



Meal Suggestions for Optimal Fertility

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Breakfast

- Rice/quinoa flake porridge with organic milk (add tahini, LSA, chopped nuts, stewed fruit)
- Puffed rice or corn flakes with organic milk and protein powder
- Omelette with gluten free toast and avocado
- Whole Earth baked beans with gluten free toast and avocado
- Buckwheat pancakes with berries and maple syrup
- Gluten free muesli with organic milk
- Bubble and squeak (leftover veg and quinoa mixed with egg)
- Protein powder smoothie with coconut cream, rice milk, banana and berries
- Soup
- Rice and miso

Lunch

- Rice or corn thins with avocado or nut butter
- Gluten free wraps
- Tuna salads
- Cauliflower rice
- Soups
- Gluten free chicken schnitzel with rice crumbs
- Gluten free pasta with tuna and pesto
- Sashimi
- Rice paper rolls
- Leftovers
- Chicken drumsticks

Snacks

- Seaweed strips
- Fruit
- Hummus/avocado/tahini/nut butters/ pesto with vegetable sticks or rice thins
- Nuts
- Boiled eggs
- Popcorn – air popped
- Sashimi
- Almond flour cookies/muffins/pikelets



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Dinner

Always with protein and lots of vegetables or salad and gluten free grains, if required.

- Risottos (e.g. mushroom, chicken, spinach and pinenut)
- Rice dishes
- Quinoa with soups or casseroles
- Rice noodles with chicken/fish and lots of vegetables
- Jacket potato filled with bean and veg
- Soups with lentils, split peas, vegetables, meat or beans
- Fish with sweet potato and veg
- Zucchini noodle pasta bolognaise
- Chicken and cannellini bean casserole with quinoa
- Stir fried chicken and vegetables
- Organic sausages with baked sweet potato and green vegetables

Dessert

Wait one hour after dinner before having dessert to allow your meal to properly digest.

- Fruit with coconut cream
- Baked apples with manuka honey
- Handful of mixed nuts
- Protein smoothie with frozen berries and LSA
- Gluten free muesli sprinkled on warm stewed fruit

Drinks

- Purified Water (add a squeeze of lemon or ginger and mint)
- Coconut water
- Freshly squeezed fruit or vegetable juices in moderation
- Rice/almond/oat/full fat organic milk
- Herbal teas
- High quality rice or pea-based protein powders. Best one is Sunwarrior Protein powder which is sprouted brown rice only

Sauces etc.

- Check all labels carefully for gluten
- Use Tamari for a wheat-free soy sauce
- Dressing from flaxseed oil, lemon juice, seeded mustard and garlic
- Freshly grated turmeric, olive oil as a marinade