



## **Dr. Kim's Perfect Pregnancy Shopping List:**

Dr. Kim McHugh

### **Trader Joes:**

#### **1. Bone Broth-**

- Organic Whole Chicken
- Organic Celery
- Organic Colored Carrots
- Organic Garlic
- Organic Onion
- Organic Ginger
- Bay Leaf
- Himalayan Pink Salt

#### **2. Green Smoothie-**

- Organic "Power Greens"
- Organic Micro-Greens
- Coconut Cream **FULL FAT** (Canned)
- Organic Flax Oil
- Cashew Butter
- Almond Butter
- Organic frozen Fruit and Berries
- (Whey Protein from Mercola.com)

#### **3. Snacks**

- Unsalted Macadamia Nuts, Brazil Nuts, Cashews, etc. (not peanuts)
- Organic Banana Chips (Scoop with Cashew Butter)
- Dried Organic Fruit (Try and get varieties with multiple benefits. Blueberries for antioxidants, Ginger for nausea, Prunes for digestion, etc. Limit servings and get sulfate free!)
- Hummus, Tahini, Yogurt Taziki (Good with Carrots, Cucumber, Celery, Broccoli, etc.)

#### **4. Ginger Tea**

#### **5. Organic Spirulina (Supplement Area)**

### **Whole Foods or Sprouts:**

1. **New Chapter or Garden of Eden** Perfect Prenatal Vitamin
2. **High Potency Probiotic.** ("Udo's Choice, Hi-Potency 42 Billion Cell")
3. Organic minced ginger root; swallow by the spoonful! (Jar)

4. “Calm” brand Magnesium Supplement (If needed)
5. Organic Fruit and Veggies (Trader Joes not as good for organic produce)
  - Papaya
  - Pineapple
  - Fresh Ginger
  - Strawberries
  - Kiwis
  - Cauliflower
  - Organic, local, seasonal fruits and veggies.
6. Grass-fed and/or Pasture Raised Meats, Butter and Cheeses
  - Beef or Chicken Liver
  - Soup Bones for Bone Broth
  - Ground Beef
  - Kerrygold or other Grass-Fed Butter and Cheddar Cheese (Avoid “Soft” Cheese)
  - Whole Chicken for meat and broth
7. DARK chocolate. 75% Cacao or more.
8. “Swiss Water Process” Decaf Coffee
9. Nordic Naturals Prenatal DHA (If not provided from Health Care Practitioner)
10. High Potency Vitamin D3 (5000 I.U.) (Consult with Health Care Practitioner)
11. Organic Green Powder Mix (If not provided from Health Care Practitioner)
12. Organic Coconut Oil
13. Perrier, regular or flavored
14. Epsom Salt
15. Teas: Ginger, Pregnancy Tea (“Traditional Medicinals” is a great brand), Mothers Milk, Peppermint, Chamomile)

### **Online:**

1. Mercola.com
  - Un-denatured, Grass-Fed, Whey Protein Powder.
2. Amazon
  - Re-usable Glass Water Bottle (ex. Life Factory)
  - “Warrior Whey” by Defense Nutrition (Alternative to Mercola.com)

### **Health Care Practitioner:**

1. Nutra Gen (<http://nutragen.com>) Can only buy through a Health Care Provider
2. Nordic Natural Prenatal DHA (Can be found at Whole Foods, Sprouts, etc.)
3. High Potency Vitamin D3 (Can be found at Whole Foods, Sprouts, etc.)