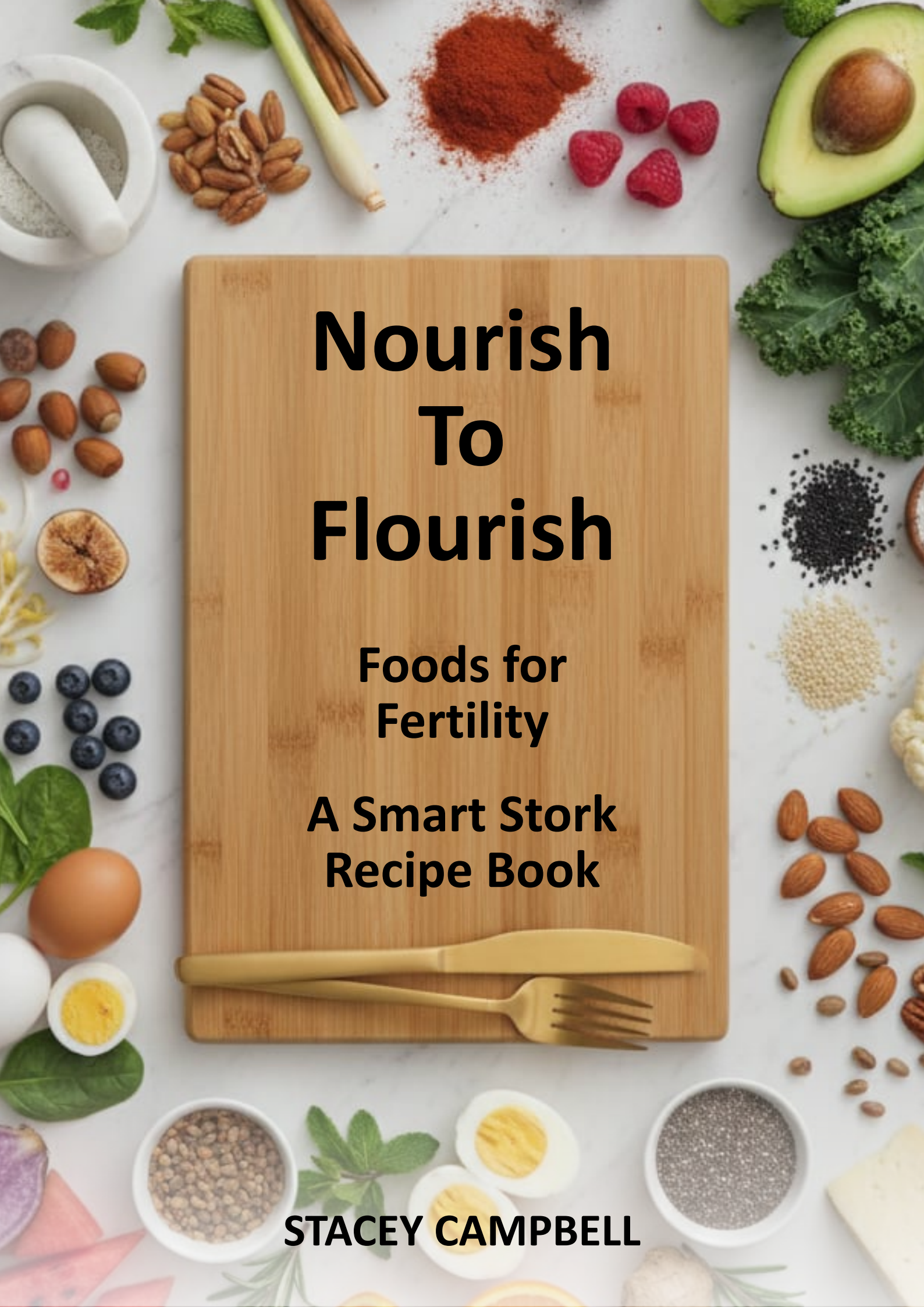




Nourish To Flourish

**Foods for
Fertility**

**A Smart Stork
Recipe Book**

STACEY CAMPBELL

Smart Stork

NOURISH TO FLOURISH

A Keto-Style Fertility & Hormone Balancing Recipe Book

30 Savourful Whole-Food Recipes for Women's Hormonal Health

5 Breakfasts • 10 Lunches • 15 Dinners



Stacey Campbell

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- supporting egg quality, progesterone production, estrogen metabolism, and the intricate balance of the entire endocrine system.

⚠️ High-carb foods flagged in this book (lentils, chickpeas, pomegranate, grapefruit, kiwi, quinoa, oats, brown rice, potatoes) are included because of their exceptional nutritional and hormone-supporting properties, but should be used mindfully. Keep portions small, count them toward your daily 30g net carb target, and enjoy them on less strict days. On strict keto days, prioritise the many lower-carb options available throughout this collection.



- **SWEETENER:** Where needed, this book uses Allulose, Monkfruit, or Xylitol — natural zero or low-glycaemic sweeteners that will not spike blood glucose.
- **FLOUR:** Almond meal is the preferred flour alternative — naturally low carb, high in Vit E, magnesium, and healthy fats.
- **MILK:** Unsweetened almond milk or full-fat coconut milk are used throughout — hormone-friendly, dairy-free options rich in MCTs and Vit E.

- **FIBER BOOSTERS:** Chia seeds, psyllium husk, linseed (flaxseed) meal, and chicory / inulin powder are incorporated across recipes to meet the 30g daily fibre target and support the gut-hormone axis.
- **SPICES:** Turmeric, cumin, coriander, garlic, ginger, cayenne, chilli, cardamom, fennel, and rosemary feature prominently — each chosen for their blood-sugar balancing, anti-inflammatory, circulation-enhancing, and gut microbiome-supporting properties.
- **BITTER HERBS:** Dandelion, artichoke leaf, and peppermint are referenced where appropriate as powerful liver-supportive, estrogen-clearing allies.

Fertility Foods — Nutritional Reference Table

The following table covers every food from the foundational fertility food list along with additional keto-friendly fertility foods used in this recipe collection. Nutritional values are approximate and based on standard serving sizes. High-carb foods that should be used sparingly on a keto protocol are highlighted in amber.

Food	Serv in g	Prot ein	Fat	Net Carb s	Fiber	Key Vitamins & Minerals	Hormone Benefit	Notes
Eggs	2 large (100 g)	12.6g	9.5g	0.7g	0g	Choline 294mg, Vit D, Vit A, B12, Zinc, Selenium	Progesterone support; hormone precursors	
Beef (grass- fed)	100g	26g	15g	0g	0g	Iron 3mg, Zinc 5mg, B12 2.5µg, CoQ10	Progesterone & estrogen balance; iron replenishment	
Salmon (wild)	150g	34g	13g	0g	0g	DHA 1800mg, EPA 600mg, Vit D 600IU, B12	Hormone production; anti- inflammatory; egg quality	
Sardines	100g	25g	11g	0g	0g	DHA 980mg, Calcium 382mg, Vit D, Iodine	Progesterone support; bone & thyroid health	
Mackerel	100g	19g	14g	0g	0g	DHA 1200mg, EPA 500mg, Vit D, B12, Selenium	Anti- inflammatory; hormone production	
Oysters	6 medium (90g)	9g	2g	3g	0g	Zinc 33mg, Iron 4mg, B12 16µg, Selenium, Iodine	Zinc powerhouse – progesterone & ovulation support	
Tuna (tinned)	100g	25g	2g	0g	0g	B6 0.9mg, Selenium 90µg, DHA 240mg, Iodine	B6 for progesterone production	
Spinach	90g (1 cup cooked)	5g	0.5g	1g	4g	Folate 263µg, Magnesium 87mg, Iron 4mg, Vit K	Folate for conception; magnesium for adrenal health	
Kale	80g (1 cup cooked)	3.5g	0.5g	2g	3g	Folate 76µg, Vit C 53mg, Vit K, Calcium 100mg, I3C	Estrogen metabolism via indole-3- carbinol	
Broccoli	100g	2.8g	0.4g	3g	3g	Vit C 89mg, Folate 63µg, Choline, I3C, Sulforaphane	Supports estrogen clearance; liver detox	
Cauliflower	100g	1.9g	0.3g	3g	2g	Vit C 48mg, Choline 45mg, I3C, B6 0.2mg	Estrogen metabolism; liver support	
Brussels Sprouts	100g	3.4g	0.3g	5g	4g	Vit C 85mg, Folate 61µg, Vit K, I3C, Glucosinolates	Potent estrogen detox support	
Cabbage	100g	1.3g	0.1g	4g	2.5g	Vit C 36mg, Vit K, Folate, I3C	Estrogen metabolism; gut support	

Avocado	½ fruit (75g)	1g	11g	1g	5g	Magnesium 22mg, B6 0.3mg, Folate 60µg, Vit E, Potassium	Progesterone support; hormone fat precursor	
Almonds	30g	6g	14g	2g	3.5g	Magnesium 76mg, Vit E 7mg, Calcium 76mg, B2	Magnesium for adrenal & progesterone support	
Cashews	30g	5g	12g	7g	1g	Zinc 1.6mg, Magnesium 74mg, Iron 1.9mg, B6	Zinc & magnesium for progesterone synthesis	

Food	Serv in g	Prot ein	Fat	Net Carb s	Fiber	Key Vitamins & Minerals	Hormone Benefit	Notes
Pump kin Seeds	30g	9g	13g	2g	2g	Zinc 2.2mg, Magnesium 156mg, Iron 2.5mg, Omega-6	Top zinc & magnesium source; progesterone production	
Sunflo we r Seeds	30g	5.5g	14g	3g	2.5g	Vit E 10mg, B6 0.3mg, Magnesium 37mg, Selenium	B6 & Vit E for progesterone and luteal phase	
Flaxseed s (groun d)	2 tbsps (14g)	2.5g	4.5g	0.5g	3.5g	Lignans (phytoestrogens), ALA 3g, Magnesium	Lignan-rich; supports estrogen balance	
Chia Seed s	2 tbsps (20g)	3.5g	5.5g	1g	8g	ALA 2.5g, Calcium 170mg, Magnesium 50mg, Iron 1.6mg	Fiber & anti-inflammatory omega-3s	
Bell Pepp ers (red)	1 medium (120g)	1g	0.3g	5g	2g	Vit C 152mg, Vit B6 0.4mg, Folate 46 µg, B e t a - carotene	Vit C boosts progesterone; antioxidant	
Mushro o ms (whi te)	100g	3g	0.3g	2g	1g	Vit D2 (if UV-exposed), Selenium, Choline, B2	Aromatase inhibition; reduces excess estrogen	
Turmeri c	1 tsp (3g)	0.3g	0.3g	1g	0.5g	Curcumin 60–100mg, Iron, Manganese	Anti-inflammatory; liver & estrogen detox	
Lemon	juice of 1 (30ml)	0.2g	0g	2g	0.1g	Vit C 19mg, Bioflavonoids, Limonene	Estrogen modulation; liver bile support	
Grapef ru it	½ fruit (120g)	0.8g	0.1g	8g	1.3g	Vit C 38mg, Naringenin, Lycopene, Folate	Naringenin may inhibit aromatase; use sparingly	⚠ USE SPARINGLY – higher carb (8g net). May interact with some medications.
Strawb er ries	80g (½ cup)	0.7g	0.2g	6g	1.5g	Vit C 48mg, Folate 19µg, Anthocyanins, Ellagic acid	Vit C & polyphenols; progesterone support	

Kiwi	1 medium (75g)	1g	0.5g	9g	2g	Vit C 71mg, Folate 25µg, Vit K, Actinidin	High Vit C for luteal phase support; use mindfully	⚠ USE SPARINGLY – 9g net carbs. Choose green kiwi over gold.
Pomegranate	60g seeds	0.8g	0.5g	10g	2g	Punicalagins, Vit C, Folate 27µg, Ellagic acid	Aromatase inhibitor; anti-inflammatory	⚠ USE SPARINGLY – 10g net carbs. Small portions as a garnish.
Oranges	½ medium (60g)	0.6g	0.1g	8g	1.5g	Vit C 35mg, Folate 19µg, Hesperidin	Vit C for progesterone; modulate estrogen	⚠ USE SPARINGLY – 8g net carbs. Use zest for flavour with minimal carbs.
Bananas	½ small (50g)	0.6g	0.2g	10g	1.3g	B6 0.2mg, Potassium 180mg, Magnesium 16mg	B6 for progesterone production	⚠ USE SPARINGLY – 10g net carbs. This is a savoury book – use only in smoothies.
Dark Chocolate	20g	2.2g	8g	4g	2.5g	Magnesium 50mg, Iron 1.6mg, Theobromine,	Magnesium & polyphenols; mood	

Food	Serving	Protein	Fat	Net Carbs	Fiber	Key Vitamins & Minerals	Hormone Benefit	Notes
Vegetables (85%+)						Flavanols	& hormone support	
Chickpeas	50g cooked	4g	1.3g	11g	4g	B6 0.5mg, Folate 95µg, Zinc 1mg, Iron 1.5mg	B6 & zinc for progesterone; phytoestrogens	⚠ USE SPARINGLY – 11g net carbs. Keep to 50g portions.
Quinoa	50g cooked	4g	1.5g	15g	1.5g	Iron 1.5mg, Magnesium 60mg, Folate 42µg, All amino acids	Complete protein; iron for menstrual health	⚠ USE SPARINGLY – 15g net carbs. Small side servings only.
Lentils	75g cooked	7g	0.4g	10g	4g	Folate 120µg, Iron 2mg, Zinc 1mg, B6	Folate-rich for conception; iron replenishment	⚠ USE SPARINGLY – 10g net carbs. Best in small portions.
Oats	30g dry	4g	1.5g	18g	2.5g	Beta-glucan fiber, Magnesium 44mg, Iron 1.5mg, Zinc	Fiber for estrogen excretion	⚠ USE SPARINGLY – 18g net carbs. Not recommended for strict keto phase.
Brown Rice	50g cooked	1.5g	0.5g	18g	1g	Magnesium 21mg, B6, Selenium	Fiber for hormone clearance	⚠ USE SPARINGLY – 18g net carbs. Not recommended for strict keto phase.
Potatoes	100g boiled	2g	0.1g	15g	1.5g	B6 0.3mg, Potassium 379mg, Vit C 13mg	B6 for progesterone; potassium for adrenal health	⚠ USE SPARINGLY – 15g net carbs. Not recommended for strict keto phase.

Breakfasts

Start your day with hormone-nourishing, high-protein breakfasts designed to stabilise blood glucose from the first meal, support adrenal health, and deliver key fertility nutrients including choline, DHA, folate, and magnesium.





Hormone-Harmony Eggs Florentine with Smoked Salmon

A choline and DHA-rich breakfast to support egg quality, progesterone production, and anti-inflammatory pathways. Spinach delivers folate and magnesium; salmon brings omega-3s for hormone synthesis.

Protein	Total Fat	Net Carbs	Fiber	Serves
38g	28g	3g	6g	2

★ **KEY NUTRIENTS:** DHA 1800mg | Choline 420mg | Folate 290µg | Magnesium 110mg | Zinc 2.5mg | Vit D | B12 | Iron 4.5mg | Vit C 35mg

Ingredients

- 4 large eggs (poached)
- 150g smoked wild salmon
- 2 cups baby spinach, wilted in coconut oil
- 1 avocado, halved
- 1 tsp capers
- 1 tbsp lemon juice
- 1 tsp apple cider vinegar (for poaching)
- 1 tsp fresh dill
- Salt, black pepper, chilli flakes to taste

Method

1. Wilt spinach in 1 tsp coconut oil over medium heat with a pinch of salt and chilli flakes (2 min). Set aside.
2. Bring a shallow pan of water to a gentle simmer, add apple cider vinegar.

3. Crack eggs one at a time into a cup and slide into the simmering water. Poach 3–4 minutes until whites are just set.
4. Layer spinach on each plate, top with smoked salmon, then a poached egg on each half.
5. Fan avocado slices alongside, drizzle with lemon juice, scatter capers and dill.

Keto Egg & Vegetable Bake with Turmeric and Pumpkin Seeds

A one-pan bake packed with anti-inflammatory curcumin, zinc-rich pumpkin seeds, and cruciferous broccoli for estrogen metabolism. High in choline and magnesium to nourish the adrenal-hormone axis.

Protein	Total Fat	Net Carbs	Fiber	Serves
19g	18g	4g	3.5g	4

★ **KEY NUTRIENTS:** Choline 320mg | Vit C 65mg | Magnesium 98mg | Zinc 2.8mg | Folate 140µg | Curcumin | Iron 3mg | Vit K | I3C | Selenium

Ingredients

- 6 large eggs
- 100g broccoli florets, small
- 100g cauliflower, small florets
- 1 cup spinach, roughly chopped
- ½ cup unsweetened almond milk
- 1 tsp turmeric
- ½ tsp cumin
- ¼ tsp cayenne
- 2 tbsp pumpkin seeds
- 2 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley to serve

Method

1. Preheat oven to 180°C. Grease a baking dish with olive oil.
2. Steam broccoli and cauliflower for 3 minutes, then scatter into the baking dish with spinach.
3. Whisk eggs with almond milk, turmeric, cumin, cayenne, salt and pepper.
4. Pour egg mixture over vegetables. Scatter pumpkin seeds over the top.
5. Bake 25–28 minutes until set and golden at edges. Rest 5 minutes before slicing.
6. Serve with fresh parsley.

Smoked Mackerel & Avocado Scramble with Wilted Kale

Rich in DHA, B12, and iodine from mackerel, paired with magnesium and B6 from avocado. Kale delivers indole-3-carbinol to support estrogen clearance. A deeply nourishing, hormone-balancing start.

Protein	Total Fat	Net Carbs	Fiber	Serves
34g	30g	3g	4g	2

★ **KEY NUTRIENTS:** DHA 1200mg | Choline 300mg | B12 5µg | Magnesium 95mg | Folate 110µg | I3C | Vit D | Iodine | Iron 3.5mg | Vit C 55mg

Ingredients

- 4 large eggs
- 100g smoked mackerel, flaked
- 1 cup kale, stems removed, finely chopped
- ½ avocado, sliced
- 1 tbsp coconut oil
- 1 tsp lemon zest
- 1 clove garlic, minced
- Pinch chilli flakes
- Salt and pepper

Method

1. Heat coconut oil in a skillet. Add garlic and kale, sauté 2–3 minutes until softened. Season with salt and chilli.
2. Whisk eggs with salt, pepper, and lemon zest.
3. Push kale to side of pan, pour in eggs, cook on low heat folding gently until just set.
4. Fold in flaked mackerel gently off the heat.
5. Plate with sliced avocado alongside.



Fertility Frittata with Mushroom, Capsicum & Sunflower Seeds

Mushrooms bring aromatase-inhibiting compounds and selenium; capsicum delivers exceptional Vit C for the luteal phase. Sunflower seeds add Vit E and B6 for progesterone support in one satisfying slice.

Protein	Total Fat	Net Carbs	Fiber	Serves
21g	19g	4g	2.5g	4

★ **KEY NUTRIENTS:** Vit C 155mg | Vit E 10mg | B6 0.7mg | Selenium 45µg | Choline 340mg | Magnesium 65mg | Folate 120µg | Aromatase inhibitors | Zinc 2mg

Ingredients

- 8 large eggs
- 150g white button mushrooms, sliced
- 1 large red bell pepper, diced
- 2 cups spinach
- 3 tbsp sunflower seeds
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp cumin
- Salt and pepper
- Fresh basil leaves to serve

Method

1. Preheat oven grill to medium-high.
2. In an oven-safe skillet, heat olive oil over medium. Add mushrooms and pepper, sauté 5 minutes until softened. Add spinach and cook 1 minute. Season with paprika, garlic powder, cumin.
3. Whisk eggs with salt and pepper, pour over vegetables.
4. Scatter sunflower seeds on top. Cook on stovetop 3–4 minutes until edges set.
5. Transfer to grill for 4–5 minutes until top is golden and set.
6. Slice and serve with fresh basil.

Sardine & Avocado Breakfast Bowl with Soft-Boiled Eggs

One of the most nutrient-dense breakfasts possible — sardines supply calcium, DHA, iodine and B12 while avocado and eggs provide choline, magnesium, and hormone-building fats. A complete fertility meal in a bowl.

Protein	Total Fat	Net Carbs	Fiber	Serves
30g	29g	3g	5.5g	2

★ **KEY NUTRIENTS:** DHA 980mg | Calcium 400mg | Choline 350mg | Iodine | B12 8µg | Magnesium 80mg | Vit D | Vit C 22mg | Iron 4mg | Zinc 2mg | Omega-3

Ingredients

- 1 tin sardines in olive oil (100g), drained
- 4 eggs, soft-boiled
- 1 avocado, diced
- 1 cup rocket / arugula
- 1 tbsp capers
- 1 tbsp lemon juice
- 1 tsp dijon mustard
- 1 tbsp extra-virgin olive oil
- 1 tsp linseed meal
- Pinch cayenne, salt and pepper

Method

1. Boil eggs 6 minutes, transfer to ice water, peel and halve.
2. Whisk lemon juice, mustard, and olive oil with a pinch of salt for dressing.
3. Arrange rocket in bowls, top with sardines, avocado, and soft-boiled eggs.
4. Drizzle dressing, scatter capers, linseed meal, and cayenne.

Lunches

Midday meals built around anti-inflammatory proteins, cruciferous vegetables, and mineral-rich ingredients to sustain energy, support estrogen metabolism, and maintain steady insulin levels through the afternoon.



Tuna Niçoise with Egg, Olives & Green Beans

A classic reimagined for hormone health — tuna delivers B6 and selenium for progesterone, eggs supply choline, and Vit C-rich beans and lemon dressing support luteal phase health.

Protein	Total Fat	Net Carbs	Fiber	Serves
36g	26g	5g	4g	2

★ **KEY NUTRIENTS:** B6 1.1mg | Selenium 95µg | Choline 340mg | Vit C 40mg | Iron 3.5mg | DHA 240mg | Magnesium 60mg | Folate 100µg

Ingredients

- 200g tuna (tinned in olive oil, drained)
- 4 eggs, soft-boiled
- 150g green beans, trimmed and blanched
- 1 cup cherry tomatoes, halved
- ½ cup Kalamata olives
- 2 cups mixed greens
- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tsp dijon mustard
- 1 clove garlic, crushed
- Salt, pepper, fresh parsley

Method

1. Blanch green beans in salted boiling water 3 minutes, refresh under cold water.
2. Whisk olive oil, lemon juice, mustard, and garlic for dressing.
3. Arrange greens, beans, tomatoes, and olives on plates.
4. Break tuna into chunks and place on top with halved soft-boiled eggs.
5. Drizzle dressing, season and scatter parsley.



Hormone-Balancing Beef & Broccoli Bowl with Sesame & Ginger

Grass-fed beef provides iron, zinc, and B12 essential for menstrual and reproductive health. Broccoli's sulforaphane and I3C support estrogen clearance. Ginger and garlic reduce inflammation systemically.

Protein	Total Fat	Net Carbs	Fiber	Serves
38g	26g	5g	5g	2

★ **KEY NUTRIENTS:** Zinc 7mg | Iron 5mg | B12 3.5µg | I3C | Sulforaphane | Magnesium 125mg | Curcumin | Vit C 70mg | Folate 130µg | CoQ10

Ingredients

- 250g grass-fed beef sirloin, thinly sliced
- 200g broccoli florets
- 1 cup spinach
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp coconut aminos (soy sauce alternative)
- 1 tbsp sesame oil
- 1 tbsp coconut oil
- 2 tbsp pumpkin seeds
- 1 tsp sesame seeds
- ¼ tsp chilli flakes
- Salt and pepper

Method

1. Heat coconut oil in a wok over high heat. Add beef slices, sear 2–3 min each side. Remove and rest.
2. In same wok, add sesame oil, garlic, and ginger. Fry 30 seconds.
3. Add broccoli, stir-fry 4 minutes. Add spinach and cook 1 minute.
4. Return beef, add coconut aminos and chilli. Toss well for 1 minute.
5. Serve topped with pumpkin seeds, sesame seeds.

Kale Caesar Salad with Pan-Seared Salmon & Flaxseed Crumble

A fertility Caesar — wild salmon for DHA and iodine, kale for I3C and folate, flaxseeds for lignans that modulate estrogen, and eggs for choline. The almond meal crumble replaces croutons for a keto crunch.

Protein	Total Fat	Net Carbs	Fiber	Serves
42g	32g	4g	6g	2

★ **KEY NUTRIENTS:** DHA 1800mg | I3C | Lignans (estrogen balance) | Folate 200µg | Choline 320mg | Calcium 180mg | Magnesium 100mg | B12 4µg | Vit C 60mg

Ingredients

- 2 salmon fillets (150g each)
- 3 cups kale, stems removed, massaged
- 2 eggs, hard-boiled, halved
- 2 tbsp ground flaxseeds
- 2 tbsp almond meal (toasted in dry pan)
- CAESAR DRESSING: 2 tbsp tahini, 1 tbsp lemon juice, 1 clove garlic crushed, 1 tsp dijon mustard, 1–2 tbsp water, salt and pepper
- 1 tbsp olive oil
- Lemon zest to serve

Method

1. Toast almond meal in a dry pan until golden. Mix with ground flaxseeds. Set aside.
2. Season salmon with salt and pepper. Pan-sear in olive oil, 3–4 min each side. Rest.
3. Whisk dressing ingredients until smooth, adjusting water for consistency.
4. Toss kale with dressing until well coated.
5. Plate kale, top with flaked salmon and halved eggs. Scatter almond-flax crumble and lemon zest.

Oyster & Mushroom Omelette with Wilted Spinach

The ultimate zinc and mineral lunch — oysters offer more zinc per gram than any food on earth, supporting progesterone synthesis and ovulation. Mushrooms inhibit aromatase; spinach delivers folate and magnesium.

Protein	Total Fat	Net Carbs	Fiber	Serves
26g	22g	3g	3g	2

★ **KEY NUTRIENTS:** Zinc 34mg | B12 17µg | Iodine | Choline 380mg | Folate 280µg | Magnesium 95mg | Iron 5mg | Selenium | Aromatase inhibitors

Ingredients

- 6 fresh or smoked oysters
- 4 large eggs
- 150g white mushrooms, sliced
- 2 cups spinach
- 2 tbsp coconut oil
- 1 clove garlic, minced
- ½ tsp smoked paprika
- Salt, pepper, chilli flakes
- 1 tbsp fresh chives, chopped
- Lemon wedge to serve

Method

1. Heat 1 tbsp coconut oil in pan. Sauté mushrooms and garlic 4 minutes until golden. Add spinach, wilt 1 minute. Season. Remove and keep warm.
2. Whisk eggs with paprika, salt, pepper.
3. Heat remaining coconut oil in omelette pan. Pour in eggs. As edges set, lift and tilt. When mostly set, add mushroom-spinach filling and oysters on one side.
4. Fold omelette and cook 30 seconds more.
5. Plate and serve with chives, chilli flakes, and lemon wedge.

Cauliflower Tabbouleh with Tuna, Pumpkin Seeds & Lemon

A grain-free tabbouleh using cauliflower rice for a low-carb base rich in choline and I3C. Tuna provides B6 and selenium; lemon and parsley add Vit C and polyphenols for an anti-inflammatory, hormone-supportive plate.

Protein	Total Fat	Net Carbs	Fiber	Serves
32g	18g	5g	4g	2

★ **KEY NUTRIENTS:** B6 1mg | Selenium 92µg | I3C | Choline 270mg | Vit C 85mg | Zinc 3mg | Magnesium 80mg | Folate 90µg | Curcumin

Ingredients

- 200g cauliflower, grated or pulsed into rice
- 180g tuna (tinned)
- ½ cup fresh parsley, finely chopped
- ¼ cup fresh mint, chopped
- 1 cup cherry tomatoes, halved
- 2 tbsp pumpkin seeds
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp cumin
- ¼ tsp cayenne
- Salt and pepper

Method

1. Pulse cauliflower in food processor into coarse rice. Spread on a tray lined with paper towel and press gently to remove moisture.
2. In a large bowl, combine cauliflower rice, parsley, mint, and tomatoes.
3. Whisk lemon juice, olive oil, cumin, cayenne, and salt.
4. Toss dressing through cauliflower mix. Fold in tuna and pumpkin seeds gently.
5. Rest 10 minutes before serving for flavours to meld.



Warm Lentil & Kale Soup with Turmeric, Cumin & Lemon

Lentils provide folate, iron, and zinc for conception support. Turmeric and cumin offer anti-inflammatory and blood-sugar balancing benefits. Kale elevates I3C and Vit C content. Use smaller portions to stay within net carb targets.

⚠️ **Note:** lentils are a USE SPARINGLY food at 12g net carbs per serve. Count toward your daily 30g net carb target.

Protein	Total Fat	Net Carbs	Fiber	Serves
14g	8g	12g	7g	4

★ **KEY NUTRIENTS:** Folate 150µg | Iron 3.5mg | Zinc 2mg | I3C | Curcumin | Vit C 55mg | Magnesium 75mg | B6 0.5mg | Fiber (prebiotic)

Ingredients

- 150g red lentils, rinsed
- 3 cups kale, stems removed, chopped
- 1 medium zucchini, diced
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tsp turmeric
- 1 tsp cumin
- ½ tsp coriander powder
- ¼ tsp cayenne
- 1.2L vegetable or chicken stock
- 2 tbsp olive oil
- Juice of 1 lemon

- Salt and pepper
- Fresh coriander and chilli to serve

Method

1. Heat olive oil in a large pot. Sauté onion 5 minutes. Add garlic, turmeric, cumin, coriander, and cayenne. Stir 1 minute.
2. Add lentils, zucchini, and stock. Bring to boil then simmer 20–25 minutes until lentils are soft.
3. Stir through kale and lemon juice. Cook 3 more minutes.
4. Season and serve topped with fresh coriander and chilli.
5. Note: keep serving to ~350ml (1.5 cups) to manage net carbs.

Stuffed Avocado with Smoked Salmon, Chia & Cucumber

One of the most hormone-friendly lunches possible — avocado provides progesterone-supporting fats and folate, salmon delivers DHA and B12, and chia seeds add fiber and ALA omega-3s. No cooking required.

Protein	Total Fat	Net Carbs	Fiber	Serves
22g	30g	3g	10g	2

★ **KEY NUTRIENTS:** DHA 1800mg | Folate 160µg | B12 3µg | Magnesium 80mg | Vit E 5mg | ALA 2.5g | Choline 180mg | Iodine | Vit C 20mg | Potassium

Ingredients

- 2 ripe avocados, halved and stoned
- 150g smoked salmon, chopped
- ½ cucumber, finely diced
- 1 tbsp chia seeds
- 2 tbsp red onion, finely diced
- 1 tbsp capers
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp dill
- Salt, pepper, chilli flakes

Method

1. In a bowl, combine smoked salmon, cucumber, red onion, capers, chia seeds, dill, lemon juice, and olive oil. Season to taste.
2. Place avocado halves on plates. Scoop a little extra avocado from the centre to create a larger cavity.
3. Mash the scooped avocado into the salmon mixture.
4. Spoon filling generously into avocado halves.
5. Top with chilli flakes and extra dill.

Beef Lettuce Wraps with Cashews, Ginger & Chilli

A high-protein, zinc and iron-rich beef filling served in crisp lettuce cups — keeping carbs near zero while delivering B12, CoQ10, magnesium from cashews, and anti-inflammatory ginger. Deeply satisfying and quick to prepare.

Protein	Total Fat	Net Carbs	Fiber	Serves
36g	28g	4g	2g	2

★ **KEY NUTRIENTS:** Zinc 6mg | Iron 5mg | B12 3.5µg | Magnesium 80mg | CoQ10 | B6 0.5mg | Anti-inflammatory (ginger) | Selenium | Vit C 15mg

Ingredients

- 300g grass-fed beef mince
- 8 large butter lettuce leaves
- 30g cashews, roughly chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp coconut aminos
- 1 tbsp sesame oil
- 1 tbsp coconut oil
- 1 red chilli, thinly sliced
- ½ cup coriander leaves
- 1 tsp lime juice
- Salt and pepper

Method

1. Heat coconut oil in a wok over high heat. Add beef mince and cook, breaking up, until browned (5–6 min).
2. Add garlic and ginger, cook 1 minute. Add coconut aminos, sesame oil, and chilli. Toss to combine.
3. Remove from heat, stir through cashews, coriander, and lime juice.
4. Spoon filling into lettuce cups and serve immediately.



Grilled Mackerel with Brussels Sprout Slaw & Lemon-Flax Dressing

Mackerel's DHA and Vit D meet the potent glucosinolates in Brussels sprouts for exceptional hormone detox support. Flaxseed dressing adds lignans for estrogen balance. A deeply nourishing fertility-focused plate.

Protein	Total Fat	Net Carbs	Fiber	Serves
36g	34g	5g	6g	2

★ **KEY NUTRIENTS:** DHA 1200mg | EPA 500mg | Vit D | Glucosinolates | Lignans | Folate 85µg | Vit C 75mg | B6 0.5mg | Selenium | Magnesium 85mg

Ingredients

- 2 mackerel fillets (150g each)
- 200g Brussels sprouts, shaved finely on mandoline or sliced thin
- ½ red onion, finely sliced
- 1 tbsp apple cider vinegar
- DRESSING: 2 tbsp olive oil, 1 tbsp ground flaxseeds, 1 tbsp lemon juice, 1 tsp dijon mustard, pinch xylitol, salt and pepper
- 1 tbsp olive oil for cooking
- ¼ cup sunflower seeds
- Lemon wedge and dill to serve

Method

1. Toss shaved Brussels sprouts and red onion with apple cider vinegar and a pinch of salt. Rest 10 minutes.
2. Whisk dressing and toss through slaw with sunflower seeds.

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3. Score mackerel skin, rub with olive oil, salt, and pepper.
4. Grill mackerel skin-side up under hot grill 3–4 minutes each side.
5. Serve mackerel over slaw with lemon and dill.

Turmeric Egg Salad Bowl with Almonds, Spinach & Lemon

Hard-boiled eggs are one of nature's most complete fertility foods — choline, Vit D, B12, and Vit A in one shell. Turmeric adds curcumin's anti-inflammatory power; almonds bring magnesium and Vit E for the luteal phase.

Protein	Total Fat	Net Carbs	Fiber	Serves
24g	26g	3g	3.5g	2

★ **KEY NUTRIENTS:** Choline 630mg | Vit D | Vit A | B12 3µg | Curcumin | Magnesium 90mg | Vit E 7mg | Folate 150µg | Selenium | Zinc 2.5mg

Ingredients

- 6 large eggs, hard-boiled
- 2 cups baby spinach
- 30g almonds, roughly chopped
- 2 tbsp olive oil
- 1 tsp turmeric
- ½ tsp cumin
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 clove garlic, minced
- Salt, pepper, chilli flakes
- 2 tbsp fresh coriander

Method

1. Peel and roughly chop eggs. Place in a bowl.
2. Whisk olive oil, turmeric, cumin, lemon juice, lemon zest, garlic, salt and pepper.
3. Toss egg with ¾ of dressing and fold through gently.
4. Arrange spinach on plates, top with egg mixture.
5. Scatter almonds, coriander, and chilli flakes. Drizzle remaining dressing.

Dinners

Evening meals designed to replenish the body after a full day — rich in iron, zinc, DHA, and progesterone-supporting nutrients. Each dinner is crafted to be satisfying, anti-inflammatory, and deeply nourishing for the reproductive system.





Herb-Crusted Salmon with Roasted Broccoli & Avocado Salsa

A flagship fertility dinner — wild salmon delivers DHA, EPA, Vit D and B12; broccoli's sulforaphane supports estrogen detox; avocado provides progesterone-supporting fats and folate. Herb crust adds anti-inflammatory rosemary and zinc from pumpkin seeds.

Protein	Total Fat	Net Carbs	Fiber	Serves
42g	38g	5g	8g	2

★ **KEY NUTRIENTS:** DHA 2100mg | Vit D 700IU | Sulforaphane | Folate 180µg | Magnesium 130mg | Zinc 3mg | B12 5µg | Vit C 80mg | Vit E 8mg | Rosemary polyphenols

Ingredients

- 2 salmon fillets (180g each)
- 200g broccoli florets
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- HERB CRUST: 3 tbsp almond meal, 2 tbsp pumpkin seeds crushed, 1 tsp rosemary dried, 1 tsp lemon zest, salt, pepper, 1 tbsp olive oil
- SALSA: avocado + tomatoes + 1 tbsp lemon juice + 1 tbsp olive oil + chilli flakes + coriander
- 2 tbsp olive oil
- Lemon to serve

Method

1. Preheat oven to 200°C. Toss broccoli in 1 tbsp olive oil, salt, and pepper. Roast 18–20 minutes until charred at edges.

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2. Mix almond meal, crushed pumpkin seeds, rosemary, lemon zest, salt, pepper, and 1 tbsp olive oil to form a crust.
3. Press herb crust onto the flesh side of each salmon fillet.
4. Place salmon crust-side up on a lined tray. Bake at 200°C for 14–16 minutes.
5. While salmon rests, toss avocado, tomatoes, lemon juice, olive oil, chilli, and coriander for salsa.
6. Serve salmon with roasted broccoli and avocado salsa.



Slow-Cooked Beef & Kale Stew with Bone Broth & Turmeric

A mineral-dense, deeply warming stew. Bone broth and grass-fed beef supply collagen, zinc, and B12 for reproductive tissue health. Kale drives I3C for estrogen clearance. Turmeric and ginger provide systemic anti-inflammatory support.

Protein	Total Fat	Net Carbs	Fiber	Serves
38g	22g	6g	4g	4

★ **KEY NUTRIENTS:** Zinc 8mg | Iron 6mg | B12 4µg | I3C | Curcumin | Collagen (from bone broth) | Magnesium 90mg | CoQ10 | Selenium | Folate 100µg

Ingredients

- 500g grass-fed beef chuck, cubed
- 3 cups kale, chopped
- 1 cup mushrooms, quartered
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp turmeric
- 1 tsp cumin
- ½ tsp smoked paprika
- 800ml bone broth
- 2 tbsp olive oil
- 1 tbsp tomato paste
- Salt, pepper, fresh thyme

- Fresh parsley to serve

Method

1. Season beef. Heat olive oil in a large pot and brown beef in batches over high heat. Set aside.
2. In same pot, sauté onion 5 min. Add garlic, ginger, turmeric, cumin, paprika. Cook 1 min.
3. Return beef. Add bone broth, tomato paste, and thyme. Bring to boil.
4. Reduce to lowest simmer, cover and cook 1.5–2 hours until beef is tender.
5. Add mushrooms and kale, cook a further 10 minutes.
6. Season and serve with fresh parsley.

Pan-Seared Oysters with Cauliflower Mash & Buttered Spinach

Oysters are the most zinc-dense food in existence — a single serve provides over 400% of the daily zinc requirement, directly supporting progesterone synthesis, ovulation, and egg quality. Cauliflower mash is a keto-friendly base; buttered spinach adds folate and magnesium.

Protein	Total Fat	Net Carbs	Fiber	Serves
18g	24g	5g	4g	2

★ **KEY NUTRIENTS:** Zinc 33mg | Iron 5mg | B12 17µg | Folate 260µg | Magnesium 110mg | I3C (cauliflower) | Iodine | Selenium
| Choline 310mg | Vit D

Ingredients

- 12 fresh oysters, shucked (or 1 tin smoked oysters)
- 400g cauliflower, cut into florets
- 2 cups spinach
- 3 tbsp butter (or coconut oil)
- 1 clove garlic, minced
- ½ cup unsweetened coconut milk
- 1 tbsp lemon juice
- Pinch nutmeg
- Salt, pepper, cayenne
- Fresh dill and lemon to serve

Method

1. Steam or boil cauliflower until very tender (~12 min). Drain well.
2. Blend cauliflower with coconut milk, 1 tbsp butter, nutmeg, salt, and pepper until smooth and creamy.
3. In a pan, melt 1 tbsp butter over medium-high heat. Add oysters and sear 1–2 min each side until lightly golden. Remove.
4. Add remaining butter and garlic to same pan. Add spinach and wilt 2 minutes. Season.
5. Plate cauliflower mash, top with spinach and oysters. Drizzle with lemon juice, cayenne, and dill.

Baked Mackerel with Roasted Capsicum, Olives & Capers

A Mediterranean-inspired fertility dinner. Mackerel provides DHA, EPA, Vit D and iodine; roasted red capsicum brings the highest Vit C concentration of any vegetable, supporting luteal phase progesterone production.

Protein	Total Fat	Net Carbs	Fiber	Serves
38g	32g	6g	3g	2

★ **KEY NUTRIENTS:** DHA 1200mg | EPA 500mg | Vit C 155mg | Vit D | Iodine | B12 4µg | B6 0.6mg | Magnesium 75mg | Anti-inflammatory (omega-3) | Rosemary polyphenols

Ingredients

- 2 whole mackerel or 2 large fillets (200g each)
- 2 large red bell peppers, quartered
- ½ cup Kalamata olives
- 2 tbsp capers
- 3 cloves garlic, whole
- 1 lemon, sliced
- 3 tbsp olive oil
- 1 tsp smoked paprika
- Fresh thyme and rosemary
- Salt and pepper

Method

1. Preheat oven to 200°C.
2. Place pepper quarters, garlic, olives, and capers in a baking dish. Drizzle with 2 tbsp olive oil, sprinkle with paprika, thyme, salt and pepper.
3. Lay lemon slices in dish. Place mackerel on top, drizzle with remaining olive oil, salt and pepper, and rosemary.
4. Cover with foil and bake 20 minutes. Remove foil and bake a further 8–10 minutes until fish is cooked and peppers are soft and caramelised.
5. Serve directly from dish.



Egg-Stuffed Capsicum with Beef Mince, Cumin & Almond Crumble

Red capsicum shells stuffed with spiced grass-fed beef and baked with eggs — a stunning all-in-one fertility dinner. Iron, zinc, B12, B6, and Vit C all delivered in one beautiful dish. Almond meal crumble replaces breadcrumbs for a keto-friendly finish.

Protein	Total Fat	Net Carbs	Fiber	Serves
36g	28g	7g	4g	2

★ **KEY NUTRIENTS:** Vit C 155mg | B6 0.8mg | Iron 5.5mg | Zinc 6mg | B12 3.5µg | Choline 340mg | Vit A | Magnesium 80mg | Curcumin | Folate 110µg

Ingredients

- 2 large red bell peppers, halved lengthways, seeds removed
- 250g grass-fed beef mince
- 4 small eggs
- 1 cup spinach, roughly chopped
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp cayenne
- 2 tbsp almond meal
- 1 tbsp olive oil
- Salt and pepper
- Fresh coriander to serve

Method

1. Preheat oven to 190°C. Brush capsicum halves with olive oil and place cut-side up in a baking dish. Pre-roast 10 minutes.
2. Brown beef mince with garlic, cumin, paprika, and cayenne. Add spinach, stir through until wilted. Season.
3. Fill capsicum halves with beef mixture, leaving a small well in the centre.
4. Crack one egg into each capsicum half.
5. Sprinkle almond meal over the top of each.
6. Bake 18–22 minutes until egg whites are set and capsicum is tender.
7. Serve with fresh coriander.

Grilled Beef Steak with Mushroom & Spinach Sauté & Pumpkin Seed Gremolata

A classic fertility powerhouse — grass-fed steak delivers iron, zinc, B12, and CoQ10 while a quick mushroom and spinach sauté provides aromatase inhibitors, folate, and magnesium. The pumpkin seed gremolata adds zinc and Vit E in every bite.

Protein	Total Fat	Net Carbs	Fiber	Serves
48g	34g	4g	3g	2

★ **KEY NUTRIENTS:** Zinc 8mg | Iron 6mg | B12 4.5µg | CoQ10 | Folate 180µg | Magnesium 130mg | Aromatase inhibitors | Vit E 6mg | B6 0.6mg | Selenium

Ingredients

- 2 sirloin or rump steaks (180g each), grass-fed
- 200g mixed mushrooms, sliced
- 2 cups baby spinach
- 3 cloves garlic, minced
- GREMOLATA: 3 tbsp pumpkin seeds (toasted), 1 tbsp lemon zest, 2 tbsp fresh parsley, 1 clove garlic, pinch salt
— blitz roughly
- 2 tbsp olive oil
- 1 tbsp butter
- Salt, pepper, rosemary

Method

1. Rest steaks at room temperature 20 minutes. Season generously with salt, pepper, and rosemary.
2. Heat a cast-iron pan until very hot. Add 1 tbsp olive oil. Sear steaks 3–4 min each side (medium-rare). Rest 5 min.
3. In same pan reduce heat, add butter and mushrooms. Cook 4–5 minutes. Add garlic and spinach, toss 2 minutes. Season.
4. Make gremolata: blitz pumpkin seeds, lemon zest, parsley, garlic, and salt to a rough crumble.
5. Plate mushroom-spinach sauté, top with sliced steak and scatter gremolata over.

Sardine & Lemon Almond Pasta with Broccoli & Chilli (Zucchini Noodles)

Zucchini noodles replace pasta for a keto-friendly base while sardines deliver calcium, DHA, iodine, and B12. Broccoli adds sulforaphane and Vit C; almond meal forms a savoury crumble. Garlic, chilli, and lemon tie the flavours together beautifully.

Protein	Total Fat	Net Carbs	Fiber	Serves
24g	28g	6g	5g	2

★ **KEY NUTRIENTS:** DHA 980mg | Calcium 390mg | B12 8µg | Iodine | Vit C 80mg | Sulforaphane | I3C | Vit D | Magnesium 80mg | Iron 4mg | Lemon bioflavonoids

Ingredients

- 2 large zucchinis, spiralised
- 1 tin sardines in olive oil (100g), drained, roughly broken
- 150g broccoli, small florets, lightly steamed
- 3 tbsp almond meal, toasted
- 3 cloves garlic, thinly sliced
- 1 red chilli, sliced
- 2 tbsp capers
- Zest and juice of 1 lemon
- 3 tbsp olive oil
- Salt, pepper, fresh parsley

Method

1. Spiralise zucchini. Lightly salt and rest 5 minutes. Pat dry with paper towel.
2. Toast almond meal in a dry pan until golden. Set aside.
3. Heat olive oil in a large pan over medium. Fry garlic and chilli until fragrant, 1 min.
4. Add zucchini noodles and broccoli. Toss 2–3 minutes just to warm through.
5. Add sardines, capers, lemon zest and juice. Toss gently.
6. Serve topped with toasted almond meal and parsley.



Coconut Turmeric Chicken Thighs with Cauliflower Rice & Chia Seeds

Chicken thighs in a fragrant golden coconut-turmeric sauce — curcumin, ginger and garlic work synergistically to reduce inflammation and support healthy hormone signalling. Chia seeds stirred into cauliflower rice add ALA omega-3s and fiber to support gut-hormone axis.

Protein	Total Fat	Net Carbs	Fiber	Serves
38g	34g	5g	7g	4

★ **KEY NUTRIENTS:** Curcumin (enhanced by fat) | ALA 2.5g | Fiber 7g | Magnesium 80mg | Choline 150mg | Selenium | B6 0.6mg | MCT (coconut) | Anti-inflammatory | Gut prebiotic (chia)

Ingredients

- 600g chicken thighs, bone-in skin-on
- 1 head cauliflower, grated into rice
- 400ml coconut milk (full fat)
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1.5 tsp turmeric
- 1 tsp cumin
- ½ tsp coriander powder
- ¼ tsp cayenne
- 2 tbsp chia seeds
- 2 tbsp coconut oil
- Salt and pepper

- Fresh coriander and lime to serve

Method

1. Season chicken with salt and pepper. Heat coconut oil in a large oven-safe pan. Brown chicken thighs skin-side down 4–5 min. Flip and cook 2 more min. Remove.
2. In same pan, sauté garlic and ginger 1 minute. Add turmeric, cumin, coriander, cayenne. Stir 30 seconds.
3. Pour in coconut milk. Return chicken. Simmer uncovered 25–30 minutes until cooked through and sauce has thickened.
4. Meanwhile pulse cauliflower into rice. Sauté in coconut oil 5 minutes. Stir through chia seeds off heat. Season.
5. Serve chicken and sauce over cauliflower-chia rice with coriander and lime.

Grilled Salmon with Warm Lentil & Spinach Salad & Lemon-Tahini Dressing

A landmark fertility dinner combining the omega-3 power of salmon with folate-rich lentils and spinach. Tahini dressing adds calcium and zinc; lemon provides Vit C to enhance iron absorption from the lentils significantly.

⚠️ **Note: lentils add 12g net carbs to this meal — counts toward your daily 30g target. Ideal for less strict days.**

Protein	Total Fat	Net Carbs	Fiber	Serves
48g	30g	12g	8g	2

★ **KEY NUTRIENTS:** DHA 1800mg | Folate 230µg | Iron 6mg | Vit C 30mg (enhances iron absorption) | Magnesium 120mg | Zinc 3.5mg | B12 4µg | Calcium 180mg | B6 0.8mg

Ingredients

- 2 salmon fillets (160g each)
- 150g green or puy lentils, cooked (or tinned, drained)
- 2 cups baby spinach
- ½ red onion, finely sliced
- DRESSING: 2 tbsp tahini, 2 tbsp lemon juice, 1 clove garlic, 1 tbsp olive oil, 1–2 tbsp water, salt
- 1 tbsp olive oil
- Salt, pepper, cumin
- Toasted sunflower seeds to garnish

Method

1. Season salmon with cumin, salt, and pepper. Pan-sear or grill 3–4 min each side.
2. Warm lentils in a pan with a splash of water, salt and pepper. Fold through spinach to just wilt.
3. Whisk dressing until smooth.
4. Plate warm lentil-spinach base, top with flaked salmon and red onion.
5. Drizzle tahini dressing, scatter sunflower seeds.



Spiced Beef Meatballs in Turmeric Tomato Sauce with Almond Meal Crust

Grass-fed beef meatballs bound with almond meal, seasoned with garlic, cumin, and chilli, simmered in a rich turmeric tomato sauce. A deeply satisfying, iron and zinc-rich dinner that supports hormone production, reduces inflammation, and nourishes the gut.

Protein	Total Fat	Net Carbs	Fiber	Serves
36g	24g	6g	4g	4

★ **KEY NUTRIENTS:** Iron 6mg | Zinc 7mg | B12 4µg | Curcumin | Lycopene (tomato) | Magnesium 80mg | B6 0.6mg | CoQ10 | Folate 90µg | Psyllium fiber

Ingredients

- 500g grass-fed beef mince
- 3 tbsp almond meal
- 1 egg
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp smoked paprika
- ¼ tsp cayenne
- SAUCE: 400g crushed tomatoes, 1 cup spinach, 3 cloves garlic, 1 tsp turmeric, 1 tsp cumin, 1 tsp smoked paprika, 2 tbsp olive oil, salt, pepper
- Fresh basil and parsley
- 1 tbsp psyllium husk (optional – adds fiber)

Method

1. Combine mince, almond meal, egg, garlic, cumin, paprika, cayenne, and psyllium husk (if using). Season. Roll into 16 balls.
2. Heat olive oil in a large pan. Brown meatballs in batches, 2–3 min each side. Remove.
3. In same pan, sauté garlic 1 minute. Add crushed tomatoes, turmeric, cumin, paprika. Simmer 5 minutes.
4. Return meatballs to sauce. Simmer covered 20 minutes.
5. Stir through spinach in final 2 minutes.
6. Serve topped with fresh basil and parsley.

Whole Baked Snapper with Kale, Lemon, Olives & Almonds

Whole baked fish retains all nutrients. Snapper provides selenium, iodine, Vit D, and complete protein. Kale delivers I3C and folate; almonds add magnesium and Vit E; lemon and olives provide anti-inflammatory polyphenols.

Protein	Total Fat	Net Carbs	Fiber	Serves
44g	30g	4g	4g	2

★ **KEY NUTRIENTS:** Selenium 90µg | Iodine | Vit D | I3C | Folate 120µg | Vit E 7mg | Magnesium 95mg | Vit C 50mg | Monounsaturated fats | B12 3.5µg

Ingredients

- 1 whole snapper (approx 600g), cleaned and scored
- 2 cups kale, stems removed, chopped
- ½ cup Kalamata olives
- 30g slivered almonds
- 1 lemon, sliced
- 4 cloves garlic
- 3 tbsp olive oil
- 1 tsp smoked paprika
- Fresh thyme and rosemary
- Salt and pepper
- Lemon juice to finish

Method

1. Preheat oven to 200°C.
2. Score both sides of fish. Season cavity and outside generously with salt, pepper, and paprika.
3. Stuff cavity with garlic, lemon slices, thyme and rosemary.
4. Lay kale in bottom of a baking dish. Scatter olives over kale. Drizzle with 2 tbsp olive oil, salt and pepper.
5. Place fish on top. Drizzle with remaining olive oil. Scatter almonds over.
6. Bake 25–30 minutes until fish is cooked through and skin is crispy.
7. Finish with fresh lemon juice.

Egg & Avocado Curry with Spinach, Coconut Milk & Chia Seeds

A plant-forward, fertility-rich curry. Eggs deliver choline and Vit D; avocado provides folate and hormone fats; spinach adds iron and magnesium; coconut milk supplies MCTs; chia seeds stir through for an extra fiber boost. Fragrant and deeply nourishing.

Protein	Total Fat	Net Carbs	Fiber	Serves
20g	38g	6g	9g	4

★ **KEY NUTRIENTS:** Choline 340mg | Vit D | Folate 170µg | ALA 2.5g | Fiber 9g | Magnesium 100mg | MCT (coconut) | Curcumin | Vit E 5mg | Iron 4mg

Ingredients

- 8 hard-boiled eggs, peeled and halved
- 2 ripe avocados, cut into wedges
- 3 cups baby spinach
- 2 tbsp chia seeds
- 400ml full-fat coconut milk
- 1 onion, diced
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp coriander powder
- ½ tsp cayenne
- 2 tbsp coconut oil
- Salt
- Fresh coriander and lime to serve

Method

1. Heat coconut oil in a large pan. Sauté onion until soft and golden, 6–7 minutes.
2. Add garlic, ginger, turmeric, cumin, coriander, and cayenne. Cook 1 minute.
3. Pour in coconut milk. Simmer 8–10 minutes until sauce thickens slightly.
4. Add spinach, stir until wilted. Off heat, stir through chia seeds.
5. Gently nestle eggs into sauce. Add avocado wedges on top, do not stir.
6. Cover and rest 2–3 minutes. Serve with fresh coriander and lime.

Beef Liver & Caramelised Onion with Spinach & Garlic

Gram for gram, liver is the most nutrient-dense food available to support fertility — a single serving delivers a week's worth of B12, exceptional Vit A, the highest folate content of any food, plus choline, iron, CoQ10, and zinc. A once or twice weekly inclusion is strongly recommended for women trying to conceive.

Protein	Total Fat	Net Carbs	Fiber	Serves
32g	16g	7g	3g	2

★ **KEY NUTRIENTS:** Vit A 9000IU | Folate 290µg | B12 60µg | Iron 8mg | CoQ10 | Zinc 6mg | Choline 400mg | Selenium | Copper | B6 1.2mg | Vit D

Ingredients

- 250g beef liver, sliced into strips (grass-fed)
- 2 large onions, thinly sliced
- 3 cups baby spinach
- 3 cloves garlic, minced
- 2 tbsp butter
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp thyme
- Salt, pepper, cayenne
- Squeeze of lemon juice

Method

1. Caramelize onions: heat butter and olive oil in a heavy pan. Add onions with a pinch of salt. Cook low and slow 25–30 minutes, stirring occasionally, until deeply golden and sweet.
2. Season liver strips with paprika, thyme, salt, pepper, and cayenne.
3. Push onions to side of pan and increase heat. Add liver strips, sear 2–3 minutes each side (do not overcook — should be slightly pink inside).
4. Add garlic and spinach, toss 1–2 minutes.
5. Finish with lemon juice.

Chilli Coconut Prawns with Cauliflower Fried Rice & Chia Egg

Prawns deliver iodine, selenium, and zinc for thyroid and reproductive health. Cauliflower fried rice keeps carbs low while providing I3C; chia seeds add ALA and fiber; garlic and chilli stimulate circulation and provide natural anti-inflammatory effects.

Protein	Total Fat	Net Carbs	Fiber	Serves
34g	26g	6g	9g	2

★ **KEY NUTRIENTS:** Iodine | Selenium 65µg | Zinc 3mg | I3C | ALA 2.5g | Fiber 9g | Choline 300mg | B12 2µg | MCT | Anti-inflammatory (chilli, ginger, garlic)

Ingredients

- 300g raw prawns, peeled and deveined
- 1 head cauliflower, grated into rice
- 3 eggs, whisked
- 2 tbsp chia seeds
- 3 cloves garlic, minced
- 1–2 red chillies, sliced
- 1 tbsp fresh ginger, grated
- 2 tbsp coconut aminos
- 1 tbsp sesame oil
- 2 tbsp coconut oil
- 1 cup spinach
- Lime juice, sesame seeds, spring onion to serve

Method

1. Cook cauliflower rice in 1 tbsp coconut oil over medium-high heat 4–5 minutes until just tender. Season. Push to edges of pan.
2. Add whisked eggs to centre, scramble. Toss with cauliflower rice. Stir through chia seeds off heat. Keep warm.
3. In a separate pan, heat coconut oil. Add garlic, ginger, and chilli 30 seconds. Add prawns and toss 2–3 min until just pink.
4. Add sesame oil, coconut aminos, and spinach. Toss 1 minute.
5. Serve prawns over cauliflower-chia rice. Garnish with lime, sesame, and spring onion.

Roasted Chicken Thighs with Brussels Sprouts, Pomegranate & Pumpkin Seeds

A celebration fertility dinner. Brussels sprouts provide I3C and glucosinolates for estrogen metabolism; pumpkin seeds deliver zinc and magnesium for progesterone; pomegranate seeds add aromatase-inhibiting punicalagins and polyphenols as a vibrant garnish. Roasted golden chicken ties it all together.

Protein	Total Fat	Net Carbs	Fiber	Serves
42g	30g	7g	5g	4

★ **KEY NUTRIENTS:** I3C | Glucosinolates | Zinc 4mg | Magnesium 100mg | Punicalagins (pomegranate) | Vit C 80mg | B6 0.7mg | Folate 80µg | Iron 3mg | Selenium | Vit K

Ingredients

- 600g chicken thighs, bone-in skin-on
- 400g Brussels sprouts, halved
- 60g pomegranate seeds (as garnish, use sparingly — approx 30g per serve)
- 3 tbsp pumpkin seeds
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ tsp cayenne
- Salt and pepper
- Fresh parsley and lemon to serve

Method

1. Preheat oven to 200°C.
2. Toss Brussels sprouts with 2 tbsp olive oil, garlic, paprika, cumin, cayenne, salt, and pepper. Spread on a roasting tray.
3. Season chicken thighs with remaining olive oil, paprika, salt, and pepper.
4. Place chicken thighs on top of Brussels sprouts. Scatter pumpkin seeds around.
5. Roast 35–40 minutes until chicken is golden and cooked through and sprouts are caramelised.
6. Rest 5 minutes. Scatter pomegranate seeds, fresh parsley, and a squeeze of lemon just before serving.

Nutritional Notes & Clinical Guidance

- **AIM FOR 80G PROTEIN DAILY:** Distribute protein evenly across three meals. Prioritise grass-fed beef, wild fish, eggs, and organ meats for the highest bioavailability and hormonal co-factors.
- **DAILY FIBRE TARGET — 30G MINIMUM:** Use chia seeds (add to drinks or salads), psyllium husk (stir into water or smoothies), linseed meal (add to meals), and chicory/inulin powder (add to herbal teas) to meet this target. Fibre is essential for binding and excreting excess estrogen via the bowel.
- **NET CARBS ≤ 30G PER DAY:** Calculate net carbs as Total Carbohydrates minus Fibre. Vegetables, seeds, and nuts are your primary carbohydrate sources. Fruit should be limited to berries and small amounts of citrus.
- **LIVER — EAT WEEKLY:** Beef or chicken liver is the single most nutrient-dense food for fertility. Even 100–150g once or twice per week delivers extraordinary amounts of folate, B12, Vit A, choline, iron, and CoQ10.
- **HEALTHY FATS ARE ESSENTIAL:** Do not fear fat on this protocol. Avocado, olive oil, coconut oil, nuts, seeds, eggs, and oily fish provide the cholesterol and fatty acid precursors needed for ALL steroid hormone production — including progesterone, oestrogen, and cortisol.
- **BLOOD SUGAR IS HORMONE HEALTH:** Every meal in this book is designed to prevent blood glucose spikes. Stable insulin = lower inflammation = better ovulation. Eat within 30–60 minutes of waking and avoid skipping meals.
- **TURMERIC & PEPPER:** Always combine turmeric with black pepper and a healthy fat to enhance curcumin absorption by up to 2000%.
- **BITTER HERBS FOR LIVER SUPPORT:** Dandelion root tea, artichoke leaf, peppermint, and chicory all support liver phase I and II detoxification — essential for clearing excess estrogen and synthetic hormone metabolites.
- **SUPPLEMENT CONSIDERATIONS:** Women trying to conceive should discuss with their practitioner: activated folate (methylfolate), Vit D3/K2, magnesium glycinate, zinc, iodine, CoQ10, and a quality omega-3 fish oil in addition to this dietary framework.
- **HYDRATION:** Aim for 2–3L of filtered water daily. Herbal teas (ginger, peppermint, dandelion, fennel, raspberry leaf) count toward fluid intake and provide additional hormone-supporting phytonutrients.