

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
Cinnamon

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

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