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Three types of users:


Menstruating women (pergnant or not)


Post menstruation wor

Non-menstruating peo

pregnant







Our users are biological menstruating women (13 years old and more). The target group is mostly women that are able to make their own food choices (they live on their terms) and may have dependants on them (children, partner).

4. Features: What we offer

Period tracking and cycle phase precision

food for phase recommendation

Meal plan for cycle phase

Budget and local friendly food recommendations

Integration with existing period and health tracking

Logging symptoms and eaten foods

Connect with friends (see where in their cycle your girlfriends are)

Connect with a partner (non-menstruating partners can view (if allowed) their partner's cycle phase and get explanations and recommendations on what to do for their partner)

Create shopping lists

Visualize portion sizes

Generate meal plans for different needs (diet type, nutrition goal)

Integration with restaurants or food delivery applications that offer cycle-phase-friendly food

Community section - connect with others in your phase (to share recommendations, restaurants, complain, or organize events)

DATA PROTECTION - none of our users' data should be shared with anyone

heal potential health problems (PCOS, PMS, infertility, cancer prevention,

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