

FOLLICULAR PHASE SMOOTHIE

DAYS 6-14



Liquid

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

1 cup

Fruit

Avocado
Grapefruit
Lemon
Lime
Orange
Plum
Pomegranate
Sour cherry

1-2 servings

Veggies

Greens (spinach,
romaine, kale,
chard, collards)
Zucchini
Rhubarb
Carrots

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

Pumpkin seeds
Ground flax
Coconut milk
Cashews
butter/nut butter

1Tbs

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