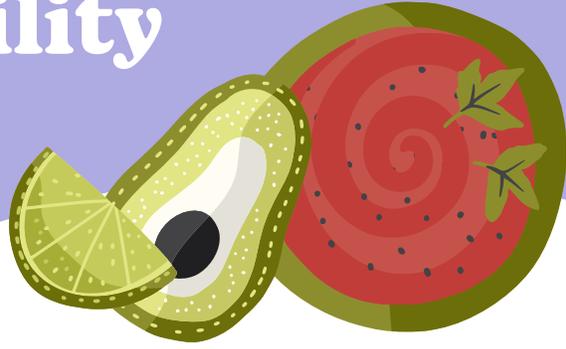


The 7-Day Fertility Meal Plan:

Free PDF



Fertility-friendly eating doesn't mean restricting yourself or obsessing over every bite. Research shows that balanced, colorful meals packed with fresh fruits and vegetables, seafood, nuts and seeds, whole grains, and olive oil are good while trying to conceive (TTC).

Food is also a way to experience pleasure, get comfort, or be in community with loved ones. So, even when you're TTC, leave room for flexibility and spontaneity.

Here are 7 days of delicious ideas to mix, match, and customize to create the right TTC meal plan for you. Courtesy of [Anna Bohnengel, MS, RD, LD.](#)

01 Monday

- **Breakfast** | Pumpkin spice oatmeal
- **Snack** | Goat cheese herb frittata
- **Lunch** | Tuna Nicoise salad
- **Dinner** | Creamy cauliflower mac & cheese + greens
- **Snack** | Chocolate cookie

02 Tuesday

- **Breakfast** | Blueberry almond breakfast cake
- **Snack** | Goat cheese herb frittata
- **Lunch** | White bean chicken chili
- **Dinner** | Fish tacos with creamy kale slaw
- **Snack** | Apples, berries, and almond butter

03 Wednesday

- **Breakfast** | Avocado rice cake
- **Snack** | Goat cheese herb frittata
- **Lunch** | Creamy cauliflower mac & cheese + greens
- **Dinner** | White bean chicken chili
- **Snack** | Chocolate cookie

04 Thursday

- **Breakfast** | Blueberry almond breakfast cake
- **Snack** | Goat cheese herb frittata
- **Lunch** | Fish tacos with creamy kale slaw
- **Dinner** | White bean chicken chili
- **Snack** | Apples, berries, and almond butter

05 Friday

- **Breakfast** | Apples, berries, and almond butter
- **Snack** | Goat cheese herb frittata
- **Lunch** | Tuna Nicoise salad
- **Dinner** | Night out!
- **Snack** | Chocolate cookie

06 Saturday

- **Breakfast** | Blueberry almond breakfast cake
- **Snack** | Goat cheese herb frittata
- **Lunch** | Creamy cauliflower mac & cheese + greens
- **Dinner** | One-pan teriyaki chicken and veggies
- **Snack** | Apples, berries, and almond butter

07 Sunday

- **Breakfast** | Banana protein cakes
- **Snack** | Goat cheese herb frittata
- **Lunch** | Tuna Nicoise salad
- **Dinner** | Pesto pizza
- **Snack** | Chocolate cookie





Pumpkin spice oatmeal

(3 servings)

Ingredients

- 1 cup of steel-cut oats
- 1 cup of canned pumpkin
- 3 cups of almond milk
- 1/4 cup of maple syrup
- 1/4 cup of almond butter
- 1 tsp of cinnamon
- 1 tsp of pumpkin spice
- 1/4 tsp of salt
- 1 tsp of vanilla extract
- 1 tbsp of chia seeds
- 3 tbsp of protein powder
- 3 tbsp of chopped pecans

Directions

1. Add all of the ingredients to a slow cooker and stir. Cook on high for 4 hours. Stir 1-2 times while cooking.
2. Pour out into 3 servings and store them in mason jars or glass containers for breakfast throughout the week.



Blueberry almond breakfast cake

(4 servings)

Wet

- 1 cup of steel-cut oats
- 1 cup of canned pumpkin
- 3 cups of almond milk
- 1/4 cup of maple syrup
- 1/4 cup of almond butter
- 1 tsp of cinnamon
- 1 tsp of pumpkin spice
- 1/4 tsp of salt
- 1 tsp of vanilla extract
- 1 tbsp of chia seeds
- 3 tbsp of protein powder
- 3 tbsp of chopped pecans

Dry

- 2 cups of rolled oats
- 1/2 cup of almond flour
- 2 tbsp of chia seeds
- 1/4 cup of almond slivers
- 1 tsp of baking powder
- 1/4 tsp of salt
- 2 cups of plain Greek yogurt
- Maple syrup

Directions

1. Preheat the oven to 350°F and grease a 9x9 baking dish with butter (though almost any size will work).
2. Combine wet ingredients in a large bowl - mashed banana + vanilla + milk + eggs and mix well. Then stir in the berries.
3. Add dry ingredients to the bowl (chia seeds + almonds + oats + flour + baking powder). Stir all ingredients until they're well combined.
4. Pour batter into a baking dish and bake for ~35 minutes or until a knife inserted into the middle comes out clean and the edges are golden brown. (Cooking time will depend on the depth of your dish.) Enjoy warm with a 1/2 cup dollop of Greek yogurt + a drizzle of maple syrup.



Avocado rice cake

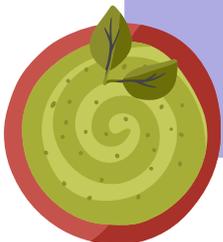
(3 servings)

Ingredients

- 3 eggs
- 3 rice cakes
- 3/4 of an avocado
- Salt and pepper to taste
- Red chili pepper flakes (optional)

Directions

1. Hard boil 3 eggs.
2. For each serving, smash 1/4 avocado on top of a rice cake. Slice a hard-boiled egg and place on top. Sprinkle it with salt, pepper, and red chili pepper flakes for a little bit of spice.





Banana protein cakes

(1 servings)

Ingredients

- 2 eggs
- 1 ripe banana, mashed
- 1/4 cup of rolled oats
- 1 tsp of vanilla
- 1 tbsp of olive oil

Toppings

- Whole milk Greek yogurt
- Fresh berries
- Walnuts

Directions

1. Mash the banana, whisk it together with eggs and vanilla, then stir in oats.
2. Use olive oil to grease a non-stick skillet.
3. Scoop 1/4 cup of batter onto a greased surface over medium heat. Flip it halfway through cooking (~3-5 minutes).
4. Top the pancake stack with recommended toppings and enjoy hot off the griddle.



Goat cheese herb frittata

(7 servings)

Ingredients

- 10 large eggs
- 1 tbsp of olive oil
- 4 cups of chopped kale
- 1 cup of yellow onion, chopped
- 1/2 cup of almond milk
- 2 tbsp of Dijon mustard
- 1 tsp of salt
- 4 tbsp of goat cheese
- 1/2 cup of fresh dill
- 1/2 cup of fresh mint
- 1/2 cup of fresh basil
- 1 tsp of balsamic vinegar
- More herbs to garnish

Directions

1. Preheat the oven to 350°F.
2. Heat the olive oil in an ovenproof skillet over medium-high. Add the onion. Cook, stirring often, until soft and browning (~3 min).
3. Add 1 tsp of balsamic vinegar, continue to brown for a minute, then add the kale. Continue cooking for ~2-3 min, until onions and kale are soft, then turn off the heat.
4. In a large bowl, whisk together the eggs, almond milk, 2 tbsp of goat cheese, fresh herbs (set aside a pinch of each for a garnish), mustard, and salt in a large bowl. Pour the egg mixture over the veggies in the skillet. Sprinkle the remaining 2 tbsp of goat cheese over the top.
5. Bake in the oven until set (~25-30 minutes). Garnish with more herbs.



Tuna Nicoise salad

(2 servings)

Ingredients

- 3 hard-boiled eggs
- 2 (~5 oz) cans of low-mercury tuna*, drained
- 8 oz (~1 cup) of green beans
- 1 large tomato, cut into wedges
- 2 cups of fingerling potatoes, diced with skins left on
- 6 cups of mixed greens

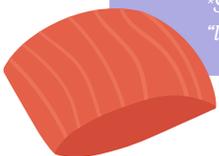
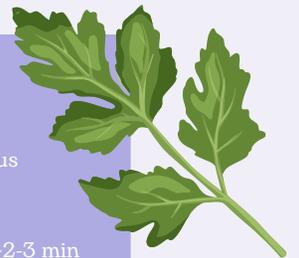
Dressing

- 6 tbsp of olive oil
- 3 tbsp of lemon juice
- 2 tsp of Dijon mustard
- 2 tsp of apple cider vinegar
- Salt and pepper to taste

Directions

1. Hard boil eggs.
2. Bring the potatoes to a boil in water with a generous amount of salt. Cook for ~10 minutes, remove with a slotted spoon, and set aside.
3. Return water to a boil and add green beans. Cook ~2-3 min and remove from the water. Make sure they stay green and crisp.
4. Whisk together the dressing ingredients or shake them up in a mason jar.
5. Assemble the salad into 3 portions, each with 2 cups greens + 1 egg + 1/2 can tuna* + 1/2 the potatoes + 1/2 the beans + 1/2 tomato and salt and pepper to taste. Dress 1 portion and enjoy, then save the others for lunches on Thursday and Saturday.

*SafeCatch is a brand that sells low-mercury canned tuna. In general, avoid albacore and "white" tuna and choose "light" or "chunk" tuna.





Fish tacos with creamy kale slaw

(2 servings)

Ingredients

- 2 filets of flaky white fish (rockfish, flounder, halibut, tilapia, or sole)
- 2 tbsp of olive oil
- 4 corn tortillas
- 1 avocado, sliced

Spices

1 tsp salt + 1/2 tsp cayenne + 1 tbsp cumin + 1 tbsp smoked paprika

Slaw

- 2 cups of shredded kale
- 1 cup of shredded purple cabbage

Dressing

- 1/2 cup of plain Greek yogurt
- 1/2 bunch of fresh cilantro
- Juice of 1/2 lime
- 1/2 tsp of salt
- 1 jalapeno, seeded

Directions

1. Combine spices into a blend, then rub over both sides of the fish.
2. Mix all dressing ingredients in a blender or food processor until creamy. Toss half of the kale and cabbage with half of the dressing, then set it aside while the fish cooks. Save the other half of the slaw and dressing for another lunch.
3. Heat 1 tbsp of olive oil in a non-stick pan over medium-high heat. Add one fish filet and cook 3-4 min per side. (Cook time will depend on the thickness of the filet.) When finished, the fish will turn opaque through the center and easily flake when poked with a fork.
4. Heat 2 tortillas, then assemble tacos and top with slaw + 1/4 of an avocado per taco.
5. Extra fresh cilantro and lime wedges make great toppings.



One-pan teriyaki chicken and veggies

(2 servings)

Ingredients

- 2 (4-oz) organic boneless, skinless chicken breasts
- 2 cups of sweet potatoes, cut into small cubes
- 2 cups of broccoli florets
- 1 cup of sugar snap peas
- 1/2 red onion, diced
- 1 red bell pepper, diced
- 2 tbsp of roasted cashews

Teriyaki sauce

- 1/4 cup of tamari
- 2 tbsp of maple syrup
- 2 tbsp of water
- 1 tbsp of toasted sesame oil
- 2 tbsp of olive oil
- 1 tbsp of rice vinegar
- 2 garlic cloves, minced

Parchment paper

Directions

1. Mix the teriyaki sauce ingredients in a blender or food processor.
2. Preheat the oven to 400°F and chop the veggies while the oven heats. Be sure to chop the sweet potato into small cubes.
3. Line a sheet pan with parchment paper. Coat both sides of the chicken in half the sauce, then lay the chicken out on the sheet pan and bake for 15 minutes in the upper 1/3 of the oven.
4. Remove the chicken from the oven (carefully!) and add vegetables and cashews in a single layer around the chicken. (Use multiple sheet pans if needed.)
5. Coat the veggies in the remaining sauce, then bake for another 20 min until the chicken is fully cooked and the veggies are well browned. (Chicken is fully cooked when a meat thermometer inserted into the thickest part reads 165°F).
6. Garnish with toasted sesame seeds if desired.





White bean chicken chili

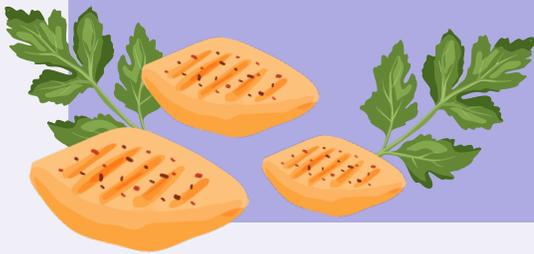
(4 servings)

Ingredients

- 1 lb of boneless, skinless organic chicken thighs
- 1 jar (12-14 oz) of salsa verde
- 1 white onion, diced
- 1 tsp of ground cumin
- 1 cup + 1/2 cup of chicken stock
- 1 (15-oz) can of white beans

Garnish

- 1 bunch of fresh cilantro
- 1 lime
- 2 cups of cauliflower rice



Directions

1. Combine all ingredients in the slow cooker, except for beans, cilantro, and lime. Make sure the liquid covers the chicken by about 2 inches. If the water level is too low, add stock or water.
2. Cover and cook on high for 3-4 hours or on low for 6-8 hours. You know it's finished when the chicken falls apart if poked with a fork.
3. When the chicken passes the tenderness test, transfer it from the pot to a cutting board and shred it into coarse pieces by pulling it apart with two forks.
4. Stir the chicken back into the soup along with both cans of beans.
5. Heat the remaining 1/2 cup of stock in a skillet or pot and saute cauliflower over medium-high heat for ~3-5 min or until tender.
6. Divide chili into 4 servings, each serving served over 1/2 cup of cooked cauliflower rice. Garnish with fresh cilantro and lime.



Pesto pizza

Ingredients

Pesto

- 1.5 packed cups of fresh basil
- 1/2 cup of pepitas
- 2 cloves of garlic
- 1 tbsp of olive oil
- 1/4 tsp of salt

Socca crust

- 1 cup of chickpea flour
- 1 cup of water
- 3 tbsp of olive oil, divided
- 2 cloves of garlic, minced
- 1/4 tsp of salt

Toppings

- 1/4 cup of goat cheese
- Handful of sliced cherry tomatoes
- 1 chicken sausage link, thinly sliced

Directions

1. **PESTO:** Throw all the ingredients for the pesto into a food processor or blender and mix well. Set aside a 1/4 cup for pizza. You can freeze the rest.
2. **PREP CRUST:** In a large bowl, whisk together crust ingredients, setting aside 1 tbsp of olive oil. Let the batter rest at room temperature for at least 30 minutes. Use this time to prep the toppings.
3. **COOK CRUST:** Oil a cast-iron skillet with the remaining tbsp of olive oil. Pour in the chickpea batter and put the skillet under the oven broiler. Cook for 8 minutes, until the socca is set and the edges are browning and pulling away from the sides.
4. Remove the socca from the oven and turn the heat down to 425°F. Spread pesto onto the crust and sprinkle on the toppings. Return the skillet to the oven and bake for 8-10 minutes.





Apples, berries, and almond butter

Ingredients

- 3.5 apples
- 3.5 cups of blueberries
- 1 cup of almond butter

Directions

For snacks each afternoon this week, have 1/2 an apple, 1/2 a cup of blueberries, and 2 tablespoons of almond butter.



Chocolate cookie

(3 servings)

Ingredients

- 1 cup of almond butter, at room temperature
- 1 tsp of melted coconut oil
- 1/2 cup of coconut sugar
- 1 tsp of vanilla extract
- 2 eggs, at room temperature
- 1/2 cup of unsweetened cocoa powder
- 1 tsp of baking soda
- 1/4 tsp of salt
- 1/2 cup of dark chocolate chips coarse sea salt, for sprinkling on top

Directions

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a mixing bowl, combine the almond butter + coconut oil + coconut sugar + vanilla + eggs + cocoa powder + baking soda + salt. Mix until smooth and well combined. Fold in the chocolate chips.
3. Use your hands to roll the dough into large balls (about 2 tbsp of dough) and place the balls on the baking sheet. Slightly flatten each ball with your fingers. Bake for ~7-8 minutes or until the edges are set.
4. Remove the cookies from the oven and sprinkle them with sea salt.
5. Allow the cookies to cool on the sheet for 5 minutes before transferring them to a wire rack to finish cooling.



Creamy cauliflower mac & cheese + greens

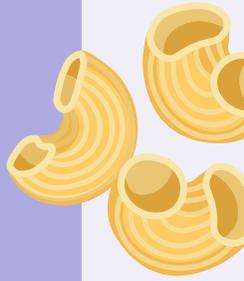
(4 servings)

Ingredients

- 1 (8-Oz) box of brown rice elbow pasta
- 2.5 cups of cauliflower florets
- 2 tbsp of olive oil, divided juice of 1 lemon
- 2 cloves of garlic, minced
- 1 cup of almond milk
- 1 tsp of salt
- 2/3 cup of fresh grated parmesan
- 1 bunch of asparagus
- 1 cup of green peas, fresh or frozen
- 2 cups of edamame, shelled

Directions

1. Lightly steam the cauliflower until soft. While steaming, saute minced garlic in 1 tbsp of olive oil, then transfer to a blender along with cauliflower + juice of 1/2 lemon + almond milk + salt. Blend until smooth.
2. Cook the pasta according to the package's instructions.
3. While the pasta is cooking, chop asparagus into 1" pieces and saute in the remaining 1 tbsp of olive oil and salt and pepper to taste. When the asparagus starts to brown, squeeze the juice of 1/2 a lemon over the top and saute for 1-2 more minutes.
4. When the pasta is finished cooking, drain the water and return the pot with noodles to a warm burner.
5. Stir the cauliflower sauce in with the pasta, then add fresh grated Parmesan until it's melted and creamy. Stir asparagus, peas, and edamame into cheesy noodles and divide into 4 portions.



Craving more fertility-friendly recipes for your TTC journey?

Check out Anna's website at

fertility-nutritionist.com

