

my

FERTILITY DIET SHOPPING LIST

General rules of thumb at the grocery store:

spend more time in the outer aisles + less in the inside ones (more produce, less packaged items) -- avoid "low-fat" diet items -- get protein more from vegetable sources than meat ones -- don't be afraid to try something new!

Produce

Avocados
Bananas
Strawberries
Oranges
Watermelon
Spinach
Kale
Asparagus
Broccoli
Bell peppers

Meat + Seafood

Chicken
Ground turkey
Salmon

Dairy

Whole or 2% milk
Siggi's 4% milkfat yogurt
Organic, free-range eggs

Grains

Whole grain bread
Brown rice
Quinoa
Special K +Protein

Nuts + Seeds (for smoothies/trail mix)

Flaxseeds
Chia seeds
Pumpkin seeds
Walnuts
Almonds
Brazil nuts

Other

Olive oil
Almond butter
Hummus
Black beans
Chickpeas