



## Fertility Boosting Recipes

### Women's Fertility Smoothie

I love smoothies as they are the perfect way to flood your body with nutrients and boost your cellular fertility. Every single ingredient has a therapeutic effect and when combined they are synergistic. This is also a quick and nutritious breakfast!

#### Ingredients

- 1.5 cups coconut water
- 1 tbsp rice based protein powder
- 1 tsp. Maca powder
- 1 tsp lemon juice
- 1 tsp probiotic
- 1 tbsp coconut oil
- 1 tbsp nut butter
- 1 small banana

#### Ingredient

Coconut water

Rice based protein powder  
e.g. Sunwarrior

Maca

Lemon

Probiotic

Coconut oil

#### Benefit

Perfect hydration vehicle to increase cellular communication

Gluten free, chemical free and uses stevia for the sweetener

Support healthy endocrine function

Alkalises the body and support phase 2 detoxification in the liver

Supports optimal digestion to increase nutrient absorption and assimilation

Anti viral, anti fungal, anti bacterial and boost your body's ability to burn fat

#### Method

Place all ingredients into a blender and whizz for 30 seconds.



## Fertility Boosting Recipes

### Men's Fertility Smoothie

In just 96 days your sperm health can be completely changed and by making this smoothie you will be increasing your fertility by the truckload!

#### Ingredients

1.5 cups coconut water  
1.5 tsp rice based protein powder  
1 tbsp. berries  
½ tsp. raw cacao  
1 small banana  
1 tbsp coconut oil  
1 tbsp sesame seeds, soak them overnight

Ingredient	Benefit
Coconut water	Perfect hydration vehicle to increase cellular communication
Rice based protein powder e.g. Sunwarrior	Gluten free, chemical free and uses stevia for the sweetener
Berries	Super high in antioxidants
Raw cacao	Powerful antioxidant, rich in the relaxing mineral magnesium and boost mood
Coconut oil	Anti viral, anti fungal, anti bacterial and boost your body's ability to burn fat
Sesame seeds	High in the fertility boosting mineral zinc, proven to increase sperm morphology and vitality

#### Method

Place all ingredients into a blender and whizz for 30 seconds.



## Fertility Boosting Recipes

### Warm Chicken with Quinoa, Pomegranate and Sprouts

#### Serves 4

This is the perfect meal to optimise your fertility as it is rich in antioxidants, high in protein and with the addition of Dulse it will boost your iodine levels. Another little pearl of wisdom – research shows that pomegranate boosts libido in both men and women, exactly what you need while trying to conceive!

#### Ingredients

2 cups cooked quinoa (simmer 1 part raw quinoa: 2 parts water for 10 minutes)  
½ cup chopped parsley  
Zest of 1 lemon  
1 avocado, sliced  
1 pomegranate, seeded  
2 cups mixed leaves – beetroot, mizuna, rocket and spinach  
4 chicken thighs, marinated in chermoula OR chilli OR turmeric for 1 hour  
120 gms mixed sprouts

#### Dressing

1 tsp. seeded mustard  
Juice of 1 lemon  
50ml of extra virgin olive oil  
Dulse flakes  
Salt & Pepper

#### Method

Combine in a large bowl the quinoa, parsley, lemon zest, avocado, pomegranate, mixed leaves and sprouts. Grill the chicken thighs until cooked through. Combine dressing ingredients in an airtight glass jar and shake thoroughly. Pour over salad; mix well and serve topped with sliced chicken.