



The Cycle Code

How to Work With Your
Hormones, Not Against Them

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You Were Never Meant to Feel Average.

Thank you for attending The Cycle Code workshop, "Own Your Power"

This is your companion guide, a resource to help you integrate everything you've learned into your day-to-day life. Inside, you'll find practical tools, prompts, and strategies to support your hormones, align with your cycle, and take the guesswork out of feeling your best.

You don't need to do everything—just start with one shift, one phase at a time.



Dear Reader,

I know what it's like to feel like you've tried everything.

I know what it's like to wake up every day battling your own mind - questioning how you look in the mirror, how you feel, what to eat. The intrusive thoughts that whisper you're not enough.

I know what it's like to suffer with chronic back pain, burnout, and self-doubt.

For years, I battled with my body confused about why some days I felt on top of the world, and other days I felt like a failure. Like giving up. Like nothing I was doing was ever going to work for me.

But here's the truth:

Living like this creates an unsafe body.

Your nervous system starts to disconnect. Your mind no longer feels safe inside your own body - so it stops trying to thrive and simply shifts to surviving.

No matter how many signals your body sends—fatigue, bloating, mood swings, pain—you keep ignoring them. You push through. Until one day, your body forces you to stop.

Illness. Exhaustion. Burnout so deep it feels like you've lost your ability to function, to show up, to carry on.

You start watching things slip through the cracks—your energy, your work, your joy, your relationships.

You feel like you're losing yourself.

But something incredible happens when you start learning about how your female body actually works.

You gain a new sense of appreciation.

You start working with your body, instead of constantly fighting it.

You show up differently.

You expand in ways you never thought possible.

Sometimes, stepping back is the exact thing you need to step into a version of yourself you no longer recognise—in the best way.

You were never meant to run on empty.

You were made to thrive.

Let this guide help you start again, not from scratch, but from wisdom.

With love,

Renee x



Your Cycle

Your Cycle at a glance

Did you know your cycle isn't just about your period?

Your menstrual cycle has four phases—like seasons—and each one brings unique strengths and changes to your energy, mood, and performance. Understanding these phases helps you train smarter, fuel better, and feel more in tune with your body.

Phase	Season	Hormones	Energy & Mood	What You Need Most
Menstrual	 Winter	Low oestrogen + progesterone	Low energy, inward focus	Rest, warmth, iron-rich foods
Follicular	 Spring	Oestrogen rising	Motivation, lightness, clarity	Fresh foods, movement, planning
Ovulation	 Summer	Peak oestrogen + testosterone	High energy, social, strong	Strength training, fibre, connection
Luteal	 Autumn	Progesterone rising	Tired, sensitive, inward	Grounding meals, self-care, slowing down

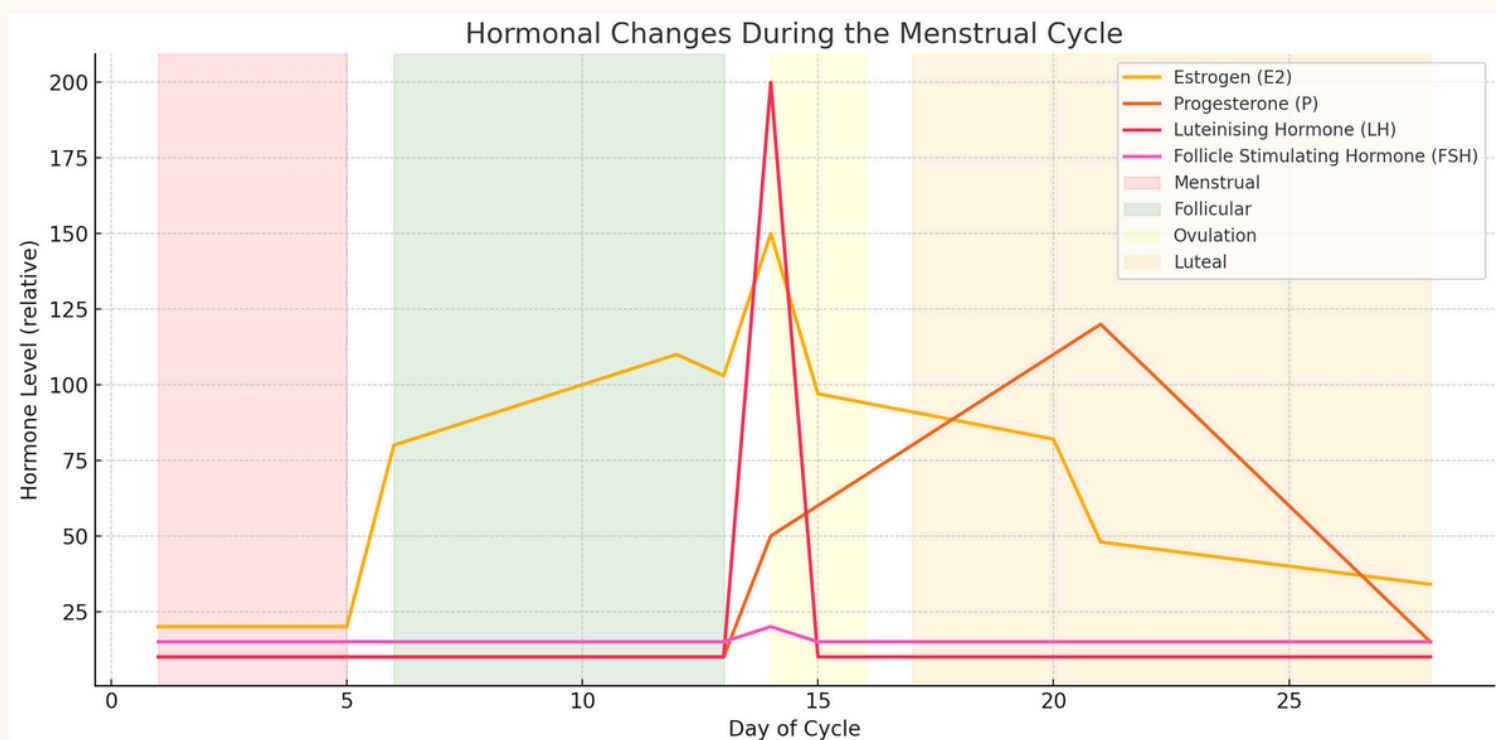
Ever wondered why some weeks you feel unstoppable, and other times you can barely cope physically or mentally?

It often comes down to your ever-changing menstrual cycle. Each phase brings its own strengths, but if you're burning the candle at both ends, skipping proper nourishment, moving too little, staying dehydrated, losing sleep, and living in constant stress, your cycle will let you know. PMS isn't just an inconvenience—it's your body's messenger, telling you it needs more care, rest, and balance. The question is... are you listening?

Signs of a Healthy Cycle

- Your cycle is roughly 26–35 days
- Periods last 2–7 days, with manageable pain
- You're not constantly exhausted, anxious, or skipping periods
- You feel in control of your body-not confused by it

If you are constantly feeling tired, fatigued, in pain all of the time, struggle 1 whole week before your period is due, you need to seek support or extra help. Firstly look at what's missing from the diet, are you drinking enough water, are you getting enough rest etc. If these things are a happening thing in your life, and symptoms don't improve, book in with a female GP or a DR who specialises in hormone health and talk to them about how you can improve your quality of life.



Your menstrual cycle naturally shifts throughout your life, from your first period (menarche), through your reproductive years, into perimenopause, and finally menopause.

In your teens and early 20s, cycles can be a little irregular as your body establishes hormonal patterns. By your mid-20s to late 30s, many women notice a more consistent rhythm - though stress, illness, travel, pregnancy, breastfeeding, or changes in weight can still cause variations.

From your late 30s and into your 40s, perimenopause can begin - sometimes a decade before menopause. This stage can bring changes in cycle length, flow, and symptoms such as PMS, sleep changes, or hot flashes. Eventually, menopause is reached when you've gone 12 consecutive months without a period, most often between ages 45–55.

No matter your age or stage, supporting your body with good nutrition, balanced movement, quality sleep, and stress management can help regulate hormones and ease symptoms. If you notice significant changes - like cycles suddenly becoming very heavy, very painful, or disappearing for more than 3 months (outside of pregnancy or menopause) it's worth checking in with a trusted health professional.

The Hormone Journey of a Woman— Embracing Every Phase

Let's normalise it. Let's honour it. Let's make it empowering.

As women, we move through powerful hormonal transitions across our lives.

Each phase holds wisdom.

Each shift is an invitation to deepen our connection with our bodies.

Yet, many of us are taught to fear these changes...

To feel shame about menstruation, frustration with fertility, and panic at the mention of menopause.

But what if we chose to rewrite that narrative?

Phase 1: Menstruation — Your First Inner Season Begins

This is where it all begins:

Your first bleed.

Your initiation into womanhood.

But most of us weren't given tools, guidance, or support—just awkward health talks and silent embarrassment.

Let's reframe it:

→ Your period is not a problem—it's a vital sign of health.

→ Learning to track your cycle gives you powerful insight into your energy, mood, and metabolism.

→ Cycle awareness in your teens and 20s builds body trust early on.

Support tools:

Start using a cycle tracking app or calendar

Learn the four phases (as discussed)

Speak kindly to yourself during your bleed—this is your rest & reset time

Phase 2: Finding Your Rhythm (20s–30s)

This is often a time of exploration, ambition, and self-discovery, but also comparison, perfectionism, and disconnect.

You might be navigating birth control, irregular cycles, intense training, career demands, or body image challenges.

Now is the time to:

→ Align your fitness, food, and lifestyle with your natural rhythm

→ Learn how to balance oestrogen + progesterone

→ Stop punishing your body and start fuelling it with what it truly needs

Support tools:

Eat enough—especially protein and good fats

Prioritise sleep and stress management

Understand PMS as a signal, not a sentence

Phase 3: Fertility, Pregnancy, & Postpartum (If Chosen)

This season is deeply transformative—physically, emotionally, and spiritually.

Whether you're trying to conceive, pregnant, recovering postpartum, or choosing not to have children it's a hormonal shift worth honouring.

→ Pregnancy teaches you surrender and trust.

→ Postpartum teaches you rebirth—not just of your baby, but of yourself.

→ And if motherhood isn't your path, you are no less woman—your body still goes through seasons worth supporting.

Support tools:

Increase nutrient density (not just calories)

Include pelvic floor support + gentle rehab

Anchor in rituals that soothe your nervous system

Ask for help—your body is doing so much

Phase 4: Perimenopause (Late 30s–Mid 40s/50s)

This is where your hormonal landscape begins to shift, often without warning.

Cycles may become irregular. PMS may worsen. Emotions feel more intense. Sleep may suffer.

This is not a crisis—it's an awakening.

→ Your body is transitioning from reproduction to deep self-wisdom.

→ Progesterone declines first—leading to increased sensitivity, anxiety, and overwhelm

→ But you can support this phase powerfully with the right tools

Support tools:

Focus on blood sugar regulation (protein + fibre at every meal)

Support your liver for healthy oestrogen detox

Reduce overstimulation (less screen time, more rest)

Add adaptogens (like ashwagandha, magnesium, B6) with professional support

Strength train to maintain good bone health as oestrogen declines



Phase 5: Menopause & Beyond (50s+)

Menopause is not the end—it's your second spring. "you are the wise woman"

→ Your hormones may not cycle, but your power doesn't disappear.

→ This phase is about clarity, legacy, strength, and deeper embodiment

→ With proper nourishment, movement, and mindset—you can thrive here

Menopause is not something to dread—it's a new beginning.

Support tools:

Prioritise strength training to support bone & muscle health

Add phytoestrogens (flaxseed, tempeh, sesame seeds)

Address sleep, hydration, and joint mobility

Reconnect with your purpose, creativity, and passions

Let's Normalise the Entire Hormonal Journey!

100% of women will go through these phases.

So let's make them feel safe.

Let's make them feel sacred.

Let's make them feel empowering.

Because when we have the tools, we stop fearing the unknown, and start embracing the becoming.

You were never meant to feel out of your body.

You were meant to grow into her.

Let this guide be your map—and The Cycle Code be your support system.



A woman with blonde hair tied in a bun is sitting on a light-colored sofa. She is wearing a black t-shirt and a gold necklace. She holds a glass of water in her right hand and rests her left hand on a plate of food. The plate contains a salad with spinach, raspberries, mango, and hard-boiled eggs, along with avocado toast. A silver laptop is open on the table in front of her. The background shows a window with a view of greenery.

Nutrition - Fuel For Your Hormones

Nutrition – Fuel for Your Hormones

Your hormones are built from nutrients.

Every bite you eat sends a message to your body:

“You’re safe, let’s thrive.” or “We’re in survival mode, slow down.”

When you eat in a way that supports your hormonal health, you:

Stabilise blood sugar → consistent energy & mood

Support healthy ovulation → balanced oestrogen & progesterone

Reduce inflammation → less PMS, bloating, and cramps

Improve resilience to stress → better sleep, calmer mind

Nutrition Foundations for Hormone Health

1. Prioritise Protein at Every Meal

Your body uses amino acids from protein to make hormones, repair tissue, and stabilise blood sugar.

Aim for 20–30g per meal (more if highly active)

Examples: eggs, chicken, turkey, fish, beef, tofu, tempeh, Greek yoghurt, lentils

2. Eat Healthy Fats — Every Day

Cholesterol from healthy fats is the raw material for oestrogen, progesterone, and testosterone.

Examples: avocado, olive oil, nuts, seeds, fatty fish, coconut

Include omega-3s (salmon, sardines, chia, flax) to lower inflammation

3. Load Up on Fibre-Rich Vegetables

Fibre helps eliminate excess oestrogen through the digestive tract.

Aim for 6–9 servings of vegetables daily

Cruciferous veg (broccoli, cauliflower, kale) are especially powerful for hormone detox

4. Balance Your Blood Sugar

Sharp spikes and crashes increase cortisol and can worsen PMS.

Always pair carbs with protein or fat

Swap refined carbs for slow-release options (sweet potato, quinoa, oats, brown rice)

5. Don’t Under-Eat

Chronic calorie restriction tells your body it’s unsafe to ovulate or build muscle.

Eat enough to fuel your activity level and recovery

6. Stay Hydrated + Mineralised

Hormones need an electrolyte-rich environment to function.

Add a pinch of mineral salt to water or coconut water

Include magnesium-rich foods (pumpkin seeds, dark chocolate, leafy greens)

Protein

Food is fuel, but it's also information.

What you eat tells your body how to perform.

When you eat balanced meals made from whole foods, you support your energy, hormone health, digestion, focus, and even your mood. It's not about being perfect - it's about eating in a way that nourishes your body and supports your life.

Understanding Macronutrients

There are 3 main macronutrients your body needs every day in varying amounts:

1. Protein

- Supports muscle repair, metabolism, immunity, and satiety (keeps you full!).
- Aim for a source of protein in every main meal and most snacks.

→ Protein-Rich Foods:

- Chicken breast, turkey, lean beef
- Eggs and egg whites
- Fish (salmon, tuna, white fish)
- Greek yoghurt (unsweetened)
- Cottage cheese, ricotta
- Tofu, tempeh
- Lentils, chickpeas, black beans
- Edamame, soybeans
- Protein powder (whey, pea, or collagen-based)
- Canned tuna or salmon
- Roast meat leftovers
- Lamb backstrap, venison, kangaroo
- Prawns, mussels, shellfish



Fats

2. Fats

Essential for hormone production, brain health, joint lubrication, and skin health.

Include a small amount of healthy fat in each meal for better absorption of nutrients.

→ Healthy Fats:

- Avocado
- Olive oil, avocado oil
- Nuts (almonds, walnuts, Brazil nuts)
- Nut butters (peanut, almond, cashew)
- Seeds (chia, flaxseed, pumpkin, sunflower)
- Tahini
- Coconut (milk, yoghurt, flakes - in moderation)
- Oily fish (salmon, mackerel, sardines)
- Full-fat dairy (if tolerated)
- Dark chocolate (70%+ in small amounts)



Carbohydrates / Fibre

3. Carbohydrates

The body's main source of energy - fuels your brain, muscles, and workouts.

Choose fibre-rich, whole food carbs to stabilise blood sugar and support digestion.

→ **Complex Carbohydrates:**

- Sweet potato, potato, yams
- Brown rice, basmati rice
- Quinoa, millet, buckwheat
- Oats (rolled, steel cut)
- Wholegrain bread or wraps
- Wholemeal pasta
- Legumes (lentils, chickpeas, beans)
- Corn and polenta
- Starchy veg (carrot, beetroot, pumpkin, parsnip)

→ **Fruits:**

- Bananas, berries, apples, oranges, kiwi
- Stone fruit (peaches, nectarines, plums)
- Pineapple, mango, papaya
- Dried fruit in small portions (dates, figs, apricots)

→ **Vegetables (low-starch carbs):**

- Broccoli, cauliflower, spinach, kale, cucumber, lettuce
- Zucchini, asparagus, mushrooms, capsicum

→ **Most people feel best with carbs spread across the day, especially around training or busy times. Always pair your carbs with fats & protein, even your snacks.**



How to Build a Balanced Plate

Fuel your body with the right mix of nutrients - every time you eat.

Building a balanced meal doesn't need to be complicated. Think of your plate in sections, not numbers or strict rules. This way, you're getting the right fuel to support your energy, mood, metabolism, and performance - without needing to count every bite.

The Balanced Plate Formula:

- ◆ ½ plate = Non-starchy vegetables

- For fibre, vitamins, minerals, and volume

E.g. leafy greens, broccoli, zucchini, cucumber, tomatoes, carrots, cauliflower, capsicum

- ◆ ¼ plate = Lean protein

- For muscle repair, satiety, and metabolism

E.g. chicken, tuna, tofu, lentils, eggs, beef, fish, yoghurt, cottage cheese

- ◆ ¼ plate = Smart carbohydrates

- For energy, recovery, and blood sugar support

E.g. sweet potato, brown rice, quinoa, oats, corn, legumes

- ◆ Add healthy fats (1–2 tbsp or thumb-size)

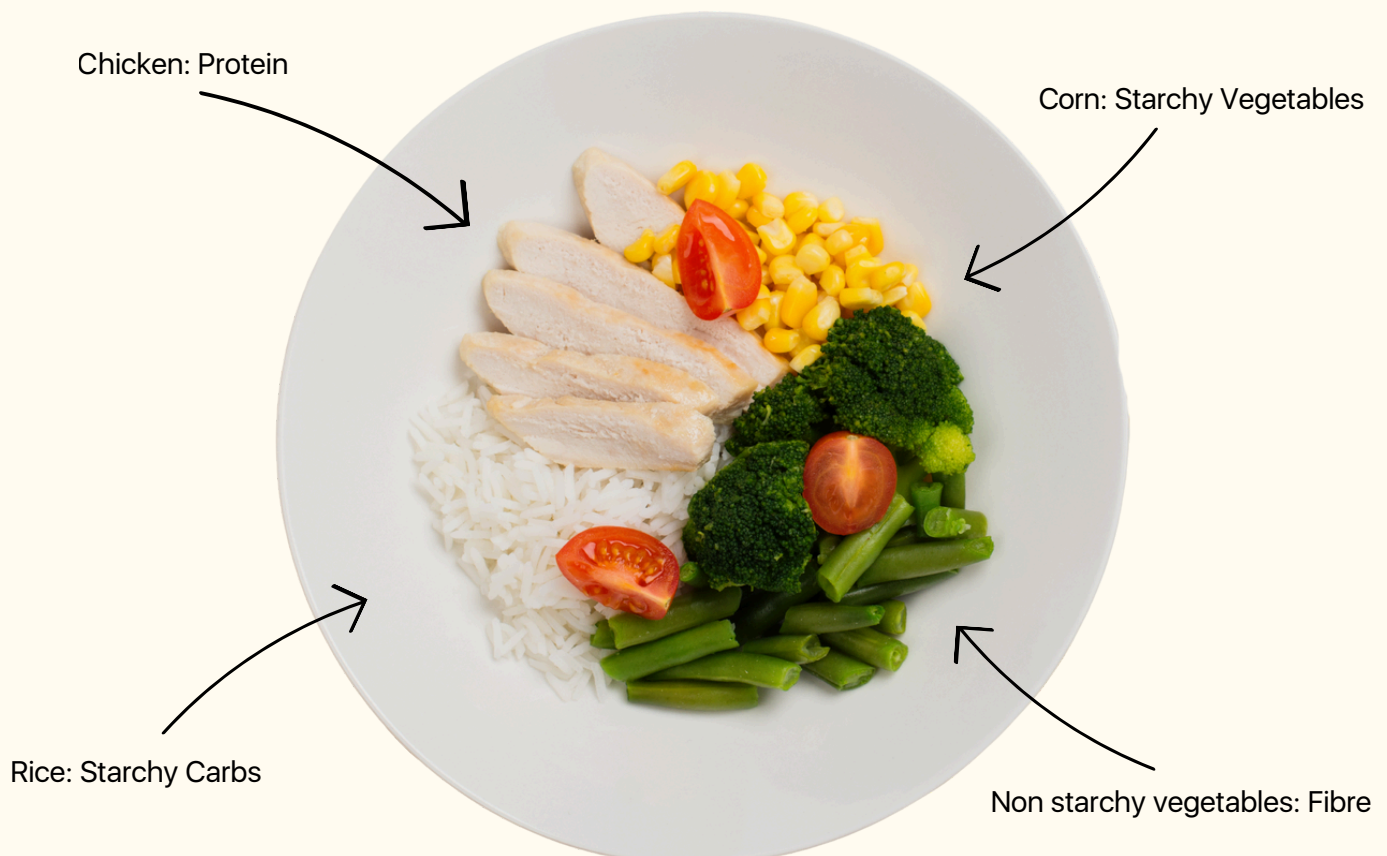
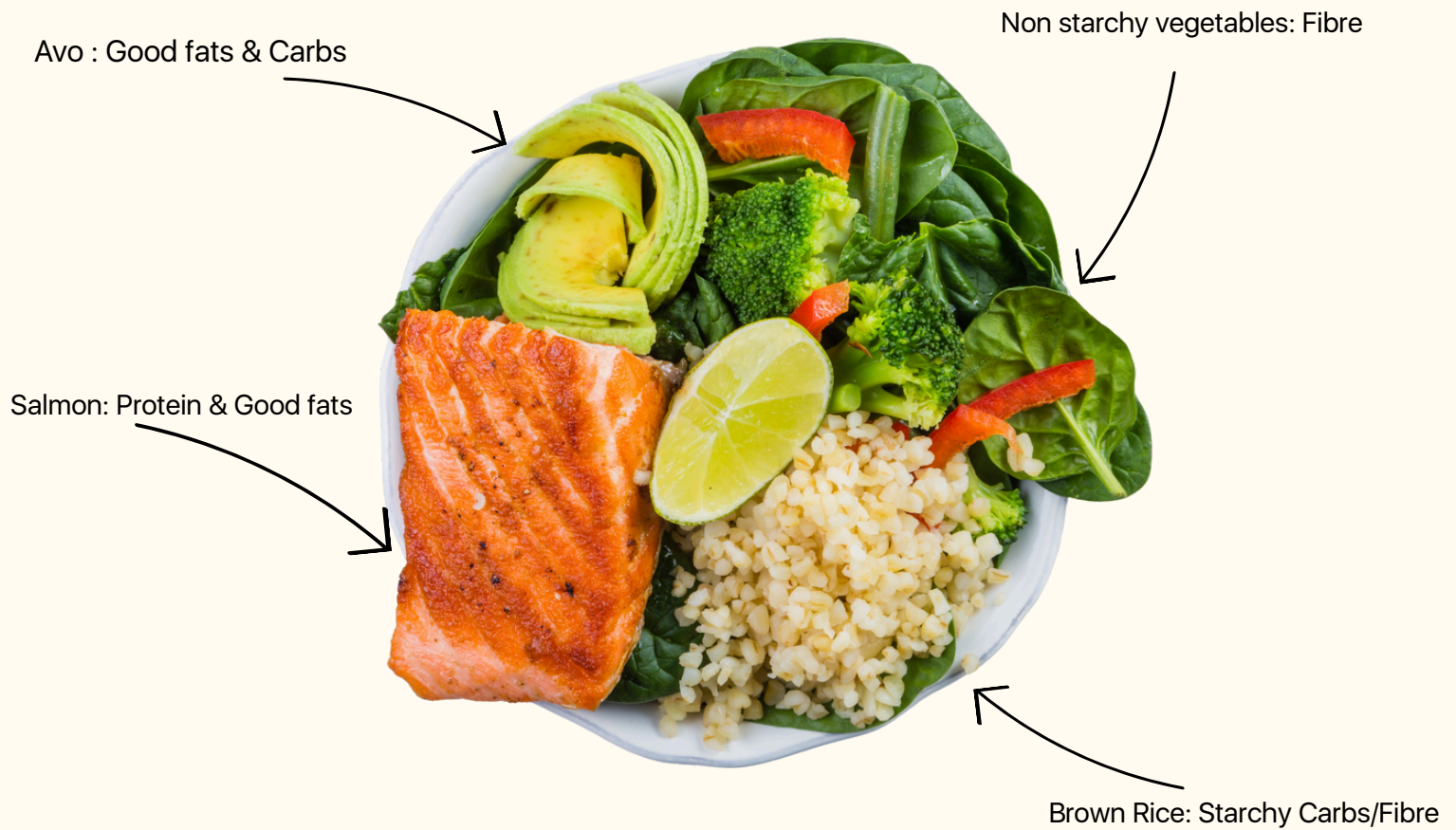
- For hormone balance and fullness

E.g. olive oil, avocado, nuts, seeds, tahini, fatty fish

Add herbs, spices, and fermented foods like kimchi or sauerkraut for extra digestion and flavour wins too. Your food doesn't have to be boring.

How to Build a Balanced Plate

- Lets Look At An Example:



Workday Meal & Snack Ideas

Quick, satisfying, and blood sugar-friendly combos you can prep or pack.

Breakfast Ideas:

- Overnight oats with chia, berries & protein powder
- Eggs on grain toast with spinach and avocado
- Greek yoghurt + banana + walnuts + cinnamon
- Protein smoothie (protein powder, banana, spinach, chia, almond milk)
- Tofu scramble with veg + wrap

Lunch Ideas:

- Leftover roast meat + sweet potato + salad + hummus
- Chicken or tuna wrap with slaw + avocado
- Lentil & veggie soup + wholegrain toast
- Quinoa & chicken salad with edamame, capsicum, feta, and tahini dressing
- Rice bowl with teriyaki salmon, broccoli, avocado, sesame

Snack Ideas:

- Boiled eggs + cherry tomatoes
- Protein balls or bliss bites
- Apple slices + peanut butter
- Trail mix (nuts, seeds, coconut, cacao nibs)
- Greek yoghurt + berries + hemp seeds
- Hummus + rice crackers or veggie sticks
- Cottage cheese + pineapple + flaxseed

Making your own meals from scratch is ALWAYS better for your health than buying lunch/dinner out, my recommendation is aiming for 4/5 home cooked lunches and dinners during the work week and trying your best to only have 1 meal out on the weekend.

Eating out too much can result in not eating a well balanced diet, and your body could be missing out on key nutrients it needs to thrive resulting in fatigue, low energy, mood swings, weight gain and low productivity.

Easy Swaps for Processed FoodsMeal & Snack Ideas

Because sometimes we need real options - not rules.

Instead of these:

Try some of these:

Flavoured muesli bars	Homemade protein balls or nuts + fruit
Sugary cereal	Rolled oats with chia, cinnamon, protein, berries
White bread/toast	Grainy or sourdough bread, wrap, or brown rice cakes
Soft drinks/energy drinks	Sparkling water + lemon/lime or iced herbal tea
Biscuits or crackers	Rice cakes + avocado, hummus or cottage cheese
Instant noodles	Rice noodles + veg + protein in a homemade broth
Milk chocolate	70%+ dark chocolate or medjool dates + nut butter
Ice cream every night	Greek yoghurt + berries + cacao nibs
Flavoured yoghurt tubs	Plain Greek yoghurt + fresh or frozen fruit
Store-bought dips	Hummus, guac, or homemade yoghurt-based tzatziki

Meal Prep: Why It Matters + How to Make It Work for You

Success in nutrition starts with preparation, not willpower. When life gets busy (which it always does), meal prep can be your secret weapon. It reduces stress, saves time, prevents decision fatigue, and keeps you nourished when you're short on time or energy.

Why Meal Prep Works:

- Saves money (fewer takeaways or last-minute food purchases)
- Reduces skipped meals or random snacking
- Helps with consistent energy and mood
- Makes healthy choices easier and automatic
- Supports your weekly nutrition goals



How to Make Meal Prep Work for You:

Option 1: Full Prep

- Cook 2–3 meals in full (e.g. chicken stir fry, lentil curry, roasted veg + salmon)
- Portion into containers for grab-and-go meals

Option 2: Batch Ingredients

- Cook separate components (e.g. roast veg, quinoa, grilled meat, boiled eggs)
- Mix and match during the week for variety

Option 3: Mini Prep Daily

- Make tomorrow's lunch while cooking dinner
- Double dinner and save leftovers
- Have grab-and-go snacks ready: fruit, bliss balls, boiled eggs, veggie sticks



Find your flow and do the version of meal prep that works for you - it doesn't have to be all or nothing.

Hydration & Caffeine: Energy from the Ground Up

Hydration Goals:

Aim for 2–3 litres of water per day (more with movement or hot weather)

Hydration supports:

- Brain clarity
- Joint lubrication
- Digestion
- Hormone transport
- Energy production



Top hydration tips:

- Start your day with a glass of water before coffee
- Keep a bottle on your desk
- Flavour water with lemon, berries, mint, or cucumber
- Use herbal teas to increase fluid intake

Caffeine Tips (Without the Crash):

Caffeine can give you a quick energy boost - but over-relying on it can backfire, especially when you're tired, under-fuelled, or dehydrated.

Smart caffeine habits:

- Try to limit caffeine to before 12pm to protect sleep quality
- Avoid using coffee in place of meals - always pair it with food
- Choose matcha or green tea if you're feeling anxious or wired
- Start your day with water before coffee - hydration first!
- Listen to what your body really needs:
- Sometimes when we crave coffee or energy drinks, our body is actually asking for water or nutrients.
- Before heading to the café or grabbing an energy drink, pause and ask yourself:
 - ☐ Have I had enough water today?
 - ☐ Have I eaten a proper meal?
 - ☐ Have I had enough protein?

⚠ Too much caffeine can also interfere with calcium absorption - which is especially important for bone health.

- Stick to no more than 100mg per day (about the equivalent of one barista-made coffee), and choose caffeine-free alternatives when you can.
- Energy from food, water, sleep, and movement is more sustainable than a short-term caffeine spike.

Blood Sugar Balance: What It Is & Why It Matters

Blood sugar balance is the key to stable energy, fewer cravings, better focus, and mood regulation.

What is it?

When you eat carbohydrates, your body breaks them down into glucose (sugar), which enters your bloodstream. Your body then releases insulin to help move that sugar into your cells for energy or storage.

If your meals cause a big spike in blood sugar (usually from too much refined sugar, processed carbs, or skipping meals and then overeating), your body responds by releasing a lot of insulin.

This can lead to a crash, causing:

- Fatigue
- Irritability or brain fog
- Cravings (especially sugar)
- Overeating at the next meal

Why it Matters Long-Term:

Constant blood sugar spikes and crashes over time can:

- Lead to weight gain, especially around the belly (due to excess insulin promoting fat storage)
- Increase hunger and reduce satiety cues, making it harder to manage portion sizes
- Disrupt hormones (especially cortisol, oestrogen, and insulin itself)
- Increase risk of insulin resistance, prediabetes, and eventually type 2 diabetes
- Contribute to inflammation, mood instability, and poor energy regulation

How to Balance Blood Sugar Naturally:

- Eat balanced meals regularly (don't skip meals)
- Include protein and/or fat with every carb
- Fill half your plate with fibre-rich vegetables
- Move your body after meals (even a short walk helps!)
- Slow down when eating - chew and breathe

Balanced blood sugar means better energy, reduced cravings, clearer thinking, and long-term health protection.

Everyone is Different: Personal Needs Matter

Your age, movement levels, stress, sleep, hormonal health, medical history, and goals all influence what your body needs – and how it responds to food. That's why there's no perfect one-size-fits-all diet.

But there are key principles that matter for every body.

Foundational Truths We All Share:

- We all need protein for repair, strength, and appetite control
- We all need hydration for energy, digestion, and clarity
- We all benefit from fibre-rich vegetables and healthy fats
- We all feel better when we eat whole, minimally processed foods

Everyone requires a different amount of fats, protein, and carbohydrates.

This comes down to a range of personal factors and your body's data – activity levels, age, muscle mass, health conditions, even stress levels. There really is no one-size-fits-all when it comes to nutrition.

What does stay true is that we all need the basics: protein, water, colourful vegetables, and good fats to survive and thrive. Everyone's portions will be different – and that's okay.

Start where you are, with what you know. The balanced plate method is a powerful, simple place to begin. Focus on the foods you can add in to what you are already doing to improve your current diet, one meal or even one ingredient at a time.

A Good Rule of Thumb for Protein:

- Aim for 1.5–2.4g of protein per kg of bodyweight daily (this also depends on how active you are)
- (For example: 70kg person = 105–140g protein)
- If you're new to this, start by adding protein to every meal and snack
- Still hungry? Add more protein, fibre, or healthy fats before reaching for sugar
- Tip: 100g of chicken is not 100g of protein, use a macro tracking app to help you understand how much protein you are consuming.

Not Ready to Track? Follow the Balanced Plate Method:

- ¼ plate = protein
- ¼ plate = whole food carbs
- ½ plate = colourful, fibrous veg
- 1–2 tbsp = healthy fat

This is a simple place to start without overwhelm. Progress over perfection.

Phase-Specific Nutrition Guide

Menstrual (Winter) – Rest & Replenish

Focus: iron-rich foods to replace menstrual blood loss

Examples: grass-fed beef, chicken liver, lentils, spinach, pumpkin seeds

Warm, grounding meals: soups, stews, slow-cooked meats, root veggies

Support digestion with gentle fibre (cooked veggies > raw)



Follicular (Spring) – Fresh & Energising

Focus: antioxidant-rich foods for egg development and detox support

Examples: berries, citrus, leafy greens, broccoli sprouts, salmon

Light, vibrant meals: salads with protein, grain bowls, smoothies

Experiment with new recipes — your creativity is high here

Ovulation (Summer) – Fuel for Peak Energy

Focus: nutrient density for muscle recovery & hormone metabolism

Examples: lean protein, plenty of raw and lightly cooked veg, fibre from flaxseed & chia

Stay hydrated — oestrogen peaks here and can cause fluid retention

Avoid excessive caffeine or alcohol to protect liver function

Luteal (Autumn) – Calm & Stabilise

Focus: magnesium & B-vitamin-rich foods to reduce PMS and cravings

Examples: dark chocolate, pumpkin seeds, chickpeas, turkey, leafy greens

Complex carbs (sweet potato, oats, quinoa) support serotonin production

Limit refined sugar to prevent energy crashes



Smart Supplement Support (optional add-on if professionally guided)

Magnesium glycinate → improves sleep, reduces cramps, calms nervous system

B-complex vitamins → supports ovulation, energy, mood

Vitamin D → supports bone health, immunity, and cycle regularity

Omega-3s → reduces inflammation and period pain

(Always check with a qualified health professional before starting new supplements.)

You don't need to drastically change your nutrition every phase of your cycle. However, you may naturally feel more drawn towards certain types of foods during different phases, and simply adjusting or rotating your protein sources can help ensure your body is getting the nutrients it needs to support those hormonal changes. Use this as a guide—not something that overwhelms you or makes you feel like you have to overhaul your diet every week.

I like to suggest the "add-in" approach: ask yourself, "What am I already doing well, and how can I add to it?" This way, you're building on your current habits rather than starting from scratch, making it simple and sustainable to nourish your body all month long.

Nutrition Recap:

- ◆ Food is fuel - but also your body's daily instruction manual
- ◆ Build every meal with a mix of protein, fibre, healthy fats, and whole carbs
- ◆ Prep in a way that suits your lifestyle - full meals, ingredient batches, or small daily habits
- ◆ Hydrate first, then caffeinate mindfully
- ◆ Manage your blood sugar with balanced meals and regular movement
- ◆ You are unique - but the Balanced Plate Rule is a powerful place to begin

Nutrition Action Checklist - What you can start taking action on this week: ☒

- ☐ Add protein to every meal and most snacks
- ☐ Try one new meal prep method this week
- ☐ Drink 2–3L water daily
- ☐ Limit caffeine to mornings
- ☐ Focus on whole foods and less packaged snacks
- ☐ Choose balance, not extremes and enjoy your food!
- ☐ Increase your vegetable intake with every meal.
- ☐ Swap refined carbs for slow-release options at least 80% of the time

Remember, good nutrition is the foundation of good health and healthy thriving hormones. Your overall health status starts with what you eat - it's not optional, it's essential. A well-balanced, nutrient-rich diet isn't just about looking or feeling good in the short term - it's a necessity for long-term vitality and longevity.

Without proper nutrition, your body will eventually start to communicate its needs in louder ways - through fatigue, low energy, non-existent periods, PMS, weight gain, inflammation, or chronic illness. These signs are your body's way of saying it's craving real, nourishing fuel. Supporting yourself with quality food is one of the most powerful acts of self-respect and self-care you can practice daily.



A woman with blonde hair in a ponytail, wearing a black athletic crop top and black leggings, is performing an overhead press with a barbell. She is holding the barbell with both hands, arms extended upwards. The barbell has black weight plates on both ends. The left weight plate has the word "JUNKIE" and the number "5" visible. The right weight plate has the word "GYM" visible. The background is a plain, light-colored wall.

Exercise - For Optimal Health

Exercise

Movement is medicine. It clears the mind, boosts mood, supports longevity, and builds strength for a more active, pain-free life.

Why it matters:

- Boosts energy and productivity
- Reduces risk of injury and burnout
- Supports healthy ageing and muscle retention
- Improves posture, circulation, and mobility
- Enhances mental clarity and emotional regulation

Ways to integrate movement into daily life:

- Walk while on phone calls or during lunch
- Do 10 squats or stretches every hour
- Use stairs instead of the lift
- Park a little further from work
- Take 2–3 mobility breaks during your workday
- Commit to your weekly session with your trainer - this builds foundational strength and consistency

→ Remember: one session a week can kickstart your strength and mobility journey. It's about momentum, not intensity.



Why Strength Training

Strong muscles = strong life.

Strength training isn't just for bodybuilders or gym junkies - it's for everyone. Whether you're carrying groceries, climbing stairs, lifting your kids, or simply wanting to feel better in your body, building strength is one of the most powerful things you can do for your long-term health and energy.

The Real-Life Benefits of Strength Training

→ Brain & Mood

- Boosts confidence and mental clarity
- Reduces symptoms of stress, anxiety and depression
- Releases feel-good hormones (dopamine & endorphins)

→ Energy & Metabolism

- Builds lean muscle that burns more energy — even at rest
- Supports blood sugar balance and appetite regulation
- Reduces afternoon crashes and energy dips

→ Functional Strength & Pain Reduction

- Improves posture and reduces back/neck pain
- Strengthens joints and stabilising muscles to prevent injury or heal an existing injury
- Makes everyday tasks feel easier (lifting, walking, bending, standing)

→ Long-Term Health

- Supports bone density (important as we age)
- Helps regulate hormones
- Reduces risk of chronic illness (e.g. diabetes, osteoporosis, heart disease)

How Much Is Enough?

Just 1–2 sessions a week can make a difference. The key is consistency, not just intensity.

If you're training with your trainer once a week, you're already on the right track. That session gives your body a foundation to:

- Build strength gradually and safely
- Activate muscles that protect your joints
- Develop better form, posture, and core stability
- Improve mobility and function for daily life

Strength Training Isn't Just Physical - It's Empowering

Lifting weights teaches you to:

- Do hard things with more ease
- Trust your body and its abilities
- Show up for yourself in a whole new way

What Counts as Strength Training?

- Bodyweight exercises (squats, lunges, push-ups)
- Resistance bands or dumbbells
- Machines or free weights at the gym
- Structured movement sessions like the one we do together

→ You don't need to lift heavy or work out every day - you just need to start, and stay consistent.



Next Steps:

- Prioritise your weekly session with intention
- Stretch or move for 5–10 minutes on non-training days
- Focus on form first, then gradually increase reps or resistance
- Celebrate the small wins (like feeling stronger carrying shopping bags, or feeling stronger getting in and out of your car!)

Walking, Steps & Everyday Movement

Movement isn't just workouts - it's how you live.

Strength training is powerful, but so is what you do in the other 23 hours of the day. Our bodies are designed to move regularly - not just in bursts at the gym.

Why Steps Matter

- Boosts circulation, focus, and energy
- Reduces stiffness and supports joint health
- Improves digestion and mood
- Helps manage blood sugar and inflammation
- Keeps your metabolism active throughout the day

→ The Magic Number: 7,000+ Steps a Day

Studies show that 7,000+ steps per day is the sweet spot for long-term health, particularly for people with sedentary jobs.

→ It doesn't need to be done all at once - it can be:

- A 10-minute morning walk
- Moving during lunch or calls
- A few laps around the office every hour
- Parking a little further or taking the stairs

→ Little bursts of movement matter. Think of steps as movement snacks that keep your energy and health fuelled.



Recovery: The Secret to Strength

You don't build strength while training - you build it while recovering. Recovery is just as important as your workouts. It's when your body repairs, adapts, and gets stronger.

Why Recovery Matters:

- Reduces injury risk
- Improves sleep, mood, and energy
- Boosts performance in future sessions
- Supports muscle repair and hormonal balance

How to Recover Well:

1. Sleep — Aim for 7–9 hours. This is when your body resets.
2. Nutrition — Fuel your muscles with protein, carbs, and healthy fats post-training.
3. Hydration — Water supports tissue repair, digestion, and energy.
4. Mobility & Stretching — Keeps joints supple and muscles balanced.
5. Stress Management — Breath work, journaling, nature, or simply taking downtime.

Train hard, recover harder. Rest is not lazy - it's essential.



LIFT WEIGHTS -WORK HARD



WALK MORE - DAILY STEADY STATE CARDIO



REST HARD - ITS CRUCIAL

Movement Recap

Movement isn't just exercise ,it's a way of living that supports your energy, focus, and strength.

→ Here's what to remember:

- ◆ Strength training builds your foundation - stronger muscles, better posture, more energy
- ◆ Just one session a week is a powerful starting point - consistency matters more than intensity
- ◆ Daily movement counts - aim for 7,000+ steps per day to support circulation, metabolism, and mood
- ◆ Recovery is key - muscles grow and your body adapts when you rest, sleep, nourish, and hydrate
- ◆ Mobility keeps you moving freely - stretch, roll, or walk to keep your joints and muscles happy

Small, consistent movement is better than perfect routines. Keep showing up - your body will thank you.

Your Check List:

- ☐ Show up to your weekly strength session (that one session matters!)
- ☐ Aim for 7,000+ steps per day - break it up throughout the day
- ☐ Add a 10-minute walk after lunch or dinner
- ☐ Stretch or mobilise for 5 minutes daily (especially hips, chest, and hamstrings)
- ☐ Take regular screen breaks - move, breathe, or reset
- ☐ Prioritise sleep and hydration to support recovery
- ☐ Celebrate one win each week (Did you walk more? Lift heavier? Feel better?)

Tick one thing off at a time. These habits add up to real change.

Muscle is the most under prescribed medicine in modern healthcare.

It treats:

- Obesity
- Type 2 diabetes
- Depression
- Osteoporosis

Its also the prevention a lot more diseases that can occur based on an unhealthy lifestyle, just remember you are not destined for disease you can change your path and prevent it by choosing a healthy lifestyle.

A woman with long blonde hair, wearing a black crop top and black shorts, stands on a blue yoga mat in a lush forest. She has her arms raised high, palms facing each other, and her head tilted back, looking towards the sky. The forest is dense with green ferns and trees, with sunlight filtering through the canopy. The text "Nervous System & Lifestyle Support" is overlaid in a white serif font in the center of the image.

Nervous System & Lifestyle Support

Nervous System Support

We can't eliminate stress, but we can learn to regulate it. Your nervous system plays a central role in how you handle pressure, process emotions, and recover from your day.

Why it matters:

- A dysregulated nervous system can cause fatigue, poor digestion, emotional overwhelm, and burnout
- When regulated, you're calmer, clearer, and more focused

Your nervous system controls how you feel, think, act - and recover.

When your nervous system is regulated, your body feels safe, focused, and present. You digest better. You sleep deeper. You make better decisions. You respond instead of react. It's not about being "less stressed" - it's about helping your body shift between stress and calm in a healthy, balanced way.

Fight or Flight vs. Rest and Digest

Your nervous system has two main settings:

1. Sympathetic ("Fight or Flight")

- Stressful or stimulating
- Can be triggered by deadlines, emails, lack of food or sleep, even intense workouts
- Short-term = helpful.
- Long-term = fatigue, burnout, poor digestion, hormonal imbalance

2. Parasympathetic ("Rest, Digest & Recover")

- Calm and grounded
- Supports healing, digestion, hormone balance, and emotional regulation
- This is where your body builds strength, focus, and clarity

When we live in chronic fight-or-flight mode, it becomes harder to focus, sleep, lose weight, feel energised, or even digest food properly.



How to Support Your Nervous System Daily:

These simple tools can help you shift into a regulated state throughout your workday - even in 2–5 minute breaks.

1. Breathwork

- Box breathing: Inhale 4, hold 4, exhale 4, hold 4
- Extended exhale: Inhale 4, exhale 6–8
- Use anytime you're overwhelmed, overstimulated, or rushing

2. Grounding in Nature or Stillness

- Step outside, even for 3 minutes
- Notice the sky, your feet, the sounds around you
- Great nervous system reset between meetings or at lunch

3. Movement as a Regulator

- Gentle stretching, walking, mobility drills
- Movement releases built-up tension and stagnant energy

4. Mindful Moments

- Gratitude journaling
- Doing one task at a time
- No-phone mornings or tech-free lunches

5. Sensory Regulation

- Calm music or binaural beats
- Essential oils (lavender, peppermint, citrus)
- Massage pressure points (temples, jaw, shoulders)

Why It Matters at Work:

- Regulates your energy and focus
- Reduces emotional reactivity (hello, calmer emails and conversations!)
- Supports digestion and immunity
- Enhances resilience, clarity, and leadership

You don't have to hustle through everything. Sometimes, your power lies in your ability to pause and regulate.

Nervous System Daily Practice Menu

Small practices, big shifts. Choose what you need each day.

Use this menu like a nervous system self-care toolkit. You don't have to do everything - just pick 1-2 things that feel doable based on how you feel and what your day looks like.

Morning Options (5-10 mins)

- 3 deep belly breaths before getting out of bed
- Write down 1 intention or something you're grateful for
- Light walk in fresh air — even around the block
- Hydrate first before caffeine

Midday Options (2-5 mins)

- Box breathing or long exhale breathing
- Close your eyes and take a screen break
- Stretch: neck rolls, chest opener, hamstring reach
- Step outside and put your feet on grass or concrete
- Play calming music or a 5-min guided meditation

Evening Options (5-10 mins)

- Put your phone away at least 30 mins before bed
- Gentle stretch or foam roll to release tension
- Read or journal instead of scrolling
- Use calming essential oils (lavender, sandalwood, frankincense)
- Breathwork before sleep: inhale 4, exhale 8

Tip: Stack one nervous system practice into an existing habit:

- Breathe while your coffee brews
- Stretch while the shower heats
- Go tech-free while you eat lunch
- Step outside after a meeting to reset

Regulation doesn't take hours - it takes intention.

Stress vs Calm: How Your Body Communicates

Your body is constantly giving you clues about your nervous system state. Recognising the signs helps you respond with tools that support regulation - instead of pushing through.

Stress State (Fight or Flight)	Calm State (Rest & Regulate)
Racing thoughts or brain fog	Clearer thinking
Shallow or rapid breathing	Deep, slow breathing
Digestive issues or bloating	Regular digestion
Tight jaw, neck, or shoulders	Relaxed muscles
Snappy or emotionally reactive	Responds with more patience
Wired but tired	Calm energy
Cravings for sugar or caffeine	Steady appetite
Trouble falling or staying asleep	Restful, deeper sleep
Overwhelm or restlessness	Grounded and present

Nervous System Daily Practice Menu & Recap

How to Use This Awareness:

Understanding the signs of a stressed vs calm nervous system helps you tune into your body - instead of ignoring or pushing through.

If you notice you're feeling wired, reactive, tense, overwhelmed, or craving sugar or caffeine, it's a sign your nervous system may be in fight-or-flight mode. That's your cue to pause and try one of the tools from the daily practice menu - even just 2 minutes of deep breathing, stepping outside, or doing a stretch can help shift your state.

You don't need to wait for a meltdown to regulate your nervous system - you can use these tools proactively throughout the day to stay calm, focused, and energised.

The more you practise checking in and regulating, the more naturally it becomes part of your routine.



Nervous System Recap

Your nervous system influences everything - digestion, hormones, energy, mood, and how you show up in your relationships and work. When you support it daily, life gets easier to navigate.

Key Takeaways:

- ◆ Your body needs both stress and calm - it's about balance
- ◆ Too much time in "fight or flight" can lead to fatigue, inflammation, and burnout
- ◆ You can shift into "rest and digest" with simple, quick tools like breathwork, movement, and mindful pauses
- ◆ Supporting your nervous system improves focus, energy, and emotional regulation
- ◆ You don't need a full hour - 2-5 minutes daily makes a real difference

Nervous System Support Checklist

- ☐ Try a 5-minute breathing practice today
- ☐ Take a mindful screen break during your workday
- ☐ Step outside, ground your feet, and breathe
- ☐ Do one thing slowly and without multitasking
- ☐ Put your phone away 30 mins before bed
- ☐ Stretch or roll your shoulders if you feel tension
- ☐ Choose 1 calming practice from your daily menu each day this week

You can't always control stress - but you can control how your body processes it.



READY TO GLOW?

You're not broken -you're cyclical. And when you support your hormones with the right food, movement, and mindset, everything changes.

The Cycle Code – Your Next Step

If you loved this workshop and guide, The Cycle Code is where you'll turn these tools into a lifestyle. Inside The Cycle Code you'll get:

The Cycle Code – Your Blueprint for Working With Your Body

A 6-module audio course with workbooks, a nutrition guide, and a supportive women's community - designed to help you understand your cycle, work with your hormones, and feel at home in your body again.

When you join, you'll get:

- 6-Module Audio Course – Learn in your own time, anywhere, anytime. Each module is packed with real-world, science-backed strategies to help you understand your cycle and work with your body.
- Companion Workbooks – Turn knowledge into action with prompts, planning tools, and exercises to help you apply what you've learned to your life right away.
- Nutrition Foundations Guide – A simple, flexible guide to building hormone-supportive meals that fuel your energy, balance your mood, and nourish your body — without overwhelm or overcomplication.
- Private WhatsApp Group – Accountability, encouragement, and connection with a group of like-minded women who are also learning and implementing The Cycle Code.
- Ongoing Support – I'll be in the WhatsApp group offering guidance, answering questions, and celebrating your wins so you stay consistent and never feel like you're doing this alone.

You've learned the what and the why today. Inside The Cycle Code, I'll guide you through the how- with structure, coaching, and community.

[JOIN HERE]



If you need any extra help and guidance, I would love to help you, I am here for you, to support you on your unique journey.

[LETS HAVE A CHAT]



📧 Keep Your Cycle Confidence Going

This guide is just the beginning - your body changes every month, and staying connected to the right tools at the right time keeps you thriving.

When you join my free newsletter The Cycle Code Dispatch, you'll get:

- Real-time cycle tips so you know exactly how to work with your hormones each week
- Exclusive recipes & meal ideas that support your mood, energy, and body
- Training & lifestyle tweaks to boost results without burnout
- Mindset boosts to keep you showing up for yourself

It's 100% free and you can unsubscribe anytime — but chances are, you'll want to stay.

[\[SIGN UP HERE\]](#)

Cycle Code Action Map

Your quick reference guide to food, movement & nervous system support in every phase.

On the next page, I have created a cheat sheet for you to print off and use as a guide to help you through every phase of your cycle.

How to Use This Map

- You don't need to overhaul your life every week - use the add-in approach: build on what you're already doing.
- Choose 1–2 focus points from each column to apply in your current phase.
- Repeat monthly until these shifts feel natural.

Phase / “Season”	Food Focus	Movement Focus	Nervous System & Lifestyle Focus
Menstrual (Winter) Days 1–5	🔴 Iron-rich foods (beef, lentils, spinach, pumpkin seeds) 🍲 Warm, grounding meals (soups, stews, slow-cooked meats, root veggies) 🌿 Gentle fibre from cooked veggies	🧘♀️ Restorative movement (yoga, stretching, walking, Pilates) Focus on recovery, mobility & circulation, Strength train but apply these practices if need be.	🌙 Prioritise rest & early nights 📅 Reflect & set gentle intentions 🗓️ Baths, cosy rituals, journaling
Follicular (Spring) Days 6–13	🍊 Fresh, energising meals (berries, citrus, leafy greens, sprouts) 🐟 Lean proteins (fish, chicken, eggs) 🥗 Lighter salads, nourish bowls, smoothies	🏋️♀️ Increase strength training & progressive overload 🏋️♀️ Add cardio or skill work Energy is rising—use it!	🧠 Try something new, plan projects 🌞 Morning sunlight & movement 🌀 Brainstorm & create
Ovulation (Summer) Days 14–16	🥬 High-fibre raw & lightly cooked veg 🐟 Lean protein & omega-3s 💧 Stay hydrated, limit alcohol & caffeine	🏋️♀️ Peak training phase—lift heavier, HIIT, group classes Embrace high-energy social workouts	💬 Schedule important conversations 🌟 Connect with others 🎉 Socialise & celebrate wins
Luteal (Autumn) Days 17–28	🍌 Complex carbs (sweet potato, oats, quinoa) for serotonin 💎 Magnesium-rich foods (dark choc, pumpkin seeds) 🌿 B-vitamins for mood & energy	🏋️♀️ Moderate strength work 🏋️♀️ Low-impact cardio, mobility work Reduce intensity as energy tapers if you need to.	🛑 Set boundaries & reduce stress. 🗓️ Prepare meals & organise ahead. 🌱 Gentle nature time

You were never meant to feel average. Your body isn't broken - she's been talking to you all along. When you learn her language and start working with her, everything changes. You move from frustration to understanding, from burnout to balance, and from simply getting through the day to actually thriving.

My hope is that this guide has given you not just knowledge, but the confidence to start making small, intentional changes that honour your body and your life. Remember - you don't have to do it all at once. Choose one thing, start there, and build from it.

You deserve to feel energised, strong, and deeply at home in your body - at every age and stage of your life.

I'm cheering for you, always.

With love,

Renee x