Fertility and Pregnancy Diet Two Week Chart

Consume Daily	1/1	1/2	1/3									
20,000 IU of Vitamin A												
4 Cups of (Raw) Whole Milk												
2+ Eggs (Pasture Raised)												
Egg Yolks												
2 Tbsp Coconut Oil (Raw)												
4 Tbsp Butter (Grass-Fed)												
Beef or Lamb with Fat												
1 Cup + of Bone Broth												
Lacto-fermented Anything												
Lacto-fermented Anything Consume Weekly												
1-5 Ounces of Liver												
Fresh Seafood												

Foods Highest in Nutritional Value

Meat Beef, lamb, chicken, beef liver,	Vegetables tomatoes, spinach, mushroo (Crimini, Shiitake), asparag			Spices cumin, parsley, turmeric					
chicken liver, beef heart, veni- son, gelatin, eggs	sea vegetables (kelp, etc.), k sweet potatoes, bok choy, b peppers, broccoli, Brussel	e,		Prepared Foods					
Seafood scallops, shrimp, scallops, tuna, sardines, wild salmon, crab, fish roe, mollusks	sprouts, Swiss chard, collar greens, summer squash	nut butters, pump sunflower seeds, cas	nut butters, pumpkin seeds, sunflower seeds, cashews, pea- nuts, almonds			sprouted grain bread, fermented vegetables, condiments, and drinks, cod liver oil			
	Legumes lentils, navy beans	nuts, almon				Dairy hard cheeses, raw milk, cottage cheese, yogurt			
Consume Little to No Caffeine									
Alcohol									