

# SMOOTHIES FOR FERTILITY



# Building The Perfect Smoothie

There are all different kinds of things you can put in your fertility smoothie but it is easy when you have a basic recipe that you can adapt.

In each smoothie, I try and one food from each of the following sections:

Healthy Fats

Low Sugar Fruits

Leafy Greens

Protein

Liquid

Fertility Superfoods



# Fertility Smoothie Add-Ins



**HEALTHY FATS**  
Avocado,  
coconut, nut  
milks, seeds  
like pumpkin  
and chia



**LOW SUGAR FRUIT**  
berries and apples



**GREENS**  
spinach, kale  
and  
wheatgrass



**PROTEIN**  
Whey protein  
powder or  
collagen  
peptides



**LIQUID**  
Water, coconut  
water, nut milk



**SUPERFOODS**  
Maca, Royal  
Jelly, Ginger,  
Bee pollen



## Pineapple Avocado Coconut Smoothie

### Ingredients

This smoothie is packed with fertility superfoods like pineapple and avocado

- 2 cups pineapple chunks
- ½ cup frozen avocado
- ½ cup coconut milk
- 2 tablespoons coconut flakes
- 1 cup ice
- 1 tablespoon raw honey
- Toasted coconut for garnish

Add Mix-ins from the "fertility add ins" page if desired for an extra boost



## Fertility Smoothie For Men and Women

### Ingredients

- 1/2 cup organic strawberries (frozen or fresh in season)
- 1 tablespoon Maca powder
- 1 cup full fat or nut milk
- 1 scoop of collagen protein powder
- 1/3 avocado
- 1/2 pineapple chunks
- Handful of spinach or kale

You can customize this smoothie with different add-ins for fertility.



## Pineapple Implantation Smoothie

### Ingredients

- 1 cup diced fresh pineapple
- 1 6oz can of no-sugar added pineapple juice
- 1 banana
- 1/2 cup blueberries or other berries if desired

The bromelain in pineapple can help promote implantation by increasing blood flow to your uterus.



## Smoothie Bowl For Fertility

### Ingredients

- 1/2 cup of strawberries (frozen is best)
- 1/2 avocado
- 1 tablespoon maca powder
- 1/2 cup greek yogurt
- 1 scoop of vanilla protein powder
- 1 cup of crushed ice

Top with crushed walnuts nuts, oats, berries or pumpkin seeds as desired.



## Wheatgrass Smoothie For Fertility

### Ingredients

- 1 Cup Organic Berries (frozen or fresh in season)
- 1 Scoop Organic Powdered Wheatgrass
- 3/4 cup pineapple juice or nut milk
- 1 scoop of collagen protein powder
- 1/2 avocado

This fertility smoothie includes wheatgrass which can help egg quality and male fertility issues.



## Pineapple Avocado Green Smoothie

### Ingredients

- 1/2 avocado
- 1 cup diced fresh pineapple
- 1 cup of chopped kale
- 1/2 cup of liquid (water, pineapple juice, almond milk etc)
- 1/2 banana

Avocado is also a fertility superfood packed with healthy fats. They are also a great source of Vitamin E which can improve your uterine lining.



## Fertility Breakfast Smoothie

### Ingredients

- 1 cup fresh berries
- 1 scoop Maca powder
- 1 cup coconut milk
- 2 scoops of collagen protein powder
- 1 tablespoon avocado oil
- 1-2 tablespoon Royal Jelly
- 2-3 handfuls of spinach or kale

This fertility smoothie is excellent at any time of day! Pack it with fertility superfoods and get your day started right.



# Tropical Fertility Smoothie

## Ingredients

- 1 cup fresh berries
- 1 cup pineapple chunks
- 1 cup coconut milk
- 1 scoop of collagen protein powder
- 1/2 banana
- 1/2 cup mango

This tropical smoothie is delicious and will make you think of a sandy white beach while you sip it.



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