

LUTEAL PHASE SMOOTHIE

DAYS 16-28



Liquid

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

1 cup

Fruit

Apple
Pear
Date
Peach
Banana (greenish)
Kiwi

(1-2 servings)

Veggies

Greens (spinach,
romaine, kale,
chard, collards)
Pumpkin
Sweet potato
Celery
Ginger, Mint
Spirulina

(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

Sesam Seed
Sunflower Seed
Coconut milk
Walnuts
Pine nuts

1Tbs

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