

Menstrual Phase (Days 1–5)

- **Goal:** The focus during this phase is to replenish iron and ease cramps.
- **Core Foods:** Leafy greens, beets, lentils, wild salmon, and bone broth are recommended to help with replenishment and comfort.
- **Foods to Avoid:** Excess caffeine and processed sugar should be avoided as they can exacerbate fatigue and cramps.
- **Supplements:** Iron and magnesium are essential for replenishing energy and alleviating cramps.
- **Chatbot Message:** "This is your rest-and-rebuild window. Lean into warming, iron-rich foods."

Follicular Phase (Days 6–13)

- **Goal:** To support the rising estrogen and improve mental clarity.
- **Core Foods:** Include flaxseed, avocado, leafy greens, fermented foods, and olive oil to nourish the brain and lift mood.
- **Foods to Avoid:** Alcohol and artificial sweeteners should be avoided as they may disrupt hormone balance.
- **Supplements:** B-complex and Omega-3 are vital to maintain energy levels and mental focus.
- **Chatbot Message:** "Estrogen is rising — time to feed your brain and mood with nutrient-dense fats and fiber."

Ovulatory Phase (Day 14–16)

- **Goal:** To support liver detox and reduce inflammation.
- **Core Foods:** Cruciferous vegetables (like broccoli), citrus, garlic, wild-caught fish, and fiber-rich grains are key to detoxification and reducing inflammation.
- **Foods to Avoid:** Dairy (if sensitive) and processed carbs should be avoided as they can interfere with digestion.

- **Supplements:** NAC and probiotics are recommended to support liver health.
- **Chatbot Message:** "It's a detox-friendly window. Load up on greens, fiber, and liver-supportive nutrients."

Luteal Phase (Days 17–28)

- **Goal:** To support progesterone production, reduce cravings, and alleviate anxiety.
- **Core Foods:** Sweet potatoes, pumpkin seeds, magnesium-rich foods, and dark chocolate help balance hormone levels and stabilize mood.
- **Foods to Avoid:** Refined sugar, white flour, and high caffeine can worsen cravings and anxiety.
- **Supplements:** Magnesium glycinate and vitamin B6 help manage mood swings and stabilize energy levels.
- **Chatbot Message:** "Mood swings or cravings? Steady energy with grounding, mineral-rich foods."

Perimenopause

- **Goal:** To balance blood sugar, reduce inflammation, and support the adrenal glands.
- **Core Foods:** Chia seeds, berries, leafy greens, and anti-inflammatory fats like olive oil provide nourishment during hormone shifts.
- **Foods to Avoid:** Ultra-processed snacks, spicy foods, and alcohol should be minimized due to their effect on blood sugar and inflammation.
- **Supplements:** Adaptogens, Omega-3, and magnesium can help manage the physiological changes during this time.
- **Chatbot Message:** "Support your shifting hormones with blood sugar–balancing, calming nourishment."