and pumpkin seeds are high in zinc to promote progesterone needed in the luteal phase.

SEA VEGGIES

Dulse, hijik, kelp, miso.

Grains

Wild rice, buckwheat.

Proteins

Liver meat, red meat, black beans, kidney beans, and adzuki.

MENSTRUAL PHASE

MEALS

FAVORITE RECIPE:

High Fiber Chia Seed Pudding



INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none">• 2 tbs chia seeds or zen basil• Water• Nuts/seeds of choice• ½ cup of yogurt• Berries	<ol style="list-style-type: none">1. Mix chia seeds with water in small containers and allow to soak overnight or until water fully absorbs into the seeds2. Layer nuts and seeds over the chia seeds, add in a layer of yogurt, and top with berries of your choice

OTHER SUGGESTED MEALS:

- Warm berry chia seed jam on toast
- Overnight oats with dark berries and flax/pumpkin seeds
- Buckwheat granola or porridge with flax/pumpkin seeds, coconut, cranberries, and cinnamon
- Mung bean/Dahl soup
- Lentil soup
- Chili
- Roasted root veggies/beets
- Kitchari with rice
- Buddha bowl with wild rice, beets, root veggies, sea veggies, massaged kale, and miso dressing
- Tofu stir fry with cauliflower rice

MENSTRUAL PHASE

SUPPLEMENTS

SUPPLEMENTS TO AID CRAMPING	LINKS TO PURCHASE
B Vitamins	Insert your favorite
Omega-3 Fatty Acids	Nordic Natural Algae Omega
Magnesium Bisglycinate	Magnesium & Ashwagandha
Ginger Tea (Helps promote digestion)	Pique Tea: Ginger
Red Raspberry Leaf Tea	Traditional Medicinals Raspberry Tea
Nettle Tea	Traditional Medicinals Nettle Leaf

FOLLICULAR PHASE

WHAT IS THIS PHASE EXACTLY?

This phase lasts between 7 and 10 days. During this time, you can expect your cervical fluid to be more wet, white & creamy. Your brain is releasing a follicle stimulating hormone (FSH), to prepare for ovulation as testosterone and estrogen continue to rise.

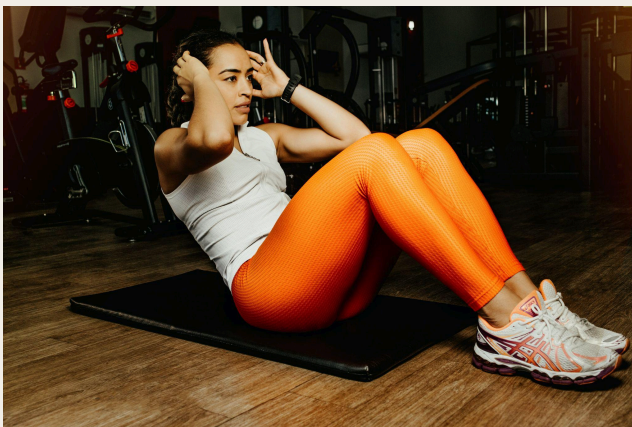
ENERGY

You'll start to feel refreshed with a surge of energy as testosterone and estrogen slowly start to rise. Consider this like the Spring season for your body as it prepares for fertilization. This is a great time to set intentions, get creative and start planning new projects as you will be more open to ideas and experiences. You may also find that your brainstorming and problem solving abilities are at their highest. This is also a great time for socializing.

SUGGESTED MOVEMENT

Feel free to go HAM! Continue to listen to your body as every body is different. You may feel like you can tolerate heavier cardio sessions, sweating, and harder strength training. This is the best time to experiment something new, as you may feel more confident, social, and sexy!

A rise in estrogen helps you build more muscle. Some favorite movements during this time are strength training, running, biking, swimming, power walking, group fitness classes, HIIT, boxing, cycling, etc.



FOLLICULAR PHASE

NUTRITION



IMPORTANT TO NOTE

Focus on high protein and fats during this phase!

PROTEINS

Lentils, split peas, black eyed peas, fish, chicken, eggs, meat, shellfish-clams, crabs

VEGGIES

Broccoli, carrots, zucchini, celery, and lots of salads

GRAINS

Gluten free oats and barley

FRUIT

Citrus, avocado, pomegranate, plums, and cherries

FERMENTED FOODS

Kimchi, sauerkraut, pickled veggies

KEFIR AND YOGURT

Tolerate dairy

NUTS & SEEDS

Flax and pumpkin seeds, brazil nuts, and cashews

FOLLICULAR PHASE

MEALS

RECIPE ONE:

Glazed Salmon



INGREDIENTS

- Salmon filet
- 1 tbsp sesame oil
- Salt
- Lemon
- Bragg's liquid aminos/coconut aminos
- 2 tbs minced garlic

INSTRUCTIONS

1. Mix sesame oil, salt, aminos, and garlic. Marinate salmon filet.
2. Bake on 400 for 12-15 min or until desired consistency. Optional broil the last 1-2 min. (if cooking on a skillet, heat on high, and sear on all 4 sides until cooked to desired consistency)

NOTES

- Serve with bone broth rice
- Garnish with herbs and serve with roasted veggies. You can save the marinade for the veggies.

FOLLICULAR PHASE

MEALS

RECIPE TWO:

Sauteed Dark Green Veggies



INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none">• Kale• Spinach• Broccoli• Chopped brussel sprouts• Cauliflower• Garlic• Nutritional yeast• Avocado oil• Salt/pepper	<ol style="list-style-type: none">1. Wash veggies thoroughly and chop2. In a saucepan, heat up avocado oil and add veggies3. Saute until veggies are cooked well4. Season with nutritional yeast, salt, and pepper
NOTES	
<ul style="list-style-type: none">• Serve with salmon and bone broth rice	

OTHER SUGGESTED MEALS:

- Raspberry chia seed pudding or overnight oats - top with flax/pumpkin seed mix
- Zoats (zucchini oats)
- Coconut yogurt with strawberries and seed mix
- Roasted artichokes
- Broccoli and chicken/steak stir-fry
- Pan seared cod with cauliflower rice
- Asian chicken salad with cabbage and brussel sprout slaw
- Egg salad collard green wraps
- Falafel salad with tahini dressing
- One sheet pan meal (fish, sweet potato, veggies)
- Lentil soup
- Guacamole with crudites

FOLLICULAR PHASE

SUPPLEMENTS

SUPPLEMENTS	LINKS TO PURCHASE
Fish oil (at least 1500 mg total EPA/DHA)	Insert your favorite
Schisandra (supports kidney/liver)	Superfeast Schisandra Powder
	Microingredients Schisandra Powder
	Mountainrose Herbs Schisandra Berries
Tulsi	Tulsi Tea
Licorice	Traditional Medicinals Licorice Root Tea

OVULATORY PHASE

WHAT IS THIS PHASE EXACTLY?

This is the shortest phase and contains higher estrogen levels, an LH surge causes your follicles to open and release an egg into the fallopian tube. If you're trying to get pregnant, this is the time, and if you're not, take precaution! You will notice an egg-white colored cervical fluid.

ENERGY

Your estrogen and testosterone are at their peak levels, so you should feel energized and social. This is considered your summer phase. You can expect a higher libido, good communication skills when expressing thoughts and feelings, and look your best. Biologically, you become more attractive to increase chances of conceiving.

So, go on a date, job interview, ask for a raise, attend networking events, record videos/work online (IG, Tik Tok, YouTube, etc), make a podcast, do IG lives, etc.

SUGGESTED MOVEMENT

Your energy levels may still be high. During this phase, you might want to try higher intensity workouts, HIIT, group classes, running, sex!



OVULATORY PHASE

NUTRITION

IMPORTANT TO NOTE

It is normal to feel like your appetite is more suppressed. I recommend eating fiber-rich and liver detoxifying foods. Eat less carbs and more protein to support energy levels.

ADD IN

Cruciferous veggies like brussel sprouts, cauliflower, and detoxifying greens like dandelion, chard, spinach, and cilantro to help flush out any excess estrogen.

PROTEINS

Red lentils, salmon, shrimp, tuna

(These 3 seafood options are full of protein and Omega-3 fatty acids).

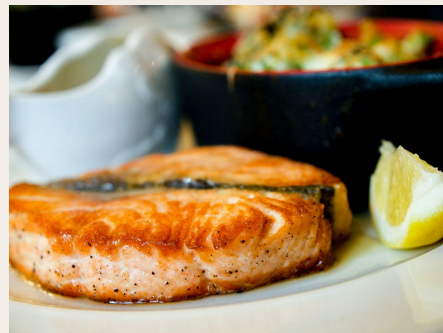
FRUIT

Apricot, cantaloupe, coconut, figs, guava, pears, raspberries, and strawberries (Berries and coconut help to increase glutathione to support liver detoxification).

NUTS/SEEDS

Almonds, pecans, pistachio, sesame, sunflower

(Sesame and sunflower seeds help to boost progesterone - take 1 tbsp each day).



OVULATORY PHASE

MEALS

FAVORITE RECIPE:

Pumpkin Chia Pudding Pie



INGREDIENTS

- 1 tbsp chia seeds
- ½ cup unsweetened almond milk or water
- 2 tbsp organic canned pumpkin puree
- ½ tsp cinnamon, nutmeg, pumpkin pie spice
- 1 tbsp ground flax seeds
- 1 tsp maca powder
- ¼ cup almonds or almond butter
- Top with strawberries, raspberries, cantaloup

INSTRUCTIONS

1. Stir chia seeds, milk/water, pumpkin, spices, flax, maca, and let it sit until chia seeds fully expand.
2. Can also leave overnight Top with fruit of choice.

NOTES

- Refrigerate for at least 3 hours or overnight

OVULATORY PHASE

SUPPLEMENTS

SUPPLEMENTS	LINKS TO PURCHASE
Dandelion (supports liver detoxification)	Traditional Medicinals Dandelion Tea
Red Clover (lubrication)	Alvita Red Clover Tea
Shatavari (supports overall wellness, healthy stress responses, ovulation, nourish reproductive organs, estrogen mimicking, relieve menopause symptoms, and can help with PCOS, fertility, libido, and GI problems)	Organic India Shatavari
Maca (balances excess estrogens, mood, anxiety, boosts energy, and sexual function for men & women)	Terrasoul Gelatinized Maca Powder

LUTEAL PHASE

WHAT IS THIS PHASE EXACTLY?

This phase is typical day 21-28 of your cycle. Estrogen levels continue to rise, uterine lining thickens, and progesterone rises. Towards the end of this phase, estrogen, testosterone, and progesterone peak and then drop hitting the lowest before your period. You may experience PMS caused by too much estrogen.

Here, focus on details, and wrap up projects. You'll have less energy, so focus inward instead of outward. Your cervical fluid will be egg-white consistency.

ENERGY

The first few days you may feel the same as the follicular and ovulation phase with higher energy, but as hormones rise, you'll start to feel less energized. Self care is important here! Get a massage, go to sleep earlier, or whatever makes you feel cared for as you'll want to feel calm/relaxed.

During the second week of this phase, you may experience PMS symptoms like cramps, headaches, bloating, fatigue, anxiety, poor sleep. These are all normal signs as your progesterone levels are low.

SUGGESTED MOVEMENT

Gentle movement like yoga, pilates, walking, non-cardio strength training.



LUTEAL PHASE

NUTRITION



IMPORTANT TO NOTE

Eat foods rich in zinc, magnesium, Vitamin B6 to help reduce carb & sugar cravings. Cravings are likely to occur, so add higher carb veggies and healthy fats to your diet.

COMPLEX CARBS

Sweet potatoes, quash, pumpkin, parsnip

CRUCIFEROUS VEGGIES

Cabbage, cauliflower, celery, collard, cucumbers, watercress, and leafy greens

VEGGIES

Garlic, ginger, onion

FRUIT

Apples, dates, peach, and pears

PROTEIN

Spirulina, chickpeas, navy beans, cod, flounder, halibut
(Spirulina, navy beans, chickpeas, cod, flounder are rich in Vitamin B)

NUTS & SEEDS

Sunflower seeds, sesame seeds, pine nuts, and walnuts

SWEETS

Dark chocolate (70% or more)

LUTEAL PHASE

MEALS

FAVORITE RECIPE:

Gut Healing Pumpkin Pie Oatmeal



INGREDIENTS

- ½ cup organic pumpkin puree
- ½ cup oats
- 1 tbs peanut butter
- 1 tbs chia seeds
- Cinnamon
- ½ tsp vanilla
- 2 scoops collagen powder
- ½ apple
- 1 tbs sesame seeds
- 1 tbs sunflower seeds

INSTRUCTIONS

1. In a saucepan, cook oats, chia seeds, and apples until halfway cooked
2. Add peanut butter, pumpkin puree, spices, collagen powder, and stir until cooked thoroughly
3. Top with sunflower and sesame seeds

NOTES

- This can be refrigerated overnight for an easy grab-and-go breakfast

LUTEAL PHASE

MEALS

OTHER SUGGESTED MEALS:

- Apple with sunflower seed butter (roast apple for easier digestion), coconut oil, water, cinnamon, and nuts/seeds
- Chia seed pudding with sliced peaches/pears, sunflower and sesame seeds
- Spirulina smoothie: [MWH Spirulina Smoothie Recipe](#)
- Roasted butternut squash with tahini dressing
- Baked sweet potato fries with garlic powder
- [Buddah Bowl Luteal Style](#) - can sub eggs/squash with tofu/pumpkin or other starchy veg & protein combo
- Roasted chickpeas with turmeric paprika
- Baked tofu
- Whole roasted cauliflower with tahini
- [Pumpkin pasta](#)
- [Almond Butter Balls](#)
- [Chicken-stuffed sweet potatoes](#)

LUTEAL PHASE

SUPPLEMENTS

SUPPLEMENTS	LINKS TO PURCHASE
Magnesium Bisglycinate	Insert your favorite
B Vitamins (B6)	Insert your favorite
Ashwagandha (reduces stress, anxiety, and balances hormones)	Life Extension Ashwagandha
	Organic India Ashwagandha
	Tribe Organic Ashwagandha
Ginger (Helps reduce bloating)	Traditional Medicinals Organic Ginger Tea
Tulsi (Improves mood)	Traditional Medicinals Organic Tulsi and Ginger Tea
	Organic India Tulsi Tea

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