

Devine Glow Fasting & Cycle Syncing Guide



By a 45-year-old woman who's never felt or looked better.

You follow a 28-day cycle and align your fasting, food, and fitness with each phase. This guide keeps your energy high, hormones balanced, and glow unstoppable. Your eating window begins at 8 AM daily.

Follicular Phase (Day 1-13)

Fasting: 16-18 hrs (Weekdays), 14-16 hrs (Weekends)

How You Feel: Energized, focused

Workouts: HIIT, strength, cardio

Foods: Lean proteins, cruciferous veggies, oats, flax seeds, citrus

Ovulation Phase (Around Day 14)

Fasting: 16-18 hrs (Weekdays), 14-16 hrs (Weekends)

How You Feel: Radiant, magnetic

Workouts: Max effort, lifting, sprints

Foods: Antioxidants, zinc-rich, fermented foods

Luteal Phase (Day 15-28)

Fasting: 14-16 hrs (Weekdays), 12-14 hrs (Weekends)

How You Feel: Slower, more inward

Workouts: Yoga, walking, light strength

Foods: Root veggies, lentils, magnesium-rich, warm meals

Menstrual Phase (Day 1-5)

Fasting: 14-16 hrs (Weekdays), 12-14 hrs or intuitive (Weekends)

How You Feel: Low energy, intuitive

Workouts: Rest, walking, stretching

Foods: Iron-rich, bone broth, healthy fats, teas

Key Principles

- Protein & healthy fats to break your fast
- Hydrate with water, teas, electrolytes
- Align fasting & fitness with your cycle
- Flexibility & self-awareness are key