

# MENSTRUAL PHASE SMOOTHIE

**DAYS 1-5**



## Liquid

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

1 cup

## Fruit

Blackberries  
Blueberries  
Concorde grape  
cranberries  
watermelon

1-2 servings

## Veggies

Greens (beet  
greens, kale)  
Beets  
Water chestnut  
Turmeric

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

# 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

# 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  
Fig  
Coconut  
Guava (minimize)  
Persimmon  
Raspberries  
strawberries

1-2 servings

## Veggies

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

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  
Almonds  
Pecans  
Pistachios  
Nut butter

1Tbs

# LUTEAL PHASE SMOOTHIE

DAYS 16-28



## Liquid

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

1 cup

## Fruit

Apple  
Pear  
Date  
Peaches  
Banana (greenish)  
Mango (minimize)  
Papaya (minimize)  
Kiwi  
Raspberries  
(1-2 servings)

## Veggies

Greens (spinach,  
romaine, kale,  
chard, collards)  
Cucumbers  
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

Pumpkin seeds  
Ground flax  
Coconut milk  
Walnuts  
Pine nuts

1Tbs

# MENSTRUAL PHASE SMOOTHIE

DAYS 1-5



## Liquid

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

1 cup

## Fruit

Blackberries  
Blueberries  
Concorde grape  
cranberries  
watermelon

1-2 servings

## Veggies

Greens (beet greens, kale)  
Beets  
Water chestnut  
Turmeric

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



# 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

# 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  
Fig  
Coconut  
Guava (minimize)  
Persimmon  
Raspberries  
strawberries

1-2 servings

## Veggies

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

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  
Almonds  
Pecans  
Pistachios  
Nut butter

1Tbs

# LUTEAL PHASE SMOOTHIE

**DAYS 16-28**



## Liquid

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

1 cup

## Fruit

Apple  
Pear  
Date  
Peaches  
Banana (greenish)  
Mango (minimize)  
Papaya (minimize)  
Kiwi  
Raspberries  
(1-2 servings)

## Veggies

Greens (spinach,  
romaine, kale,  
chard, collards)  
Cucumbers  
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

Pumpkin seeds  
Ground flax  
Coconut milk  
Walnuts  
Pine nuts

1Tbs