



AIMEE RAUPP

yes, YOU CAN GET pregnant

NATURAL WAYS TO IMPROVE YOUR FERTILITY NOW & INTO YOUR 40'S.

WEEKLY SHOPPING LIST

Keep in mind that a serving of meat or fish is 3-4 ounces

EGGS 8-12 per week

Organic eggs from pastured hens are the best choice.

GRASS FED MEAT 4-6 servings per week

Choose from organic and grass-fed beef, lamb, pork, turkey, buffalo and venison. You can purchase great quality meat online from: North Star Bison or US Wellness Meats. Also, check out <http://eatwild.com/> or <http://www.rodale.com/grassfed-beef> for tips on buying grass fed.

WILD CAUGHT FISH 8-10 servings per week

Choose from salmon, sardines, halibut, cod, clams, oysters. Check Monterey Bay Aquarium's website for the best fish options in your area. You can purchase quality flash frozen seafood from Vital Choice.

CHICKEN 1-2 servings per week

Organic and pastured chickens are the best.

LIVER 1-2 servings per week

Be sure to buy organic liver from grass-fed animals; chicken and lamb liver are the best. If you plan to take liver supplements daily, you don't need to purchase liver while food shopping. You can purchase great quality liver online from North Star Bison or if you prefer to take the supplements, purchase it online from Dr. Ron's.

WHOLE CHICKEN FOR CHICKEN SOUP

1 chicken will make you 2-3 weeks' worth of broth; organic and pastured chickens are the best.

FISH ROE OR TOBIKO 1 ounce 1-2 times per week

Focus on getting one ounce of fish roe or tobiko in 2 times per week. You can purchase quality fish roe and or tobiko online from Vital Choice.

DAIRY 2-3 servings per week

Choose from organic full-fat cow's milk (if you can't do cow's milk try almond or coconut milk) and/or full fat cow's yogurt (if you can't do cow's yogurt try goat or coconut yogurt).

NUTS AND SEEDS 2 tablespoons per day

Choose from organic nut butters or organic raw almonds, cashews, walnuts, brazil nuts, filberts, sunflower seeds, sesame seeds or pumpkin seeds. (Note: when you can't find organic nuts or seeds, choose: almonds, walnuts, sunflower seeds and pumpkin seeds as they are the safest of the non-organic options).

VEGETABLES 3-5 four ounce servings/day

Any vegetable works for this diet, but to keep it easy choose from: kale, brussel sprouts, spinach, sweet potato, onion, garlic, beets, bok choy, broccoli, mushrooms, turnips, celery, beets or legumes. Remember: green leafy vegetables are great for hormone balancing. And, don't forget to check with your dirty dozen list for the ones that need to be purchased organic.

FERMENTED FOODS 1-2 tablespoons per day

Choose from sauerkraut, kimchi, pickled ginger or drink a kombucha beverage daily. Real Pickles makes some great fermented food products.

FRUIT 1-2 servings per day

Remember to eat more servings of the low sugared fruits (melons, berries, grapefruit and avocado) than of the moderate sugared fruits (apples, pears, plum, peach, citrus (all others besides grapefruit), banana, mango, pineapple and fresh figs). And, don't forget to check your dirty dozen list to see which ones need to be purchased organic.

LEMONS 1/2 a lemon per day

Drink a 6-8 ounces of hot water with the juice from 1/2 a lemon each day.

PASTURE FED BUTTER 4 tablespoons per week

Organic and pastured butter is best.

ORGANIC OILS 2 tablespoons per day

Choose from raw, cold-pressed, extra virgin coconut, olive and/or raw sesame oils. You can buy these oils online from Vital Choice or Wilderness Family Naturals.

OTHER GROCERIES TO PURCHASE

Organic salad greens, Organic nut butter, Organic hummus (or check out the recipe section and make your own!) Fresh herbs, Organic brown rice, Organic quinoa, Organic coffee or tea, 100% pure organic cranberry or pomegranate juice, Organic sweeteners (maple syrup, un sulphured black strap molasses, malt syrup, raw honey, brown sugar in the raw or stevia)

GLUTEN FREE "SNACK" FOODS

(Remember what I said in the book and have only 5 servings per week TOTAL of these types foods): health/meal replacement bars, gluten free breads, pastas and crackers. Read labels and avoid ones with soy products in them or other non-food stuffs.

Check out Local Harvest to find the best local food and farmers markets near you.