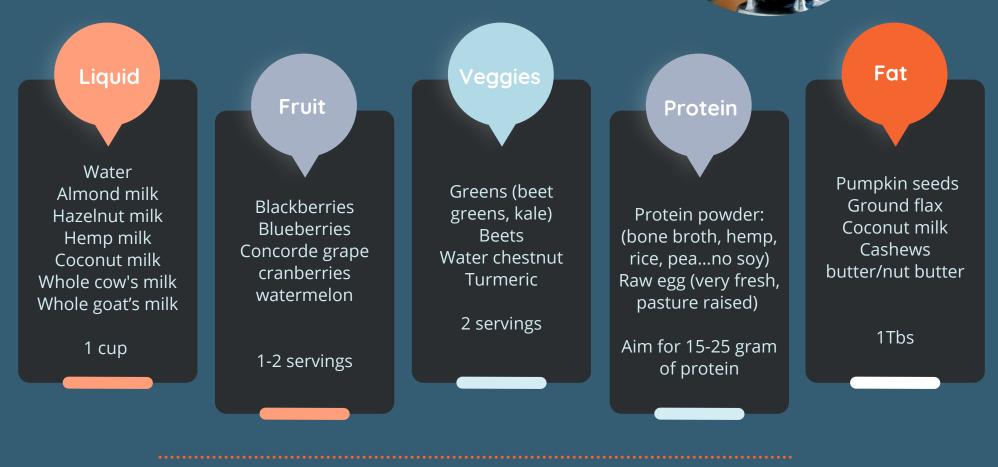
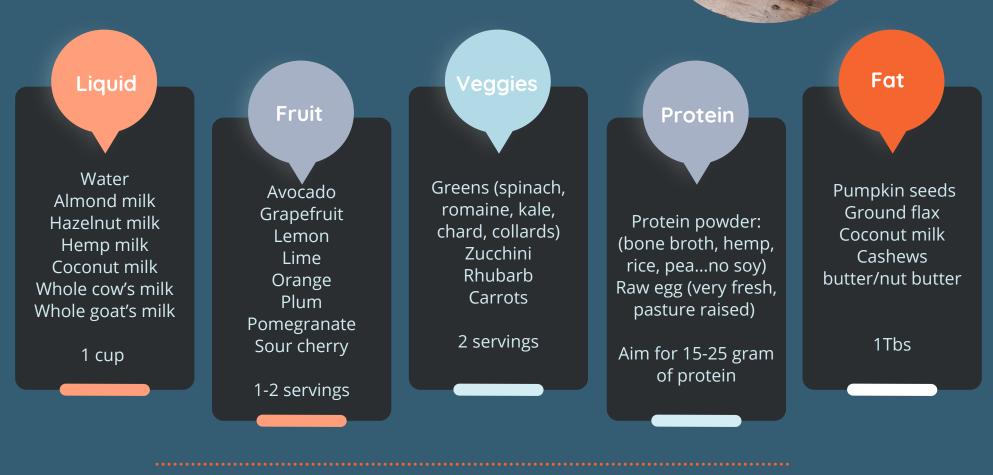
## MENSTRUAL PHASE Smoothie Days 1-5



## FOLLICULAR PHASE Smoothie Days 6-14

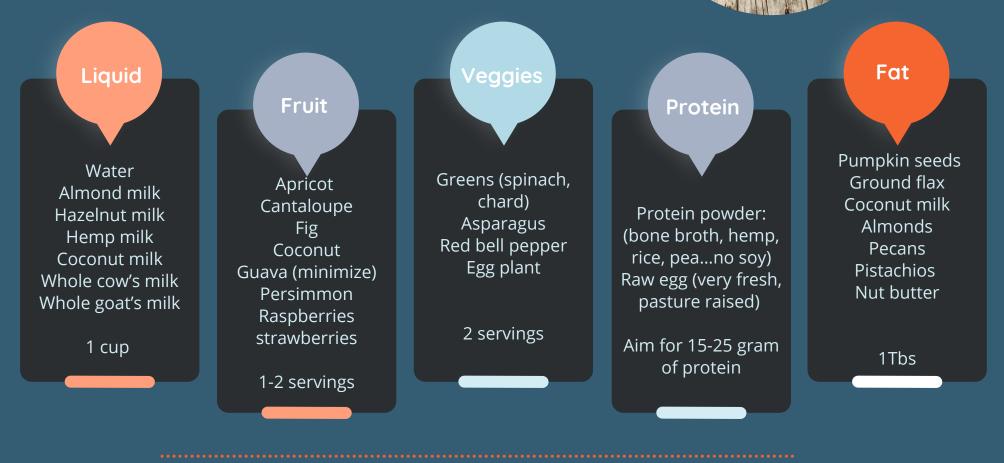


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# OVULATORY PHASE Smoothie Days 14-16



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# LUTEAL PHASE Smoothie days 16-28



Fat Liquid Veggies Fruit **Protein** Greens (spinach, Water romaine, kale, Pumpkin seeds Apple Almond milk chard, collards) Ground flax Pear Protein powder: Hazelnut milk Cucumbers Coconut milk Date (bone broth, hemp, Hemp milk Pumpkin Walnuts Peaches Coconut milk rice, pea...no soy) Sweet potato Banana (greenish) Pine nuts Whole cow's milk Raw egg (very fresh, Celery Mango (minimize) pasture raised) Whole goat's milk Ginger, Mint Papaya (minimize) Spirulina 1Tbs Kiwi 1 cup Aim for 15-25 gram (2 servings) Raspberries of protein (1-2 servings)

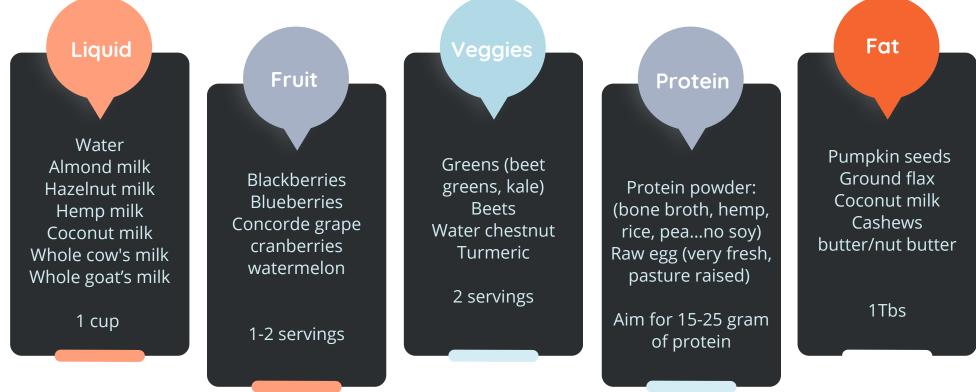
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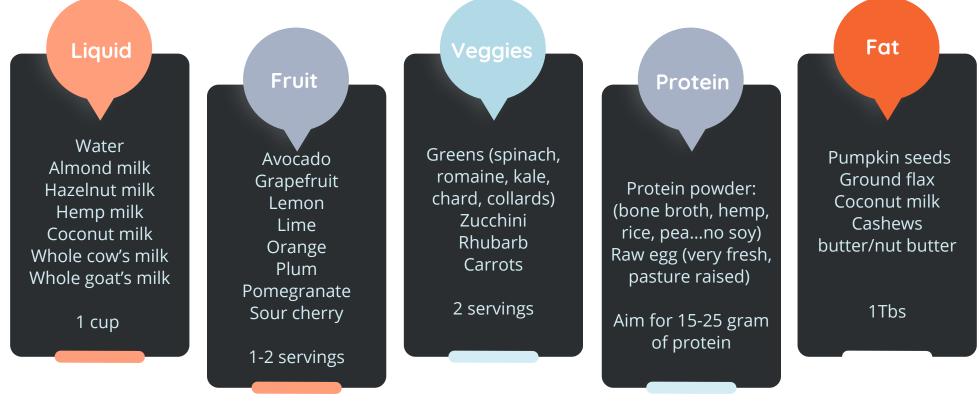
### MENSTRUAL PHASE Smoothie days 1-5





## FOLLICULAR PHASE Smoothie days 6-14





## **OVULATORY PHASE Smoothie** Days 14-16



