



## BEFORE PREGNANCY (PRE-CONCEPTION)

### 1. Focus on Nutrient Reserves

Before getting pregnant, it's beneficial to build up nutrient stores—especially **folate, iron, and vitamin C**—to support a healthy start.

### Suggested Juices & Smoothies

#### 1. **Lightning in a Bottle**

- **Why:** Packed with leafy greens (like kale, dandelion greens, and mustard greens) offering folate, iron, and other micronutrients important for fertility and overall health.
- **When to Enjoy:** A few times a week as a breakfast juice or midday pick-me-up.

#### 2. **Strawberry Smoothie**

- **Why:** Strawberries deliver vitamin C for iron absorption, while Burro banana contributes potassium. Hemp seeds and baobab bring a mild protein boost plus minerals.
- **When to Enjoy:** Great mid-morning or as a light afternoon snack.

#### 3. **Green Machine**

- **Why:** Parsley and cilantro can provide vitamins and minerals. Apple adds natural sweetness (and vitamin C) to help iron absorption from greens.
- **When to Enjoy:** Ideal for an early-evening refresh, aiding gentle detox before bed.

### Key Notes for Pre-Conception

- **Iron & Folate:** Leafy greens, seeds, and fruits high in folate can help prep the body.
- **Hydration:** Staying well-hydrated helps regulate body functions and supports reproductive health.
- **Watch Sugar Intake:** Choose low-sugar blends or those sweetened naturally with fruit, not refined sugars.

## DURING PREGNANCY

### 1. First Trimester (Nausea & Vitamin Boost)

Many pregnant women face morning sickness, so gentle flavors and easily digestible blends can be a lifesaver.

### Suggested Juices & Smoothies

#### 1. **Tamarind & Ginger**

- **Why:** Ginger is renowned for easing mild nausea; tamarind provides tangy refreshment.
- **When to Enjoy:** Sip in the morning or any time nausea strikes (check with your OB/GYN if you have concerns about ginger intake).

#### 2. **Cantaloupe Juice**

- **Why:** High in water content for hydration, plus vitamin A for healthy skin and mucous membranes.
- **When to Enjoy:** Early day or mid-afternoon when you need a gentle energy bump without a heavy taste.

### 2. Second Trimester (Steady Growth & Iron Intake)

Iron requirements often increase around the second trimester to support increased blood volume.

### Suggested Juices & Smoothies

#### 1. **Apple Strawberry Ginger**

- **Why:** Apple and strawberry provide vitamin C to help absorb dietary iron. Ginger can support digestion as your body adjusts to a growing baby.
- **When to Enjoy:** Midday or as a dessert alternative.

#### 2. **Banana Cacao Smoothie**

- **Why:** The cacao offers magnesium and iron, while Burro banana provides potassium. Hemp seeds and baobab further round out the nutrient profile.
- **When to Enjoy:** Great as a breakfast replacement or healthy sweet treat after lunch.

### 3. Third Trimester (Protein & Hydration)

The final stretch often demands extra protein, good fats, and hydration to support fetal growth and prepare for labor.

### Suggested Juices & Smoothies

#### 1. **Mixed Berry Smoothie**

- **Why:** Antioxidant-rich berries plus hemp seeds for protein. Burro banana for sustained energy.
- **When to Enjoy:** Perfect for a morning or post-workout pick-me-up.

## 2. Mangolada Smoothie

- **Why:** Mango provides vitamin C, coconut milk has healthy fats, and hemp seeds add protein—ideal for the final weeks’ extra demands.
- **When to Enjoy:** Early afternoon, when that energy dip hits.

## Key Notes for During Pregnancy

- **Moderate Ginger Use:** Generally considered safe for mild nausea relief, but always confirm with your doctor.
- **Prioritize Protein & Iron:** Smoothies with seeds (hemp or chia) and greens can help meet increased needs.
- **Stay Hydrated:** Adequate fluid intake can reduce swelling and support healthy amniotic fluid levels.

## AFTER PREGNANCY (POSTPARTUM & BREASTFEEDING)

### 1. Postpartum Healing

Nutrient density and hydration are essential during recovery—especially for moms who are nursing.

### Suggested Juices & Smoothies

#### 1. Seeded Watermelon

- **Why:** Highly hydrating, supports fluid intake for milk production, plus a refreshing option if you’re feeling overheated or tired.
- **When to Enjoy:** Anytime thirst hits or in between nursing sessions.

#### 2. Peaches & Cream Smoothie

- **Why:** Peaches and bananas help restock vitamins, coconut milk provides healthy fats, and hemp seeds supply protein.
- **When to Enjoy:** A comforting, sweet treat when you crave a “dessert” that also nourishes.

### 2. Energy & Milk Supply

Breastfeeding burns extra calories and demands steady fluid and nutrient intake to maintain milk supply and mom’s energy levels.

### Suggested Juices & Smoothies

#### 1. Lightning in a Bottle

- **Why:** The greens (kale, dandelion, etc.) are rich in vitamins, and the apple adds gentle sweetness. Great for postpartum when you need a micronutrient boost.
- **When to Enjoy:** Start your morning with it or use it as a mid-afternoon pick-me-up.

## 2. **Guanabana (Soursop)**

- **Why:** Soursop contains vitamin C; hydration is key for nursing. Just be mindful of portion sizes if you're watching sugar intake.
- **When to Enjoy:** Late morning or mid-afternoon, especially on hot days.

## Key Notes for Postpartum

- **Higher Calorie Needs:** If breastfeeding, your daily requirements may increase. Choose nutrient-dense smoothies and juices.
- **Micronutrients:** Replenish iron, vitamin C, and calcium through produce-packed blends.
- **Gentle Flavors:** Some moms find certain strong flavors can slightly affect milk taste (e.g., very spicy). Monitor your baby's reactions.

## Additional Tips & Reminders

### 1. **Consult a Healthcare Professional**

Always check with your OB/GYN or pediatrician to ensure the juices and smoothies align with your specific medical needs.

### 2. **Watch for Allergies**

If you're newly trying ingredients like baobab or certain seeds, observe for any reactions, especially during pregnancy or nursing.

### 3. **Moderate Sweeteners**

While #Juicebae uses natural sweeteners (like agave or fruit-based sugars), keep an eye on overall sugar intake, especially if you have gestational diabetes or other concerns.

### 4. **Balance with Whole Foods**

Juices and smoothies are a great supplement to a varied diet. Incorporate lean proteins, whole grains, legumes, and healthy fats alongside them.

## Quick Reference Chart

Phase	Suggested #Juicebae Picks	Why It Helps
<b>Pre-Conception</b>	Lightning in a Bottle, Strawberry Smoothie, Green Machine	High in folate, iron, & micronutrients
<b>1st Trimester</b>	Tamarind & Ginger, Cantaloupe Juice	Ginger & mild flavors to ease nausea
<b>2nd Trimester</b>	Apple Strawberry Ginger, Banana Cacao	Iron absorption, gentle digestion support
<b>3rd Trimester</b>	Mixed Berry Smoothie, Mangolada Smoothie	Protein, healthy fats, antioxidants
<b>Postpartum</b>	Seeded Watermelon, Peaches & Cream Smoothie, Lightning in a Bottle	Hydration, nutrient density, milk supply support

## Final Word

Each pregnancy is unique, so always listen to your body—and your doctor. With this guide, you'll have a better idea of how #Juicebae can support your nutritional journey from planning to postpartum, all with delicious, refreshing blends that keep you and baby feeling your best.

Stay fresh, stay vibrant—#Juicebae!