

# OVULATORY PHASE SMOOTHIE

DAYS 14-16



## Liquid

Water  
Almond milk  
Hazelnut milk  
Hemp milk  
Coconut milk  
Whole cow's milk  
Whole goat's milk

1 cup

## Fruit

Apricot  
Cantaloupe  
Coconut  
Persimmon  
Raspberries  
strawberries

1-2 servings

## Veggies

Greens (spinach,  
chard)  
Asparagus  
Red bell pepper  
Egg plant  
Okra

2 servings

## Protein

Protein powder:  
(bone broth, hemp,  
rice, pea...no soy)  
Raw egg (very fresh,  
pasture raised)

Aim for 15-25 gram  
of protein

## Fat

Coconut milk  
Almonds  
Pecans  
Pistachios  
Nut butter

1Tbs

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