

# 7-Day Cycle-Synced Fasting Meal Plan

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## Welcome to Cycle-Synced Eating

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This 7-day meal plan is designed to align your eating with your menstrual cycle. By eating the right foods at the right time, you'll support your hormones, stabilize your energy, and achieve sustainable results without the stress of traditional calorie-counting.

### How to Use This Plan:

- Identify which cycle phase you're currently in (Days 1–10, 11–15, 16–19, or 20–28)
  - Follow the meal recommendations for your phase
  - Adjust portion sizes based on your hunger and activity level
  - Remember: 80% adherence = results. Perfectionism creates stress
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# Understanding the Two Eating Styles

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## Ketobiotic Eating (Power Phases: Days 1–10, 16–19)

**Macros:** 50g net carbs | 60% fat | Moderate protein

During the Power Phases, your body thrives on low-carb, high-fat eating. This supports estrogen metabolism, triggers autophagy, and keeps insulin stable. Focus on grass-fed meats, wild fish, avocado, nuts, seeds, and leafy greens.

**Why It Works:** Estrogen is high, your metabolism is elevated, and your body is primed for fat burning and cellular repair.

## Hormone Feasting (Manifestation & Nurture: Days 11–15, 20–28)

**Macros:** 100–150g net carbs | Moderate fat | Moderate protein

During the Manifestation and Nurture Phases, your body needs more carbohydrates to support progesterone and testosterone production. Include sweet potatoes, berries, quinoa, and fermented foods. This phase is about nourishment, not restriction.

**Why It Works:** Progesterone and testosterone need carbs to function optimally. Higher carbs support energy, mood, and hormonal balance.

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## The 7-Day Sample Plan

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### Scenario: You're Starting on Day 1 (Power Phase 1)

This plan assumes you're in Days 1–10 (Power Phase 1). If you're in a different phase, adjust the eating style accordingly (see guidelines above).

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# Day 1: Power Phase 1 (Ketobiotic)

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## Breakfast (7:00 AM)

### Grass-Fed Beef & Egg Skillet with Avocado

- 4 oz grass-fed ground beef
- 2 pastured eggs
- ½ avocado, sliced
- Handful of spinach
- 1 tbsp ghee or grass-fed butter
- Sea salt and black pepper to taste

**Preparation:** Heat ghee in a skillet over medium heat. Add ground beef and cook until browned (3–4 minutes). Push to the side, crack eggs into the pan, and cook until whites are set (2–3 minutes). Add spinach and cook until wilted. Top with avocado slices. Season with salt and pepper.

**Macros:** 35g protein | 18g fat | 3g net carbs

## Lunch (12:30 PM)

### Wild Salmon with Roasted Asparagus & Olive Oil

- 5 oz wild-caught salmon
- 1 cup asparagus spears
- 2 tbsp extra virgin olive oil (divided: 1 tbsp for cooking, 1 tbsp for drizzling)
- Lemon juice
- Sea salt and dill

**Preparation:** Preheat oven to 400°F. Toss asparagus with 1 tbsp olive oil, salt, and dill. Roast for 12 minutes. Place salmon on a separate baking sheet, drizzle with remaining olive oil, season with salt and lemon juice. Roast for 10–12 minutes until cooked through. Serve together.

**Macros:** 38g protein | 22g fat | 4g net carbs

## Dinner (7:00 PM)

### Grass-Fed Ribeye with Creamed Spinach

- 6 oz grass-fed ribeye steak
- 2 cups fresh spinach
- ¼ cup heavy cream (or coconut cream for dairy-free)
- 2 cloves garlic, minced
- 1 tbsp grass-fed butter
- Sea salt, pepper, and nutmeg

**Preparation:** Heat butter in a skillet over medium-high heat. Season steak with salt and pepper, cook 4–5 minutes per side for medium-rare. Remove and rest. In the same skillet, sauté garlic for 30 seconds, add spinach and cook until wilted (2 minutes). Stir in cream, season with salt, pepper, and a pinch of nutmeg. Serve steak with creamed spinach.

**Macros:** 45g protein | 28g fat | 2g net carbs

## Snack (Optional, 3:00 PM)

### Macadamia Nuts & Olives

- 1 oz macadamia nuts (about 10–12 nuts)
- ½ cup olives

**Macros:** 4g protein | 20g fat | 2g net carbs

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## Day 2: Power Phase 1 (Ketobiotic)

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### Breakfast (7:00 AM)

#### Smoked Salmon & Cream Cheese Roll-Ups

- 4 oz smoked salmon
- 3 oz cream cheese (or ghee if dairy-free)

- 1 cucumber, sliced into spears
- Fresh dill
- Capers (1 tbsp)

**Preparation:** Lay out smoked salmon slices. Spread cream cheese on each slice, add a cucumber spear, sprinkle with dill and capers. Roll up and enjoy.

**Macros:** 32g protein | 16g fat | 2g net carbs

## Lunch (12:30 PM)

### Grass-Fed Beef Burger (No Bun) with Avocado Mayo

- 5 oz grass-fed ground beef patty
- 2 tbsp avocado mayo (mash  $\frac{1}{4}$  avocado with 1 tbsp mayo)
- 2 slices tomato
- Lettuce leaves
- Sea salt and pepper

**Preparation:** Form ground beef into a patty, season with salt and pepper. Cook in a skillet over medium-high heat, 4 minutes per side. Spread avocado mayo on lettuce leaves, top with burger patty and tomato slices.

**Macros:** 36g protein | 20g fat | 3g net carbs

## Dinner (7:00 PM)

### Herb-Roasted Chicken Thighs with Brussels Sprouts

- 6 oz pastured chicken thighs (skin-on)
- 1.5 cups Brussels sprouts, halved
- 2 tbsp olive oil
- 2 cloves garlic, minced
- Fresh rosemary and thyme
- Sea salt and pepper

**Preparation:** Preheat oven to 425°F. Toss Brussels sprouts with 1 tbsp olive oil, salt, pepper, and herbs. Spread on a baking sheet. Season chicken with salt, pepper, garlic, rosemary, and thyme. Drizzle with remaining olive oil. Roast both for 25–30 minutes until chicken is cooked through and Brussels sprouts are crispy.

**Macros:** 42g protein | 24g fat | 5g net carbs

## **Snack (Optional, 3:00 PM)**

### **Almond Butter & Celery**

- 2 tbsp almond butter
- 2 celery stalks

**Macros:** 8g protein | 18g fat | 2g net carbs

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## **Day 3: Power Phase 1 (Ketobiotic)**

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### **Breakfast (7:00 AM)**

#### **Sardine & Avocado Toast (Lettuce Wrap)**

- 1 can sardines in olive oil (3.75 oz)
- ½ avocado, mashed
- 2 large lettuce leaves (butter lettuce or romaine)
- Lemon juice
- Sea salt and red pepper flakes

**Preparation:** Drain sardines and mash with mashed avocado. Squeeze lemon juice over the mixture. Season with salt and red pepper flakes. Spread on lettuce leaves and wrap.

**Macros:** 28g protein | 18g fat | 2g net carbs

### **Lunch (12:30 PM)**

#### **Lamb Meatballs with Tahini Sauce**

- 5 oz ground lamb
- 2 tbsp tahini
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 2 cups mixed greens
- ¼ cucumber, diced
- Sea salt and cumin

**Preparation:** Mix ground lamb with salt and cumin, form into 6 meatballs. Cook in a skillet over medium heat, 3 minutes per side. For tahini sauce, whisk tahini, lemon juice, garlic, and 2 tbsp water until smooth. Serve meatballs over greens with cucumber and tahini sauce.

**Macros:** 35g protein | 22g fat | 4g net carbs

## Dinner (7:00 PM)

### Pan-Seared Halibut with Lemon Butter & Zucchini Noodles

- 6 oz halibut fillet
- 2 cups zucchini noodles (spiralized)
- 2 tbsp grass-fed butter
- 2 cloves garlic, minced
- Juice of 1 lemon
- Fresh parsley
- Sea salt and pepper

**Preparation:** Heat 1 tbsp butter in a skillet over medium-high heat. Season halibut with salt and pepper, cook 4–5 minutes per side. Remove and set aside. In the same skillet, add remaining butter and garlic, sauté zucchini noodles for 2–3 minutes. Squeeze lemon juice over everything, top with parsley.

**Macros:** 40g protein | 16g fat | 3g net carbs

## Snack (Optional, 3:00 PM)

### Pecans & Cheese

- 1 oz pecans (about 14 halves)
- 1 oz grass-fed cheese

**Macros:** 8g protein | 20g fat | 1g net carbs

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## Day 4: Power Phase 1 (Ketobiotic)

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### Breakfast (7:00 AM)

#### Mushroom & Herb Omelet with Spinach

- 3 pastured eggs
- 1 cup mushrooms, sliced
- 2 cups spinach
- 1 tbsp ghee
- ¼ tsp dried oregano
- Sea salt and pepper

**Preparation:** Heat ghee in a skillet over medium heat. Sauté mushrooms until golden (4 minutes). Add spinach and cook until wilted (1 minute). Pour beaten eggs over vegetables, sprinkle with oregano, salt, and pepper. Cook until set (3–4 minutes), fold in half.

**Macros:** 20g protein | 16g fat | 3g net carbs

### Lunch (12:30 PM)

#### Beef Bone Broth Soup with Leafy Greens

- 1.5 cups beef bone broth (homemade or quality store-bought)
- 4 oz grass-fed beef brisket, diced
- 2 cups mixed leafy greens (kale, chard, spinach)

- ½ cup mushrooms, sliced
- 1 tbsp olive oil
- Sea salt and black pepper

**Preparation:** Heat olive oil in a pot, add brisket and cook until browned (5 minutes). Add mushrooms and cook for 2 minutes. Pour in bone broth, bring to a simmer, and cook for 10 minutes. Add leafy greens and cook until wilted (2 minutes). Season with salt and pepper.

**Macros:** 32g protein | 14g fat | 3g net carbs

## Dinner (7:00 PM)

### Grass-Fed Steak with Garlic Butter & Roasted Radishes

- 6 oz grass-fed sirloin steak
- 1.5 cups radishes, halved
- 2 tbsp grass-fed butter
- 4 cloves garlic, minced
- Fresh thyme
- Sea salt and pepper

**Preparation:** Preheat oven to 400°F. Toss radishes with 1 tbsp butter, salt, pepper, and thyme. Roast for 15 minutes. Season steak with salt and pepper, sear in a hot skillet 4–5 minutes per side. Top with remaining butter mixed with garlic. Serve with roasted radishes.

**Macros:** 44g protein | 26g fat | 2g net carbs

## Snack (Optional, 3:00 PM)

### Walnuts & Olives

- 1 oz walnuts (about 14 halves)
- ½ cup olives

**Macros:** 5g protein | 20g fat | 2g net carbs

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# Day 5: Power Phase 1 (Ketobiotic)

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## Breakfast (7:00 AM)

### Smoked Mackerel & Avocado Salad

- 4 oz smoked mackerel
- ½ avocado, sliced
- 2 cups mixed greens
- ¼ red onion, thinly sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- Sea salt and pepper

**Preparation:** Flake smoked mackerel into a bowl. Toss with greens, avocado, and red onion. Whisk olive oil and apple cider vinegar together, pour over salad. Season with salt and pepper.

**Macros:** 28g protein | 20g fat | 3g net carbs

## Lunch (12:30 PM)

### Grass-Fed Beef Tacos (Lettuce Wraps) with Guacamole

- 5 oz grass-fed ground beef
- 4 large lettuce leaves (butter lettuce)
- ½ avocado, mashed (guacamole)
- 2 tbsp salsa (check for added sugars)
- ¼ cup shredded cheese
- Sea salt, cumin, and chili powder

**Preparation:** Brown ground beef in a skillet with cumin and chili powder. Warm lettuce leaves. Assemble tacos: lettuce leaf, beef, guacamole, salsa, and cheese. Fold and enjoy.

**Macros:** 34g protein | 22g fat | 3g net carbs

## Dinner (7:00 PM)

### Wild-Caught Cod with Herb Crust & Asparagus

- 6 oz wild-caught cod fillet
- 1.5 cups asparagus spears
- 3 tbsp almond flour
- 2 tbsp grass-fed butter, melted
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- Sea salt and pepper

**Preparation:** Preheat oven to 400°F. Mix almond flour, parsley, dill, salt, and pepper. Brush cod with melted butter, press herb mixture onto top. Place on a baking sheet with asparagus (tossed in olive oil). Roast for 12–15 minutes until cod flakes easily.

**Macros:** 38g protein | 18g fat | 3g net carbs

## Snack (Optional, 3:00 PM)

### Hemp Seeds & Macadamia Nuts

- 2 tbsp hemp seeds
- 1 oz macadamia nuts

**Macros:** 8g protein | 18g fat | 1g net carbs

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## Day 6: Transition to Manifestation Phase (Days 11–15) – Hormone Feasting

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**Note:** If you're actually in Days 11–15, follow this day. Otherwise, adjust based on your current cycle day.

## Breakfast (7:00 AM)

### Quinoa Breakfast Bowl with Berries & Almond Butter

- ½ cup cooked quinoa
- ½ cup mixed berries (blueberries, raspberries, strawberries)
- 2 tbsp almond butter
- 1 tbsp raw honey
- Pinch of cinnamon
- ¼ cup unsweetened almond milk

**Preparation:** Cook quinoa according to package directions. Top with berries, drizzle with almond butter mixed with honey, sprinkle cinnamon, and pour almond milk over top.

**Macros:** 12g protein | 12g fat | 35g net carbs

## Lunch (12:30 PM)

### Sweet Potato & Black Bean Buddha Bowl

- 1 medium sweet potato, roasted and cubed
- ¾ cup cooked black beans
- 1 cup mixed greens
- ¼ avocado, sliced
- 2 tbsp tahini dressing (tahini + lemon juice + water)
- Sea salt and cumin

**Preparation:** Roast sweet potato at 400°F for 20 minutes. Warm black beans with cumin. Assemble bowl: greens, sweet potato, black beans, avocado. Drizzle with tahini dressing.

**Macros:** 14g protein | 10g fat | 48g net carbs

## Dinner (7:00 PM)

### Grass-Fed Beef with Roasted Root Vegetables

- 5 oz grass-fed beef sirloin
- 1 medium carrot, cut into chunks

- ½ medium beet, cut into chunks
- ½ parsnip, cut into chunks
- 2 tbsp olive oil
- Fresh rosemary and thyme
- Sea salt and pepper

**Preparation:** Preheat oven to 425°F. Toss vegetables with 1 tbsp olive oil, salt, pepper, and herbs. Roast for 20 minutes. Season beef with salt and pepper, sear in a skillet 4–5 minutes per side. Serve with roasted vegetables.

**Macros:** 38g protein | 16g fat | 28g net carbs

## **Snack (Optional, 3:00 PM)**

### **Apple with Almond Butter**

- 1 medium apple
- 1 tbsp almond butter

**Macros:** 4g protein | 9g fat | 22g net carbs

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## **Day 7: Manifestation Phase (Days 11–15) – Hormone Feasting**

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### **Breakfast (7:00 AM)**

#### **Oatmeal with Berries & Coconut**

- ½ cup rolled oats
- 1 cup unsweetened almond milk
- ½ cup mixed berries
- 2 tbsp unsweetened coconut flakes
- 1 tbsp raw honey
- Pinch of sea salt

**Preparation:** Bring almond milk to a boil, add oats and salt. Simmer for 5 minutes, stirring occasionally. Top with berries, coconut flakes, and honey.

**Macros:** 8g protein | 6g fat | 42g net carbs

## Lunch (12:30 PM)

### Quinoa & Vegetable Salad with Lemon Vinaigrette

- $\frac{3}{4}$  cup cooked quinoa
- 1 cup mixed vegetables (cucumber, bell pepper, tomato, red onion)
- $\frac{1}{4}$  cup chickpeas
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 clove garlic, minced
- Sea salt and pepper

**Preparation:** Toss cooked quinoa with vegetables and chickpeas. Whisk olive oil, lemon juice, and garlic. Pour over salad, season with salt and pepper.

**Macros:** 10g protein | 12g fat | 45g net carbs

## Dinner (7:00 PM)

### Baked Salmon with Sweet Potato & Broccoli

- 5 oz wild-caught salmon
- 1 medium sweet potato, cubed
- 2 cups broccoli florets
- 2 tbsp olive oil (divided)
- Lemon juice
- Fresh dill
- Sea salt and pepper

**Preparation:** Preheat oven to 400°F. Toss sweet potato and broccoli with 1 tbsp olive oil, salt, pepper, and dill. Roast for 15 minutes. Place salmon on a baking sheet, drizzle

with remaining olive oil, lemon juice, salt, and pepper. Add to oven for final 12–15 minutes.

**Macros:** 36g protein | 14g fat | 32g net carbs

## **Snack (Optional, 3:00 PM)**

### **Berries & Dark Chocolate**

- ½ cup mixed berries
- 1 oz dark chocolate (70% cacao or higher)

**Macros:** 3g protein | 8g fat | 28g net carbs

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## **Shopping List for This Week**

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### **Proteins**

Grass-fed ground beef (1 lb), grass-fed sirloin steak (1 lb), wild-caught salmon (1 lb), wild-caught cod (1 lb), pastured eggs (1 dozen), smoked salmon (4 oz), sardines in olive oil (2 cans), pastured chicken thighs (1.5 lbs), ground lamb (1 lb), halibut fillet (6 oz), smoked mackerel (4 oz).

### **Healthy Fats**

Avocados (3), extra virgin olive oil, ghee or grass-fed butter, almond butter, tahini, coconut oil, MCT oil (optional), macadamia nuts, pecans, walnuts, hemp seeds, olives.

### **Vegetables & Greens**

Spinach (fresh and/or frozen), mixed greens, kale, chard, mushrooms (cremini, portobello), asparagus, zucchini, Brussels sprouts, radishes, bell peppers, tomatoes, cucumber, celery, broccoli, carrots, beets, parsnips, sweet potatoes.

## Pantry Staples

Sea salt, black pepper, garlic, lemon juice, apple cider vinegar, dried herbs (oregano, thyme, rosemary, dill), cumin, chili powder, cinnamon, honey (raw), almond flour, rolled oats, quinoa, black beans, chickpeas.

## Optional Additions

Bone broth (beef or chicken), dark chocolate (70%+ cacao), berries (fresh or frozen), unsweetened almond milk, unsweetened coconut flakes.

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## Pro Tips for Success

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**Meal Prep:** Spend 2 hours on Sunday preparing proteins, roasting vegetables, and cooking grains. This makes weekday meals effortless.

**Batch Cooking:** Cook double portions of dinner and use leftovers for lunch the next day.

**Stay Hydrated:** Drink at least 2–3 liters of water daily. Add a pinch of sea salt to support your adrenals during fasting windows.

**Listen to Your Body:** If you're hungry, eat. If you're not, don't force it. Cycle-synced eating is about working WITH your body, not against it.

**The 80/20 Rule:** Follow this plan 80% of the time. The other 20% is for flexibility, social meals, and enjoying life.

**Track Your Energy:** Notice how you feel on Ketobiotic vs. Hormone Feasting days. Your body will tell you what it needs.

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## Frequently Asked Questions

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**Q: Can I substitute ingredients?**

A: Absolutely. If you don't like salmon, try mackerel or sardines. If you don't like Brussels sprouts, try broccoli or asparagus. The key is eating whole, nutrient-dense

foods appropriate for your phase.

**Q: What if I'm vegetarian or vegan?**

A: This plan is designed for omnivores, but you can adapt it. Replace animal proteins with legumes, tofu, and tempeh. However, note that plant-based proteins are higher in carbs, so adjust your Ketobiotic phase accordingly.

**Q: How do I know if I'm eating the right amount?**

A: Eat until you're satisfied, not stuffed. You should feel energized 2–3 hours after eating, not sluggish or hungry.

**Q: Can I drink coffee while fasting?**

A: Yes, black coffee (no cream or sugar) is fine during fasting windows. Coffee can actually help lower cortisol and improve mental clarity.

**Q: What about alcohol?**

A: Alcohol is best minimized during the Nurture Phase (when progesterone is high) as it can increase cortisol. During other phases, occasional wine or spirits are fine, but avoid sugary cocktails.

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## Next Steps

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1. **Identify Your Cycle Day:** Use the Cycle-Synced Fasting Dashboard to track your cycle and identify which phase you're in.
2. **Choose Your Starting Day:** Pick a day to begin this meal plan that aligns with your cycle phase.
3. **Prep Your Groceries:** Use the shopping list above to stock your kitchen.
4. **Meal Prep:** Dedicate 2 hours on Sunday to prepare proteins and vegetables for the week.
5. **Track How You Feel:** Notice your energy, mood, digestion, and skin. This is the real measure of success.

6. **Adjust as Needed:** If something doesn't work for you, swap it out. This plan is a template, not a rigid prescription.

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## Your Cycle-Synced Fasting Journey Starts Now

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This 7-day meal plan is just the beginning. As you become familiar with Ketobiotic and Hormone Feasting principles, you'll develop your own favorite meals and combinations. The key is consistency, flexibility, and listening to your body.

Remember: **Fasting should feel sustainable and calm.** If it feels stressful, adjust. Your nervous system health is more important than any protocol.

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*Align your eating with your cycle. Support your hormones. Thrive.*

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