

# Your Daily Fertility Smoothie

## DO'S & DON'TS



### LEAFY GREENS

Smoothies are a great way to up your leafy green intake.



### ROTATE VEGGIES

Mix up your leafy greens every week or so- don't eat kale every day for a year!



### ADD PROTEIN

Add a non-soy, non-dairy protein powder, or a whole food protein boost like nuts, seeds, or grains!



### ADD SOME FAT

Smoothies are a perfect way to make sure you get plenty of healthy fats each day!



### MAKE IT YOURS

Add fertility super food boosters that are tailored to your needs and Western and Eastern medicine diagnoses.



### RAW VEGGIES

Raw veggies are too hard on digestion when trying to conceive- gently steam most veggies for your smoothie.



### OVERDO THE FRUIT

You need to keep your total sugars as low as possible, so stick with berries, small apples, or other low-sugar fruits.



### SWEETENERS

Avoid added sugars by avoiding adding honey, agave, sugar, or protein powders that have sweeteners.



### GO FROZEN

The colder your smoothie the more energy your body spends warming it up- energy that should have been spent on growing healthy eggs!



### DAIRY

Most women struggling with infertility should avoid dairy, including in their smoothies!