

FERTILITY SMOOTHIES

{ SHOPPING LIST }

Natural-Fertility-Info.com



Hello and welcome to your 10 day Fertility Smoothie Challenge! I am so excited that you have decided to join us!

When it comes to boosting fertility and making the lifestyle changes that make a BIG difference, it is the steps you take on a daily basis, every day, that make the biggest impact. This is how everyday decisions can add up to something amazing.

One of the most impactful steps you can take on your fertility path is to eat a healthy fertility diet. So to make this fun and help you reach your amazing goal of a healthy pregnancy, we have created the 10 Day Smoothie Challenge.

These smoothies will incorporate fertility foods, superfoods, and nutrient dense yumminess. I love smoothies because they help me to get a ton of nutrition in a tasty, quick, easy to make, way. I start every day with a smoothie and find that it sets the tone for healthy eating the rest of the day.

To join us place your order for your Fertilica Superfoods, make a trip to the grocery store and get your blenders ready. Things are about to get tasty in here!



Shopping List for the 10 Day Fertility Smoothie Challenge

Fresh or Frozen Produce

- ☐ Strawberries
- ☐ Blueberries
- ☐ Mangoes
- ☐ Bananas
- ☐ Peaches
- ☐ Pineapple
- ☐ Spinach (baby leaf)



Nuts & Seeds

- ☐ Hemp seeds
- ☐ Sesame seeds (1 T)
- ☐ Almond or peanut butter
- ☐ Chocolate powder (dark preferably)
- ☐ Dates or honey
- ☐ Yogurt (organic)
- ☐ Vanilla
- ☐ Cardamom

Fertility Superfoods

- ☐ [Fertilica Maca Powder](#)
- ☐ [FertiliGreens](#) or green superfood powder
- ☐ [FertiliWhey](#) or another clean protein powder
- ☐ [Active Bee Power](#) or another Royal Jelly

Dry Goods

- ☐ Oatmeal
- ☐ Quinoa (cooked)

