

Fertility Smoothies

Smoothies are an easy way to pack in healthy greens, fats and anti-oxidant rich foods that provide crucial minerals and vitamins to support your body.



Grocery List



14 ingredients

FRUITS

- 1 Avocado
- 1/2 Banana
- 2 tbsps Lemon Juice

SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds

FROZEN

- 1/2 cups Frozen Berries
- 1/4 cups Frozen Cauliflower

VEGETABLES

- 2 1/2 cups Baby Spinach
- 2 tsps Ginger
- 1/4 cup Mint Leaves
- 3/4 Zucchini

CONDIMENTS & OILS

- 1 tbsps Tahini

COLD

- 1 cup Plain Coconut Milk

OTHER

- 1/4 cup Vanilla Protein Powder
- 2 cups Water



High Fat Green Smoothie



6 ingredients



5 minutes



1 serving

DIRECTIONS

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to 1 day.

Likes it Sweeter

Add frozen banana, pineapple or apple.

More Protein

Add protein powder or collagen powder.

No Mint

Use cilantro or basil instead.

INGREDIENTS

- 1 cup Water (cold)
- 2 tbsps Lemon Juice
- 1 cup Baby Spinach
- 1/2 Avocado (frozen)
- 1/4 cup Mint Leaves (fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

NUTRITION

Amount per serving

Calories	180	Cholesterol	0mg
Fat	15g	Sodium	38mg
Carbs	13g	Vitamin A	3234IU
Fiber	8g	Vitamin C	32mg
Sugar	2g	Calcium	83mg
Protein	3g	Iron	2mg



Berry Avocado Smoothie



7 ingredients



5 minutes



1 serving

DIRECTIONS

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

No Chia Seeds

Use flax seeds instead.

No Avocado

Use almond butter or sunflower seed butter instead.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

INGREDIENTS

- 1 cup** Plain Coconut Milk (unsweetened, from the box)
- 1/2** Zucchini (chopped, frozen)
- 1/4 cup** Frozen Cauliflower
- 1/2 cup** Frozen Berries
- 1/4** Avocado
- 1 tbsp** Chia Seeds
- 1/4 cup** Vanilla Protein Powder

NUTRITION

		Amount per serving	
Calories	370	Cholesterol	4mg
Fat	17g	Sodium	93mg
Carbs	33g	Vitamin A	773IU
Fiber	12g	Vitamin C	57mg
Sugar	18g	Calcium	674mg
Protein	25g	Iron	3mg



Tahini Green Smoothie



8 ingredients



10 minutes



1 serving

DIRECTIONS

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

More Protein

Add a scoop of protein powder or collagen.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

No Frozen Zucchini

Use fresh zucchini.

No Fresh Ginger

Use a pinch of dried ginger instead.

No Chia Seeds

Omit or use flax seeds instead.

Extra Creamy

Replace the fresh avocado with cubed, frozen avocado.

INGREDIENTS

- 1 cup Water
- 1 1/2 cups BabySpinach
- 1/4 Avocado
- 1/4 Zucchini (diced, frozen)
- 1/2 Banana (frozen)
- 1 tbsp Tahini
- 1 tsp Ginger (fresh)
- 1 tbsp Chia Seeds

NUTRITION

		Amount per serving	
Calories	302	Cholesterol	0mg
Fat	20g	Sodium	66mg
Carbs	29g	Vitamin A	4439IU
Fiber	11g	Vitamin C	32mg
Sugar	9g	Calcium	216mg
Protein	8g	Iron	4mg