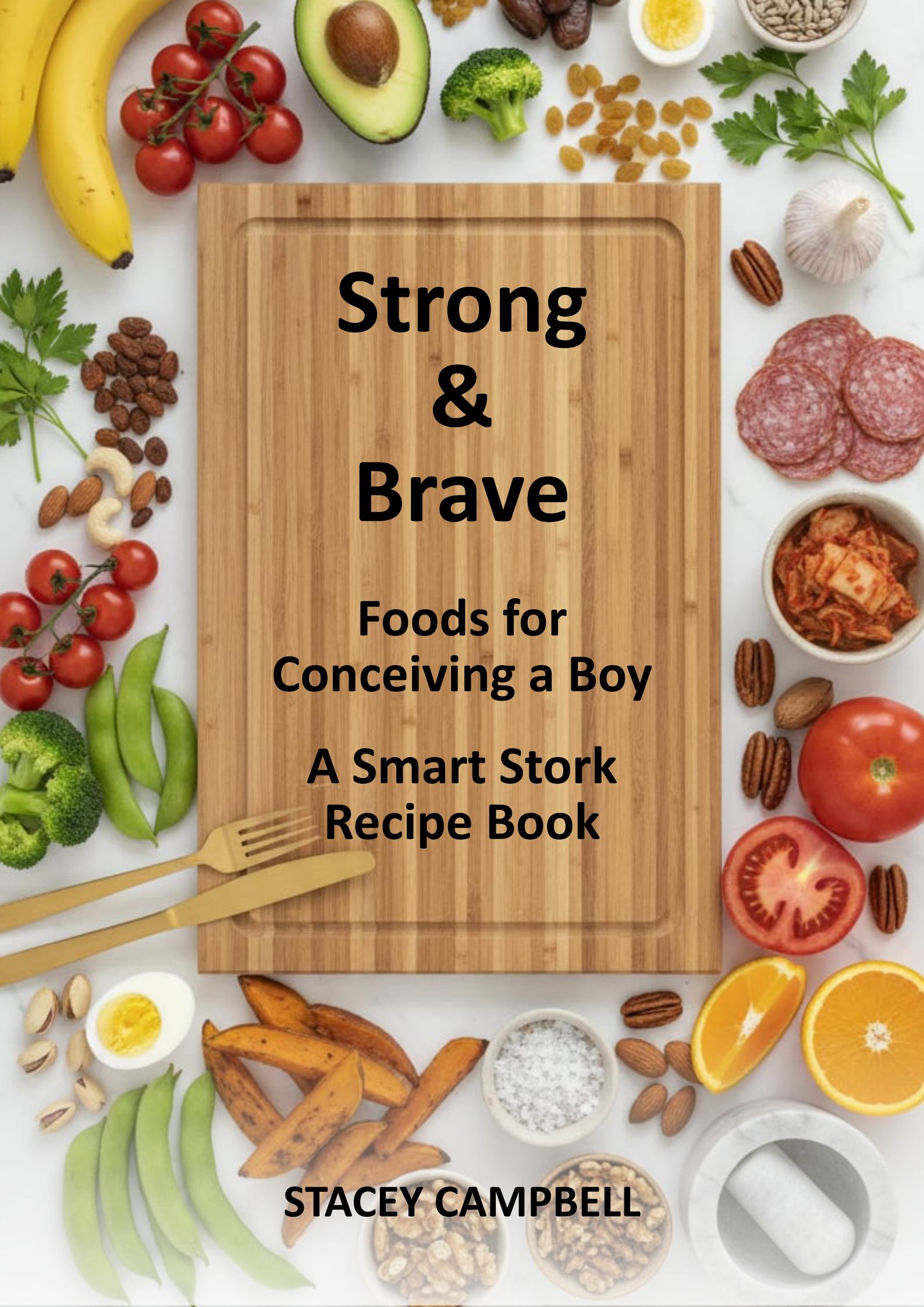




Strong & Brave

**Foods for
Conceiving a Boy**

**A Smart Stork
Recipe Book**

STACEY CAMPBELL

Smart Stork STRONG & BRAVE

A Gender-Selection Nutrition Guide & Recipe Book

High Potassium · Moderate Sodium · Low Calcium · Low Magnesium

5 Breakfasts · 10 Lunches · 15 Dinners



Stacey Campbell

Companion Volume to Nourish to Flourish, Bloom & Multiply and Sweet As A Girl

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Introduction — The Science Behind the Boy Diet

The boy gender-sway diet is the nutritional counterpart to the high-calcium, high-magnesium girl diet. Research — principally the French IRSN study and subsequent observational work — suggests that a preconception dietary pattern high in potassium and sodium, with reduced calcium and magnesium, may create a physiological environment more favourable to Y-bearing (boy) sperm. While no dietary approach can guarantee a specific sex outcome, the boy diet is safe, highly nutritious, and comprehensively fertility-supportive regardless of the result.



How Minerals Influence Gender Selection

- **POTASSIUM & SODIUM — INCREASE:** Higher circulating potassium and sodium are theorised to create a cervical and follicular fluid environment that is more favourable to Y-bearing (boy) sperm — which are smaller, faster, and less resilient than X-bearing sperm. The ion gradient of the reproductive tract may influence which sperm successfully reaches and fertilises the egg.
- **CALCIUM & MAGNESIUM — REDUCE:** Lower calcium and magnesium are thought to disadvantage the more calcium-sensitive X-bearing sperm while favouring Y-sperm survival in the reproductive environment. This is the direct inverse of the girl diet mineral approach.
- **THE EVIDENCE:** The research base for gender-sway diets is observational and limited. The most cited work is the French IRSN studies showing correlations between preconception dietary mineral patterns and offspring sex ratios. These findings are statistically significant but not deterministic — sex is ultimately determined by which sperm fertilises the egg, which is random. This diet is offered as an evidence-informed nutritional framework, not a guarantee.
- **TIMING:** The boy diet is most effective when followed for 3–4 months before attempting conception. It is often combined with Shettles timing recommendations (intercourse closer to or at ovulation, when Y-sperm have a speed advantage) for combined effect.
- **SODIUM — SAFE LEVELS ONLY:** Increasing sodium does NOT mean eating processed junk food. On this diet, sodium comes from quality sources: Celtic sea salt (rich in trace minerals), fermented foods (sauerkraut, kimchi,

pickles — which also provide probiotics), good-quality sourdough bread, and quality pork products. The target is approximately 2000–2500mg sodium per day — safe and achievable from whole food sources.

Foods to Prioritise Daily

- **POTASSIUM POWERHOUSES:** White yam (816mg/100g — highest of any food), coconut water (600mg/250ml), banana (422mg each), medjool dates (440mg/3 dates), sweet potato (540mg/150g), potato with skin (620mg/150g), avocado (365mg/half), cantaloupe melon (427mg/150g), white beans (561mg/100g), tomato, spinach (small amounts), Swiss chard
- **SODIUM SOURCES (QUALITY):** Celtic sea salt — use in cooking (not at the table); sauerkraut (700mg/60g — also probiotic); kimchi (700mg/60g — also probiotic); good-quality pork sausages (preservative-free); bacon (1–2 rashers); pickles (600mg/60g — fermented); sourdough bread (350mg/2 slices); coconut aminos (as a soy sauce alternative)
- **PROTEINS (LOW CALCIUM):** Chicken breast and thigh, pork (all cuts), eggs, millet (as grain base). All provide excellent fertility nutrition with minimal calcium. Avoid tinned fish with bones (high calcium) and tofu (calcium-set) which are cornerstone girl-diet foods.
- **BEVERAGES:** Coconut water daily (1–2 glasses for potassium and electrolytes), dandelion leaf tea (potassium + liver support), chicory root tea or powder (potassium + prebiotic inulin), mushroom powder blends in drinks (adaptogenic + potassium), cacao in coconut milk (1 tsp — not 1 tbsp to manage magnesium)
- **HERBS & SPICES:** Garlic (allicin for circulation), parsley (potassium, Vit C, Vit K), turmeric (anti-inflammatory), paprika, cumin, cinnamon, cayenne — all low in calcium and magnesium, all rich in polyphenols and phytonutrients
- **RESISTANT STARCH:** White rice (cooked and cooled overnight), white pasta (cooked and cooled), potato (cooked and cooled) — cooling these starchy carbohydrates converts some starch to resistant starch, which feeds beneficial gut bacteria and supports the gut-hormone axis

Foods to Limit or Avoid on the Boy Diet

The following foods are high in calcium and/or magnesium and should be reduced during the preconception period. The goal is conscious reduction — keeping calcium below approximately 600mg/day and magnesium below 250mg/day where possible.

- **HIGH CALCIUM — AVOID OR MINIMISE STRICTLY:** All dairy products (milk, yoghurt, hard cheese, ricotta), calcium-set tofu, collard greens (very high calcium), sardines and salmon with bones, fortified almond milk, chia seeds (high calcium), sesame seeds and tahini (high calcium), blanched almonds, Brazil nuts, broccoli (moderate)
— keep portions small), kale (moderate)
- **HIGH MAGNESIUM — LIMIT:** Raw cacao (1 tsp max per day — not 1 tbsp), cashews (30g max — also moderate potassium), sunflower seeds (30g max), dark chocolate, spinach (small amounts only — also high calcium), Swiss chard (small amounts — but good potassium so moderate portions acceptable), oats (avoid — high magnesium), buckwheat (avoid — high magnesium), amaranth (avoid — high magnesium and calcium)
- **AVOID HIGH-CALCIUM DAIRY ENTIRELY:** Milk, yoghurt, hard cheeses (cheddar, Parmesan), and cream cheese are the most significant sources of dietary calcium and are the primary foods to remove on this diet. Replace with coconut milk, coconut yoghurt (check labels), and coconut water.
- **DRINK CHOICES TO CHANGE:** Replace calcium-fortified almond milk with coconut milk or coconut water. Avoid mineral waters high in calcium (check labels — Contrex, Evian have high calcium). Choose lower-calcium waters or standard filtered water.

Fertility Foods — Mineral Reference Table

✓ = Favourable level for boy diet | ↑ = Higher — use with caution | Green text = promotes boy diet targets | Amber text = limit on boy diet

Food	Serv ing	Pota s sium	Sodi u m	Calci u m	Mag nesi um	Key Nutrients	Boy Diet Role
Eggs (free range)	2 large	138m g ✓	140m g ✓	56mg ✓	12mg g ✓	Choline 294mg, Vit D, B12, Selenium, Vit A	Fertility essential; moderate potassium & sodium; low calcium — ideal boy-diet protein
Chicken breast	100g	256m g ✓	75mg ✓	11mg ✓	29mg g ✓	Protein 31g, B6, B3, Selenium, Phosphorus	Lean protein; moderate potassium; very low calcium — excellent everyday choice
Chicken thigh	100g	230m g ✓	88mg ✓	12mg ✓	25mg g ✓	Protein 26g, B6, Zinc, Iron, CoQ10	Good zinc & B6 for testosterone and progesterone; low calcium
Pork (lean)	100g	380m g ✓	70mg ✓	12mg ✓	28mg g ✓	B1, B6, Zinc, Selenium, Protein 25g	Thiamine & zinc; moderate potassium; low calcium & magnesium
Bacon (2 rashers, grilled)	40g	200m g ✓	600m g ✓	7mg ✓	9mg ✓	Protein 10g, B1, B6, Zinc	Useful sodium source; use 1–2 rashers max; grill to reduce fat; moderation key
Sausages (good quality pork)	2 small (80g)	240m g ✓	700m g ✓	25mg ✓	14mg g ✓	Protein 14g, B1, Zinc	Sodium source; choose preservative-free, quality pork sausages; occasional use
Millet (cooked)	100g	62mg ✓	2mg ✓	3mg ✓	44mg g ✓	B3, B6, Magnesium 44mg, Iron, Phosphorus	Grain with moderate potassium and useful magnesium; very low calcium; fertility-friendly
Banana	1 medium (120g)	422m g ✓	1mg ✓	6mg ✓	32mg g ✓	B6 0.4mg, Potassium 422mg, Folate 24µg	Top potassium source; B6 for progesterone; very low calcium — cornerstone of boy diet
Potato (baked with skin)	150g	620m g ✓	12mg ✓	15mg ✓	35mg g ✓	Vit C 17mg, B6, Potassium, Fibre	Excellent potassium; low sodium, calcium, magnesium — ideal on this diet
Sweet potato (baked)	150g	540m g ✓	55mg ✓	45mg ✓	30mg g ✓	Vit A 18000IU, Vit C, B6, Fibre	Rich potassium & Vit A; slightly higher calcium — still safe in portions
Avocado	½ fruit (75g)	365m g ✓	7mg ✓	8mg ✓	22mg g ✓	Folate 60µg, B6, Vit E, Healthy fats	Essential fertility food; potassium-rich; low calcium; important hormone fats
Spinach (cooked)	90g	420m g ✓	63mg ↑	240m g ↑	84mg g ↑	Folate 263µg, Iron 4mg, Vit K	HIGH potassium ✓ but also high calcium & magnesium — use raw in small amounts only

Swiss chard (cooked)	90g	480m g ✓	300m g ✓	36mg ✓	75mg ↑	Vit K, Vit A, Vit C, Folate	Very high potassium & sodium ✓; moderate magnesium — keep portions to 80g
Tomatoes	1 medium (120g)	290m g ✓	6mg ✓	12mg ✓	14mg g ✓	Lycopene, Vit C 24mg, Folate, Vit A	Good potassium; very low calcium; lycopene supports sperm quality
Tomato paste	2 tbsp (30g)	350m g ✓	26mg ✓	16mg ✓	17mg g ✓	Concentrated lycopene, Vit C, Folate	Concentrated potassium & lycopene; low sodium unless salted — check labels
Broccoli	100g	293m g ✓	33mg ✓	47mg ✓	21mg g ✓	Vit C 89mg, Folate, I3C, Sulforaphane	Moderate potassium; relatively low calcium; I3C for estrogen clearance
Yam	100g	816m	9mg ✓	14mg	21m	Vit C 13mg, B6, Fibre,	Outstanding potassium; very low

Food	Serving	Potassium	Sodium	Calcium	Magnesium	Key Nutrients	Boy Diet Role
(white, cooked)		g ✓		✓	g ✓	Potassium	calcium & sodium — one of the best boy-diet staples
Kimchi	60g	230m g ✓	700m g ✓	50mg ✓	16m g ✓	Probiotics, Vit K, Capsaicin, B vitamins	Sodium source + probiotics; moderate potassium; small daily serve
Pickles (fermented)	60g	40mg ✓	600m g ✓	20mg ✓	6mg ✓	Probiotics, Vit K, Low calories	Sodium source; very low potassium & calcium; 1–2 small pickles daily
Sauerkraut	60g	170m g ✓	700m g ✓	30mg ✓	14m g ✓	Probiotics (Lactobacillus), Vit K, Iodine	Good sodium + probiotics + iodine; moderate potassium; useful daily inclusion
Seaweed (nori/kelp)	5g dry	140m g ✓	100m g ✓	30mg ✓	18m g ✓	Iodine, Fucoidan, Vit K, DHA precursors	Iodine for thyroid & ovulation; moderate potassium & sodium; fertility supportive
Dates (medjool)	3 dates (60g)	440m g ✓	1mg ✓	21mg ✓	30m g ✓	Natural sugars, B6, Iron, Fibre, Folate	Excellent potassium & iron; very low sodium & calcium; energy-dense
Raisins/Sultanas	30g	310m g ✓	11mg ✓	14mg ✓	9mg ✓	Iron, B6, Antioxidants, Natural sugars	Concentrated potassium; low calcium; portable snack; moderate daily portion
Orange (whole)	1 medium (130g)	237m g ✓	0mg ✓	52mg ✓	13m g ✓	Vit C 70mg, Folate 40µg, Hesperidin	Good potassium; Vit C supports fertility; low sodium; moderate calcium
Cantaloupe melon	150g	427m g ✓	28mg ✓	14mg ✓	18m g ✓	Vit A, Vit C 48mg, Folate, Beta-carotene	Excellent potassium; very low calcium & sodium; high Vit A for implantation
Honeydew melon	150g	388m g ✓	32mg ✓	10mg ✓	14m g ✓	Vit C 28mg, B6, Potassium, Folate	Very good potassium; very low calcium; hydrating and fertility supportive

Coconut water	250 ml	600 mg ✓	252 mg ✓	58mg ✓	60mg ✓	Electrolytes, Vit C, Cytokinins	Outstanding potassium source; natural sodium; important daily beverage on this diet
Dried figs	3 pieces (45g)	342 mg ✓	6mg ✓	72mg ↑	23mg ✓	Iron 1.3mg, Calcium 72mg, B6, Fibre	Good potassium but higher calcium — limit to 2–3 pieces; traditional fertility food
Cashews	30g	187 mg ✓	5mg ✓	13mg ✓	83mg ↑	Zinc 1.6mg, Iron, B6, Magnesium	Good potassium & zinc; higher magnesium — keep to 30g; low calcium
Pistachio nuts	30g	290 mg ✓	0mg ✓	30mg ✓	34mg ✓	B6, Arginine, Zinc, Lutein, Vit E	Excellent potassium; arginine for blood flow; low calcium; fertility-supportive
Pecan nuts	30g	116 mg ✓	0mg ✓	20mg ✓	34mg ✓	Vit E, Zinc, Oleic acid, Polyphenols	Low potassium but low calcium; low sodium; anti-inflammatory
Walnuts	30g	125 mg ✓	1mg ✓	28mg ✓	45mg ✓	ALA omega-3, Melatonin, Polyphenols	Egg quality support via ALA & melatonin; low calcium; fertility essential
Sunflower seeds	30g	241 mg ✓	1mg ✓	27mg ✓	100mg ↑	Vit E 10mg, B6, Selenium, Zinc	Good potassium; high Vit E & B6; moderate-high magnesium — keep to 30g
White rice (cooked, cooled)	150g	55mg ✓	5mg ✓	16mg ✓	13mg ✓	Resistant starch (cooled), B vitamins	Very low in all minerals; resistant starch (cooled) feeds gut microbiome; safe daily staple
White pasta (cooked, cooled)	150g	44mg ✓	3mg ✓	10mg ✓	18mg ✓	Resistant starch (cooled), B vitamins	Very low potassium; resistant starch when cooled; use sourdough pasta where possible
Sourdough bread	2 slices (70g)	120 mg ✓	350 mg ✓	30mg ✓	20mg ✓	Resistant starch, Prebiotics, B vitamins	Sodium source; sourdough fermentation improves mineral bioavailability; low calcium
White	100g	561mg	6mg ✓	90mg	63mg	Folate 132µg, Iron,	Very high potassium ✓; but higher

Food	Serving	Potassium	Sodium	Calcium	Magnesium	Key Nutrients	Boy Diet Role
beans (cooked)		g ✓		↑	g ↑	Protein, B6	calcium & magnesium — keep to 80g portions
Millet (cooked)	100g	62mg ✓	2mg ✓	3mg ✓	44mg ✓	B3, B6, Iron, Phosphorus	Ideal grain — very low calcium, low potassium, useful magnesium; gluten-free
Coconut milk (full fat)	100 ml	263 mg ✓	15mg ✓	18mg ✓	37mg ✓	MCT, Lauric acid, Electrolytes, Vit C	Good potassium; MCTs for hormone production; moderate magnesium; fertility fat
Cacao (raw powder)	1 tbsp (7g)	120 mg ✓	2mg ✓	12mg ✓	55mg ↑	Magnesium, Flavanols, Theobromine, Iron	High magnesium — use 1 tsp not 1 tbsp; potassium is useful; low calcium

Mushroom powder (blend)	1 tsp (3g)	150 mg ✓	5mg ✓	2mg ✓	8mg ✓	Beta-glucan, Adaptogenic, Vit D, Selenium	Potassium source; very low calcium; adaptogenic support for adrenal hormones
Chicory root powder	1 tsp (3g)	105 mg ✓	3mg ✓	5mg ✓	6mg ✓	Inulin (prebiotic fibre), Antioxidants	Potassium source; inulin feeds gut microbiome; supports liver & estrogen clearance
Dandelion leaf tea	250 ml	170 mg ✓	40mg ✓	30mg ✓	12mg ✓	Iron, Vit A, Vit C, Bitter compounds	Potassium source; liver support; bitter compounds support bile & hormone clearance
Celtic sea salt	¼ tsp (1.5g)	0mg	590 mg ✓	12mg ✓	5mg ✓	Sodium, Trace minerals, Iodine	Preferred sodium source; contains 80+ trace minerals; use in cooking — small daily amount
Coconut aminos	1 tbsp (15ml)	75mg ✓	90mg ✓	5mg ✓	2mg ✓	Amino acids, Low sodium vs soy sauce	Useful moderate sodium source; far lower sodium than soy sauce; good umami
Garlic	2 cloves	36mg ✓	2mg ✓	11mg ✓	2mg ✓	Allicin, Quercetin, Selenium, Anti-inflammatory	Potassium; anti-inflammatory allicin; supports circulation and fertility

Breakfasts

High-potassium, moderate-sodium morning meals built around banana, sweet potato, yam, avocado, coconut water, dates, and millet. No dairy, no calcium-set tofu, no chia seeds or tahini. Every breakfast achieves significant potassium while keeping calcium impressively low. An 8-column macro table tracks all four key minerals per serve.





Banana, Coconut & Millet Porridge with Dates, Walnuts & Cacao

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Low — add a pinch of Celtic salt | Calcium: Low ✓ | Magnesium: Moderate

A potassium-loaded fertility breakfast built around three of the boy diet's most powerful foods. Banana provides 422mg potassium and B6 for progesterone; dates add another 440mg with iron and fibre; coconut milk delivers MCTs and hormone-building fats alongside potassium. Millet is a grain exceptionally low in calcium; walnuts bring ALA omega-3s and melatonin for egg quality. A small teaspoon of cacao adds flavanols and a touch of magnesium — kept to a teaspoon rather than a tablespoon to manage magnesium levels.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
8g	22g	52g	6g	~820mg	~140mg	~42mg	~90mg

★ **KEY NUTRIENTS:** Potassium 820mg | B6 0.6mg | ALA omega-3 | Melatonin | MCT | Lauric acid | Iron 2mg | Folate 45µg | Flavanols | Vit E | Cinnamon (blood sugar) | Electrolytes

Ingredients

- ½ cup millet grain (dry)
- 300ml full-fat coconut milk
- 200ml water
- 1 ripe banana, sliced (½ mashed into porridge, ½ on top)
- 3 medjool dates, pitted and chopped
- 30g walnuts, roughly broken
- 1 tsp raw cacao powder

- 1 tsp cinnamon
- 1 tsp vanilla
- Pinch of Celtic sea salt
- 1 tsp Allulose or Monkfruit (optional)
- Extra banana slices and dates to top

Method

1. Rinse millet well. Combine with coconut milk, water, and a pinch of Celtic sea salt in a saucepan.
2. Bring to a boil, reduce to a very low simmer. Cook 20 minutes stirring frequently until creamy.
3. Stir through mashed banana, cinnamon, vanilla, cacao, and sweetener. Cook 2 more minutes.
4. Spoon into bowls. Top with sliced banana, chopped dates, walnuts, and a light extra dust of cinnamon.
5. Serve with a glass of coconut water for additional potassium.

Avocado, Egg & Sweet Potato Hash with Tomato, Kimchi & Sourdough

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate ✓ | Calcium: Low ✓ | Magnesium: Low–Moderate ✓

A complete boy-diet breakfast combining four of the highest-potassium foods in one pan. Sweet potato delivers 540mg potassium and outstanding Vit A; avocado adds 365mg and essential fertility fats and folate; tomato contributes lycopene and another 290mg; eggs supply choline and Vit D. Sourdough toast provides sodium from fermented grain; a small side of kimchi adds probiotics and useful sodium. No additional salt needed.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
22g	26g	48g	9g	~1340mg	~520mg	~95mg	~75mg

★ **KEY NUTRIENTS:** Potassium 1340mg | Vit A 18000IU | Lycopene | Folate 130µg | Choline 290mg | B6 0.6mg | Vit C 45mg | Probiotics (kimchi) | MCT | Vit D | Vit E | Selenium

Ingredients

- 2 medium sweet potatoes, peeled and diced into 1cm cubes
- 4 large free-range eggs
- 1 avocado, diced
- 2 medium tomatoes, diced
- 2 tbsp kimchi
- 2 slices sourdough bread
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- ½ tsp cumin
- Black pepper, fresh parsley
- No added salt — kimchi and sourdough provide sodium

Method

1. Cook sweet potato cubes in olive oil over medium-high heat 12–15 minutes until golden. Add garlic, paprika, and cumin. Season with pepper only.
2. Push sweet potato to the edges of the pan. Crack eggs into the centre, cover and cook 3–4 minutes until whites are set.
3. Toast sourdough.
4. Plate hash with diced tomato and avocado scattered over.
5. Serve kimchi on the side. Top with fresh parsley.

Coconut Water Smoothie Bowl with Banana, Mango, Dates & Sunflower Seeds

◆ **MINERAL PROFILE:** Potassium: Exceptional ✓ | Sodium: Low–Moderate ✓ | Calcium: Low ✓ | Magnesium: Moderate

A liquid potassium powerhouse. Coconut water alone delivers 600mg potassium per 250ml — more than most supplements. Combined with banana, dates, and cantaloupe melon, this smoothie bowl easily exceeds 1200mg potassium in a single breakfast. Sunflower seeds bring Vit E and B6 for progesterone; walnuts provide ALA omega-3 and melatonin. Calcium remains impressively low throughout.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
8g	18g	58g	7g	~1280mg	~200mg	~60mg	~105mg

★ **KEY NUTRIENTS:** Potassium 1280mg | Electrolytes | B6 0.8mg | Vit A (cantaloupe) | Vit C 55mg | ALA omega-3 | Melatonin | Vit E 8mg | MCT | Iron 2mg | Folate 50µg | Natural sodium (coconut water)

Ingredients

- 250ml coconut water (chilled)
- 1 large ripe banana
- 150g cantaloupe melon, cubed
- 3 medjool dates, pitted
- ½ cup coconut milk
- 1 tsp vanilla
- 1 tsp cinnamon
- TOPPINGS: 30g sunflower seeds, 20g walnuts (broken), sliced banana, a few date pieces, drizzle of raw honey, pinch of cinnamon

Method

1. Blend banana, cantaloupe, dates, coconut water, coconut milk, vanilla, and cinnamon until very smooth.
2. Pour into bowls — it should be thick enough to hold toppings.
3. Top with sunflower seeds, walnuts, extra banana slices, date pieces, and a drizzle of honey.
4. Serve immediately.

Pork & Millet Savoury Breakfast Bowl with Kimchi, Egg & Avocado

◆ **MINERAL PROFILE:** Potassium: High ✓ | Sodium: Moderate–High ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

A deeply satisfying savoury breakfast delivering potassium from avocado and kimchi, sodium from the pork and kimchi, and essential fertility nutrients from eggs and avocado. Pork is rich in B1 (thiamine) and B6 alongside zinc for testosterone and hormone synthesis. Millet is the lowest-calcium grain available. Kimchi provides probiotic support for the gut-hormone axis alongside a useful sodium and potassium contribution.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
30g	26g	28g	6g	~780mg	~660mg	~38mg	~68mg

★ **KEY NUTRIENTS:** Potassium 780mg | B1 (thiamine) | B6 0.5mg | Zinc 4mg | Probiotics (kimchi) | Choline 290mg | Folate 80µg | Vit E 4mg | MCT | Selenium | Iodine | Vit D

Ingredients

- 150g lean pork mince or diced pork
- 1 cup cooked millet
- 2 large eggs (fried or poached)
- 1 avocado, sliced
- 4 tbsp kimchi
- 1 tbsp coconut aminos
- 2 cloves garlic, minced
- 1 tsp ginger, grated
- 1 tsp sesame oil
- 1 tsp paprika
- Spring onion, coriander, black pepper

Method

1. Cook pork mince or diced pork with garlic, ginger, paprika, and coconut aminos over medium-high heat until cooked through, 6–8 minutes.
2. Warm millet in a pan with a little sesame oil.
3. Fry or poach eggs to your liking.
4. Build bowls: millet base, pork, sliced avocado, egg on top, kimchi alongside.
5. Drizzle with sesame oil, spring onion, and coriander.



Sweet Potato & Banana Pancakes with Sourdough Crumb, Dates & Coconut

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate ✓ | Calcium: Low ✓ | Magnesium: Moderate

A natural, grain-free pancake using sweet potato and banana as the base — delivering outstanding potassium, Vit A, and B6 without any added flour. The sourdough crumb toasted alongside provides sodium from fermented grain.

Coconut milk in the batter adds MCTs and hormone-building fats; dates on top contribute iron and more potassium. Very low calcium throughout.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
16g	20g	58g	8g	~1060mg	~320mg	~80mg	~70mg

★ **KEY NUTRIENTS:** Potassium 1060mg | Vit A 14000IU | B6 0.7mg | Choline 220mg | MCT | Lauric acid | Iron 2.5mg | ALA omega-3 | Folate 60µg | Vit C 22mg | Vit E 3mg | Selenium

Ingredients

- 1 medium sweet potato (150g), baked and cooled
- 2 ripe bananas
- 3 eggs
- 3 tbsp coconut milk
- 1 tsp cinnamon
- ½ tsp vanilla
- 1 tbsp coconut oil for cooking
- TOPPING: 3 medjool dates (chopped), 2 tbsp coconut flakes (toasted), 1 tbsp walnuts, drizzle of raw honey or Monkfruit, pinch cinnamon
- 2 slices sourdough (toasted, on the side) for sodium

Method • RECIPE 6 OF 30

1. Mash sweet potato and bananas together thoroughly.
2. Whisk in eggs, coconut milk, cinnamon, and vanilla. Batter will be soft and thick.
3. Cook in coconut oil over medium heat, about 2 tbsp per pancake. Cook 3 min until set, flip carefully, 2 min more.
4. Stack pancakes. Top with chopped dates, toasted coconut, walnuts, and drizzle of honey.
5. Serve with sourdough toast on the side (provides sodium).

Lunches

Midday meals sustaining the potassium and sodium targets established at breakfast. Fermented foods (kimchi, sauerkraut, pickles, sourdough) provide both sodium and probiotic gut support. Chicken, pork, and eggs deliver lean, low-calcium fertility protein. The 8-column macro tables keep all minerals transparent.



White Yam & Chicken Bowl with Tomato, Avocado & Garlic

◆ **MINERAL PROFILE:** Potassium: Exceptional ✓ | Sodium: Low–Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

White yam is one of the highest-potassium foods available — 816mg per 100g, more than almost any other whole food. Combined with chicken breast (excellent lean fertility protein, very low calcium), tomato (lycopene for sperm and egg quality), and avocado (folate, Vit E, and hormone fats), this bowl achieves exceptional potassium with virtually no calcium. Garlic adds allicin for circulation and anti-inflammatory support.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
36g	18g	44g	7g	~1420mg	~240mg	~48mg	~65mg

★ **KEY NUTRIENTS:** Potassium 1420mg | Lycopene | Folate 110µg | B6 0.9mg | Protein 36g | Allicin | Vit E 4mg | Vit C 35mg | Selenium | Vit A | Anti-inflammatory | Very low calcium ✓

Ingredients

- 300g white yam, peeled and cubed
- 250g chicken breast, diced
- 2 medium tomatoes, chopped
- 1 avocado, sliced
- 3 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp paprika, 1 tsp cumin, black pepper
- 2 tbsp coconut aminos
- Fresh parsley and coriander
- Pinch Celtic sea salt
- Lemon wedge

Method • RECIPE 9 OF 30

1. Boil yam cubes 15 minutes until just tender. Drain.
2. Season chicken with paprika, cumin, and pepper. Pan-sear in olive oil over high heat 5–6 minutes until golden.
3. Add garlic and coconut aminos to pan. Toss chicken to glaze 1 minute.
4. Build bowls: yam, chicken, chopped tomato, and avocado slices.
5. Finish with fresh herbs, a squeeze of lemon, and a tiny pinch of Celtic sea salt.

Banana & Pistachio Chicken Salad with Orange, Melon & Coconut Dressing

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Low ✓ | Calcium: Low ✓ | Magnesium: Moderate

A vivid, potassium-rich salad where every single ingredient contributes to the target mineral profile. Banana, cantaloupe melon, orange, pistachio, and coconut dressing all deliver excellent potassium with minimal calcium. Pistachios are uniquely rich in arginine — shown to improve uterine blood flow — and B6 for progesterone. Chicken provides lean protein. Orange brings hesperidin and Vit C for luteal phase support.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
32g	18g	40g	6g	~1140mg	~120mg	~85mg	~80mg

★ **KEY NUTRIENTS:** Potassium 1140mg | Arginine (pistachio) | Vit C 68mg | Hesperidin | B6 0.8mg | ALA omega-3 | Melatonin | Vit A (melon) | MCT | Folate 85µg | Selenium | Very low calcium ✓

Ingredients

- 200g cooked chicken breast, shredded
- 1 banana, sliced
- 150g cantaloupe melon, cubed
- 1 orange, segmented
- 30g pistachio nuts, roughly crushed
- 20g walnuts
- 2 cups rocket or mixed greens
- COCONUT DRESSING: 3 tbsp coconut milk, juice of ½ orange, 1 tsp ginger, 1 tsp Allulose or Monkfruit, pinch black pepper
- Fresh mint and coriander

Method

1. Whisk all dressing ingredients together.
2. Arrange rocket on plates. Top with chicken, banana slices, melon, and orange segments.
3. Scatter pistachios and walnuts.
4. Drizzle coconut dressing. Finish with fresh mint and coriander.



Potato & Pork Stir-Fry with Garlic, Tomato, Sauerkraut & Sourdough

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate–High ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

Potatoes are among the most potassium-dense whole foods — 620mg per 150g — and are very low in calcium. Combined with pork (B1, B6, zinc), tomato (lycopene, potassium, Vit C), and garlic (allicin, circulation support), this stir-fry hits exceptional potassium targets. Sourdough on the side provides fermented sodium; sauerkraut adds probiotic support for the gut-hormone axis.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
30g	14g	52g	6g	~1280mg	~680mg	~55mg	~65mg

★ **KEY NUTRIENTS:** Potassium 1280mg | Lycopene | B1 (thiamine) | B6 0.6mg | Zinc 3mg | Probiotics (sauerkraut) | Vit C 40mg | Allicin | Iodine | Selenium | Very low calcium ✓

Ingredients

- 2 medium potatoes (300g), diced into 1cm cubes
- 200g lean pork strips
- 2 medium tomatoes, diced
- 3 cloves garlic, minced
- 60g sauerkraut (served alongside)
- 2 tbsp coconut aminos
- 1 tbsp olive oil
- 1 tsp smoked paprika, ½ tsp cumin, black pepper
- Pinch Celtic sea salt
- 2 slices sourdough bread
- Fresh parsley

Method

RECIPE 9 OF 30

1. Parboil potato cubes 8 minutes. Drain well.
2. Heat olive oil in a wok on high heat. Add pork strips and sear 3–4 minutes. Add garlic, paprika, cumin — cook 30 seconds.
3. Add potato cubes and toss over high heat 4–5 minutes until golden.
4. Add tomato and coconut aminos. Toss 2 minutes. Season with a pinch of Celtic salt and pepper.
5. Serve with sauerkraut on the side and toasted sourdough.

Melon, Avocado & Chicken Salad with Pistachio, Dates & Dandelion Dressing

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Low ✓ | Calcium: Low ✓ | Magnesium: Low ✓

Cantaloupe melon and honeydew together deliver exceptional potassium and Vit A with virtually no calcium. Avocado contributes folate, hormone fats, and more potassium; pistachios add arginine for uterine blood flow; dates provide iron and potassium. The dandelion leaf dressing brings liver-supportive bitter compounds and potassium alongside. A refreshing, mineral-targeted fertility salad.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
30g	22g	38g	6g	~1180mg	~110mg	~55mg	~60mg

★ **KEY NUTRIENTS:** Potassium 1180mg | Vit A 16000IU | Folate 120µg | Arginine | B6 0.6mg | Vit C 60mg | Iron 2mg | Dandelion bitter compounds | Liver support | Vit E 4mg | Very low calcium ✓

Ingredients

- 200g cooked chicken breast or thigh, sliced
- 150g cantaloupe melon, cubed
- 100g honeydew melon, cubed
- 1 avocado, diced
- 3 medjool dates, pitted and halved
- 30g pistachio nuts
- 2 cups mixed greens
- DANDELION DRESSING: 1 tbsp brewed dandelion tea (cooled), 2 tbsp olive oil, 1 tsp honey or Allulose, juice of ½ lemon, black pepper
- Fresh mint

Method

1. Brew dandelion tea, cool, and whisk into dressing with olive oil, honey, lemon, and pepper.
2. Arrange greens on plates. Layer chicken, melon, avocado, and dates.
3. Scatter pistachios. Drizzle dressing. Top with fresh mint.

Tomato, White Bean & Pork Soup with Sourdough & Garlic

◆ **MINERAL PROFILE:** Potassium: High ✓ | Sodium: Moderate ✓ | Calcium: Low–Moderate | Magnesium: Moderate

A hearty, warming soup delivering substantial potassium from white beans, tomato, and potatoes alongside a useful sodium contribution from sourdough and a pinch of Celtic sea salt. White beans provide high folate and B6; tomato paste contributes concentrated lycopene and potassium. Keep bean portions to 80g to manage calcium and magnesium, and balance against daily targets. A deeply satisfying fertility lunch.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
24g	12g	46g	9g	~900mg	~460mg	~100mg	~85mg

★ **KEY NUTRIENTS:** Potassium 900mg | Lycopene | Folate 160µg | B1 | B6 0.5mg | Zinc 3mg | Iron 3mg | Allicin | Vit C 30mg | Resistant starch (cooled potato) | Probiotics (sourdough) | Low calcium ✓

Ingredients

- 150g white beans, cooked (or canned, drained and rinsed)
- 200g lean pork, diced
- 400g crushed tomatoes
- 2 tbsp tomato paste
- 1 medium potato, diced
- 1 onion, diced
- 4 cloves garlic, minced
- 1L low-sodium stock
- 1 tsp smoked paprika, 1 tsp cumin, black pepper
- Pinch Celtic sea salt
- 2 tbsp olive oil
- Fresh parsley
- 2 slices sourdough per serve

Method

1. Brown pork in olive oil. Add onion and garlic, cook 3 minutes.
2. Add paprika, cumin, tomato paste — cook 1 minute.
3. Add crushed tomatoes, potato, beans, stock, and a pinch of Celtic salt. Simmer 25 minutes.
4. Season with black pepper. Serve with sourdough and fresh parsley.

Egg Fried Millet with Sweet Potato, Kimchi, Avocado & Coconut Aminos

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

A high-potassium fried rice reimagined with millet — the lowest-calcium grain. Sweet potato and avocado both contribute exceptional potassium; kimchi adds probiotic support and sodium; coconut aminos provide savoury depth with far less sodium than soy sauce. Eggs deliver choline and Vit D; the whole dish is flavoured generously with garlic and spices so no added salt is needed.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
22g	22g	44g	8g	~1060mg	~520mg	~65mg	~75mg

★ **KEY NUTRIENTS:** Potassium 1060mg | Choline 290mg | Vit A 12000IU | Vit D | Probiotics (kimchi) | B6 0.6mg | Folate 90µg | Vit E | MCT | Selenium | Very low calcium ✓

Ingredients

- 1 cup cooked millet (cold — makes it fry better)
- 1 medium sweet potato, cooked and diced
- 3 large eggs, whisked
- 1 avocado, diced
- 3 tbsp kimchi, roughly chopped
- 3 cloves garlic, minced
- 1 tbsp ginger, grated
- 2 tbsp coconut aminos
- 1 tsp sesame oil
- 1 tbsp coconut oil
- Spring onion, coriander, black pepper

Method

1. Heat coconut oil in a wok over very high heat. Add garlic and ginger, stir 30 seconds.
2. Add cold millet and sweet potato — stir-fry 4–5 minutes until lightly golden.
3. Push to the sides. Scramble eggs in the centre, then toss everything together.
4. Add coconut aminos and sesame oil. Toss well. Remove from heat.
5. Top with avocado, kimchi, spring onion, and coriander.



Coconut Chicken Soup with Yam, Tomato, Garlic & Coriander

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate ✓ | Calcium: Low ✓ | Magnesium: Low ✓

A deeply nourishing coconut broth soup where white yam contributes its exceptional 816mg potassium per 100g, tomato adds lycopene and more potassium, and coconut milk delivers MCTs and lauric acid for hormone production. Chicken provides lean complete protein with minimal calcium. Garlic, ginger, and coriander create an anti-inflammatory, gut-supportive base. Mushroom powder can be stirred in for adaptogenic adrenal support.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
30g	18g	34g	4g	~1080mg	~340mg	~55mg	~60mg

★ **KEY NUTRIENTS:** Potassium 1080mg | Lycopene | MCT | Lauric acid | Turmeric curcumin | B6 0.7mg | Selenium | Vit C 25mg | Adaptogenic (mushroom) | Allicin | Very low calcium ✓

Ingredients

- 400g chicken breast or thigh, diced
- 300g white yam, peeled and cubed
- 400ml full-fat coconut milk
- 400g crushed tomatoes
- 600ml low-sodium chicken stock
- 1 onion, diced
- 4 cloves garlic, minced
- 1 tbsp ginger, grated
- 1 tsp turmeric, 1 tsp paprika, ½ tsp cumin
- 1 tsp mushroom powder (optional — adaptogenic)

- LUNCH • RECIPE 15 OF 30
- Pinch Celtic sea salt, black pepper
 - Fresh coriander and lime to serve

Method

1. Sauté onion in olive oil 5 min. Add garlic, ginger, spices, and mushroom powder. Cook 1 min.
2. Add chicken and brown lightly 3 minutes.
3. Add yam, crushed tomatoes, stock, and coconut milk. Bring to boil, simmer 25 minutes until yam is tender.
4. Season with a tiny pinch of Celtic salt and pepper.
5. Serve topped with fresh coriander and a squeeze of lime.

Raisin & Pistachio Pork Stuffed Potato with Sauerkraut & Tomato

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

A loaded baked potato delivers 620mg potassium from the potato alone — and the skin contains most of the nutrients, so it is left on. Pork filling with raisins and pistachios adds iron, B6, arginine, and more potassium. Sauerkraut on the side contributes sodium and probiotic support; tomato adds lycopene. No added salt needed — the sauerkraut and pork provide adequate sodium.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
30g	18g	64g	8g	~1460mg	~480mg	~60mg	~80mg

★ **KEY NUTRIENTS:** Potassium 1460mg | B1 (thiamine) | B6 0.7mg | Arginine | Zinc 3.5mg | Lycopene | Probiotics | Iron 3mg | Vit C 40mg | Vit E | Very low calcium ✓ | Skin-on potato ✓

Ingredients

- 2 large potatoes (300g each), baked with skin
- 200g lean pork mince
- 2 tbsp raisins
- 30g pistachio nuts, roughly crushed
- 2 medium tomatoes, diced
- 60g sauerkraut
- 2 cloves garlic, minced
- 1 tsp cumin, 1 tsp paprika, black pepper
- 1 tbsp olive oil
- Fresh parsley, spring onion

Method

1. Bake potatoes at 200°C for 60 minutes until soft and skin is crispy.
2. Brown pork mince with garlic, cumin, paprika, and pepper. Off heat, stir through raisins and pistachios.
3. Cut potatoes open and lightly mash the insides.
4. Fill with pork mixture. Top with diced tomato, sauerkraut alongside.
5. Scatter parsley and spring onion.

Coconut Water Braised Chicken with Sweet Potato, Tomato & Garlic

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Low–Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

Using coconut water as the braising liquid is a genius boy-diet technique — it slowly reduces into a naturally potassium-rich, slightly sweet sauce with electrolytes and cytokinins. Sweet potato and tomato add more potassium and lycopene; garlic delivers allicin for circulation. The entire dish has minimal calcium and naturally low magnesium

— perfectly aligned with the boy diet mineral targets.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
38g	18g	30g	4g	~1120mg	~280mg	~58mg	~62mg

★ **KEY NUTRIENTS:** Potassium 1120mg | Electrolytes (coconut water) | Vit A 14000IU | Lycopene | B6 0.7mg | Allicin | Turmeric curcumin | Vit C 35mg | Selenium | MCT | Very low calcium ✓

Ingredients

- 600g chicken thighs, bone-in skin-on
- 2 medium sweet potatoes, peeled and cubed
- 3 medium tomatoes, quartered
- 350ml coconut water
- 4 cloves garlic, whole
- 1 onion, diced
- 1 tsp turmeric, 1 tsp paprika, ½ tsp cinnamon
- Pinch Celtic sea salt, black pepper
- 2 tbsp olive oil
- Fresh coriander to serve

Method

1. Season chicken with turmeric, paprika, cinnamon, salt, and pepper. Brown in olive oil skin-side down 5 minutes.
2. Add onion, garlic, sweet potato, and tomatoes. Pour over coconut water.
3. Cover and simmer 30–35 minutes until chicken is cooked through and sauce has reduced.
4. Rest 5 minutes. Serve scattered with fresh coriander.



Egg & Potato Salad with Tomato, Pickles, Sourdough Croutons & Mustard

◆ **MINERAL PROFILE:** Potassium: High ✓ | Sodium: Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

A classic combination reimagined for boy-diet mineral targets. Cooled cooked potato becomes resistant starch — feeding the gut microbiome while delivering potassium. Pickles provide sodium from fermentation; sourdough croutons baked in olive oil add more sodium from the fermented bread. Eggs bring choline and Vit D; tomato delivers lycopene. No mayonnaise — a mustard vinaigrette keeps sodium controlled.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
22g	20g	44g	6g	~920mg	~560mg	~65mg	~55mg

★ **KEY NUTRIENTS:** Potassium 920mg | Resistant starch (cooled potato) | Choline 290mg | Vit D | Lycopene | Probiotics (sourdough + pickles) | B6 0.5mg | Vit C 30mg | Selenium | Very low calcium ✓

Ingredients

- 3 medium potatoes, boiled, cooled and cubed
- 4 large eggs, hard-boiled
- 2 medium tomatoes, chopped
- 4 small pickles, sliced
- 2 slices sourdough, cubed and baked as croutons in olive oil
- **MUSTARD DRESSING:** 1 tbsp Dijon mustard, 2 tbsp olive oil, 1 tbsp apple cider vinegar, 1 tsp Allulose, black pepper
- Fresh parsley, chives

Method RECIPE 16 OF 30

1. Bake sourdough cubes in olive oil at 190°C for 10 minutes until golden croutons.
2. Whisk dressing ingredients.
3. Combine cooled potato, halved eggs, tomato, and pickles in a bowl.
4. Toss with dressing. Top with sourdough croutons, parsley, and chives.

Dinners

Evening meals designed to consolidate the day's mineral targets — often the largest potassium contribution of the day. White yam, sweet potato, banana-in-sauce, and coconut water are used throughout. Calcium remains impressively low across all dinners. No dairy. Quality pork, chicken, and eggs are the protein backbone.



Whole Baked Chicken with Sweet Potato, Yam & Tomato Tray Bake

♦ **MINERAL PROFILE:** Potassium: Exceptional ✓ | Sodium: Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

A spectacular one-pan fertility dinner where sweet potato and white yam roast together to create an extraordinary potassium base — well over 1300mg combined. Whole chicken thighs or drumsticks provide lean protein, B6, and zinc. Roasted tomatoes concentrate their lycopene and potassium; garlic delivers allicin. Coconut water is poured into the tray halfway through roasting as a basting liquid, adding further potassium and natural sweetness.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
40g	18g	38g	5g	~1380mg	~310mg	~55mg	~68mg

★ **KEY NUTRIENTS:** Potassium 1380mg | Vit A 16000IU | Lycopene | Turmeric curcumin | B6 0.8mg | Zinc 4mg | Electrolytes | Allicin | Vit C 40mg | Selenium | MCT | Very low calcium ✓

Ingredients

- 800g chicken pieces (thighs, drumsticks)
- 300g white yam, peeled and large cubed
- 2 medium sweet potatoes, cubed
- 4 medium tomatoes, halved
- 6 cloves garlic, whole
- 150ml coconut water (for basting)
- 2 tbsp olive oil
- 1 tsp turmeric, 2 tsp smoked paprika, 1 tsp cumin, 1 tsp cinnamon
- Pinch Celtic sea salt, black pepper
- Fresh thyme, coriander, lemon

Method

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1. Preheat oven to 200°C.
2. Toss yam and sweet potato with olive oil, turmeric, paprika, cumin, salt, and pepper. Spread in a large roasting dish.
3. Season chicken pieces and nestle on top. Add garlic and tomatoes around.
4. Roast 25 minutes. Pour coconut water into the dish. Roast a further 20–25 minutes until chicken is golden and vegetables are caramelised.
5. Rest 5 minutes. Scatter with coriander, thyme, and lemon.



Pork Tenderloin with Raisin-Date Sauce, Potato Wedges & Avocado Slaw

♦ **MINERAL PROFILE:** Potassium: Exceptional ✓ | Sodium: Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

Pork tenderloin is lean, zinc and B1-rich, and very low in calcium — making it an excellent boy-diet protein. A raisin and date reduction sauce delivers concentrated potassium, iron, and natural sweetness without added sugar. Potato wedges are baked with their skins on for maximum potassium; avocado slaw adds folate and hormone fats. A celebratory dinner that delivers over 1400mg potassium.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
42g	22g	52g	8g	~1440mg	~360mg	~50mg	~80mg

★ **KEY NUTRIENTS:** Potassium 1440mg | B1 (thiamine) | B6 0.8mg | Zinc 4mg | Iron 3mg | Folate 100µg | Vit E 4mg | Vit C 35mg | Electrolytes | Allicin | Very low calcium ✓ | Vit A

Ingredients

- 400g pork tenderloin
- RAISIN-DATE SAUCE: 40g raisins, 3 medjool dates (pitted), 100ml coconut water, 1 tsp apple cider vinegar, pinch cinnamon and black pepper
- 2 large potatoes, cut into wedges with skin
- AVOCADO SLAW: 1 avocado (mashed), 1 cup shredded cabbage (green), juice of ½ lime, black pepper, fresh coriander
- 1 tbsp olive oil
- 1 tsp smoked paprika, salt and pepper for pork
- Pinch Celtic sea salt

Method RECIPE 21 OF 30

1. Preheat oven to 200°C. Toss potato wedges in olive oil, paprika, and a pinch of salt. Roast 35 minutes.
2. Season pork with paprika, salt, and pepper. Sear all sides in olive oil 3 minutes. Transfer to oven for 18–20 minutes until 68°C internal temp.
3. Simmer sauce ingredients together 8 minutes until thick and glossy.
4. Make avocado slaw: combine all ingredients.
5. Rest pork 5 minutes. Slice and serve with potato wedges, avocado slaw, and drizzle raisin-date sauce over.

Coconut Milk Chicken Curry with Banana, Yam & Tomato

♦ **MINERAL PROFILE:** Potassium: Exceptional ✓ | Sodium: Moderate ✓ | Calcium: Low ✓ | Magnesium: Moderate

An inventive and delicious curry where banana is cooked directly into the sauce — a technique common across West Africa and Southeast Asia. Ripe banana adds body, natural sweetness, and potassium to the coconut milk base; yam brings its 816mg potassium per 100g; tomato adds lycopene and more potassium. Coconut milk provides MCTs and lauric acid for hormone production. Deeply satisfying, mineral-targeted, and very low in calcium.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
36g	26g	40g	5g	~1300mg	~290mg	~65mg	~85mg

★ **KEY NUTRIENTS:** Potassium 1300mg | MCT | Lauric acid | Lycopene | Turmeric curcumin | B6 0.8mg | Vit A | Vit C 30mg | Allicin | Selenium | Folate 70µg | Very low calcium ✓

Ingredients

- 600g chicken thighs, bone-in
- 2 ripe bananas, sliced
- 300g white yam, cubed and parboiled
- 400ml full-fat coconut milk
- 400g crushed tomatoes
- 1 onion, diced
- 4 cloves garlic, minced
- 1 tbsp fresh ginger
- 2 tsp turmeric, 1 tsp cumin, 1 tsp coriander powder, ½ tsp cayenne
- 2 tbsp coconut oil
- Pinch Celtic sea salt
- Fresh coriander, lime

Method

1. Brown chicken in coconut oil. Remove.
2. Sauté onion, garlic, ginger, and spices 2 minutes.
3. Add crushed tomatoes and coconut milk. Simmer 5 minutes.
4. Return chicken. Add yam and half the banana. Simmer 25 minutes.
5. Stir in remaining banana just before serving for texture. Season with pinch of Celtic salt.
6. Serve over millet or white rice. Finish with coriander and lime.

Baked Pork Meatballs in Tomato-Coconut Sauce with Millet & Avocado

◆ **MINERAL PROFILE:** Potassium: High ✓ | Sodium: Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

Pork meatballs baked without breadcrumbs — the binding comes from egg — in a rich tomato and coconut milk sauce. Tomato paste concentrates lycopene and potassium; coconut milk adds MCTs and hormone fats; avocado alongside delivers folate and more potassium. Millet as the base grain keeps calcium at near-zero. Garlic and spices add anti-inflammatory and circulatory support throughout.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
32g	20g	30g	4g	~880mg	~380mg	~42mg	~58mg

★ **KEY NUTRIENTS:** Potassium 880mg | Lycopene | B1 | B6 0.6mg | Zinc 4mg | MCT | Turmeric curcumin | Folate 90µg | Allicin | Vit C 28mg | Selenium | Very low calcium ✓

Ingredients

- 500g lean pork mince
- 1 egg
- 2 cloves garlic, minced
- 1 tsp cumin, 1 tsp paprika, black pepper
- SAUCE: 400g crushed tomatoes, 2 tbsp tomato paste, 200ml coconut milk, 3 cloves garlic, 1 tsp turmeric, 1 tsp cumin, pinch Celtic salt, black pepper
- 1 cup cooked millet per serve
- 1 avocado, sliced, to serve
- Fresh basil and parsley

Method

1. Preheat oven to 190°C. Combine pork, egg, garlic, cumin, paprika, and pepper. Roll into 16 balls.
2. Place on a lined tray. Bake 18 minutes until golden.
3. Meanwhile, simmer sauce ingredients 10 minutes.
4. Add meatballs to sauce. Simmer 5 more minutes.
5. Serve over millet with avocado alongside and fresh herbs.

Chicken & Sweet Potato Fritters with Avocado, Tomato Salsa & Kimchi

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

Fritters built on sweet potato and chicken — delivering extraordinary potassium, Vit A, and B6. The fritter batter uses egg as the binder with no flour, keeping calcium minimal. Avocado salsa adds folate and hormone fats; tomato provides lycopene; kimchi contributes sodium, probiotics, and capsaicin for circulation. A vibrant, mineral-aligned dinner.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
32g	22g	32g	6g	~1060mg	~420mg	~65mg	~60mg

★ **KEY NUTRIENTS:** Potassium 1060mg | Vit A 15000IU | Choline 290mg | Lycopene | Probiotics | B6 0.7mg | Vit C 45mg | Capsaicin | Folate 110µg | Selenium | MCT | Very low calcium ✓

Ingredients

- 300g sweet potato, grated
- 200g chicken breast, finely minced or processed
- 2 eggs
- 2 cloves garlic, minced
- 1 tsp cumin, 1 tsp paprika, black pepper
- 2 tbsp coconut oil for frying
- AVOCADO TOMATO SALSA: 1 avocado (diced), 2 tomatoes (diced), juice of 1 lime, fresh coriander, 1 small chilli, black pepper
- 4 tbsp kimchi
- Fresh coriander

Method

1. Squeeze excess moisture from grated sweet potato.
2. Combine sweet potato, minced chicken, eggs, garlic, cumin, paprika, and pepper.
3. Heat coconut oil in a pan. Drop 2 tbsp portions of mixture and flatten. Cook 3–4 minutes each side until golden and cooked through.
4. Make salsa by combining all ingredients.
5. Serve fritters topped with salsa and kimchi alongside.

Seaweed & Egg Miso-Style Soup with Yam, Tofu-Free & Coconut Aminos

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate ✓ | Calcium: Low ✓ | Magnesium: Low ✓

A deeply restorative soup — without tofu (which is high in calcium from calcium-set varieties) — built on white yam's exceptional potassium, seaweed's iodine for thyroid and ovulation, and eggs for choline and Vit D. Coconut aminos provide savoury depth with moderate sodium; mushroom powder adds adaptogenic adrenal support. Dandelion and chicory tea can be used as the broth base for additional liver support.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
18g	10g	28g	3g	~780mg	~420mg	~55mg	~45mg

★ **KEY NUTRIENTS:** Potassium 780mg | Iodine (seaweed) | Fucoidan | Choline 290mg | Vit D | Adaptogenic (mushroom) | Chicory inulin | Liver support | B12 | Selenium | Low calcium ✓

Ingredients

- 4 large eggs (poached or soft-boiled)
- 200g white yam, peeled and cubed
- 8g dried wakame seaweed, rehydrated
- 1L water or very low-sodium chicken stock
- 2 tbsp coconut aminos
- 1 tsp mushroom powder
- 1 tsp chicory powder
- 2 tsp miso-free paste (tahini + turmeric + ginger whisked as substitute)
- 1 tsp sesame oil
- Spring onion, coriander, black pepper
- Pinch Celtic sea salt

Method

1. Simmer yam in stock 15 minutes until tender.
2. Whisk coconut aminos, mushroom powder, chicory, and tahini-turmeric-ginger paste into the broth.
3. Add seaweed. Simmer 3 minutes.
4. Poach or soft-boil eggs separately.
5. Serve soup with yam in each bowl, topped with egg. Drizzle sesame oil, scatter spring onion and coriander.

Grilled Chicken with Potato Rosti, Bacon, Avocado & Tomato Relish

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate–High ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

A triumphant boy-diet dinner. Potato rosti uses the skin-on potato — keeping all the potassium; a single rasher of good-quality bacon per serve delivers the sodium contribution while adding B1 and zinc; avocado adds folate and hormone fats; tomato relish provides lycopene and more potassium. Grilled chicken keeps calcium near zero. A deeply satisfying meal.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
44g	24g	36g	6g	~1160mg	~640mg	~48mg	~62mg

★ **KEY NUTRIENTS:** Potassium 1160mg | B1 (thiamine) | B6 0.8mg | Zinc 4mg | Lycopene | Folate 110µg | Vit C 40mg | Choline | Allicin | Skin-on potato ✓ | Vit E 4mg | Very low calcium ✓

Ingredients

- 2 chicken breast fillets
- 2 medium potatoes (grated with skin for rosti)
- 2 rashers good-quality bacon
- 1 avocado, sliced
- TOMATO RELISH: 3 tomatoes (diced), 1 clove garlic, 1 tsp apple cider vinegar, 1 tsp Allulose, fresh basil, black pepper
- 1 egg (to bind rosti)
- 1 tbsp olive oil
- 1 tsp smoked paprika
- Black pepper, fresh parsley

Method

1. Grate potatoes with skin. Squeeze out moisture. Mix with egg, paprika, and pepper. Form into 4 patties.
2. Pan-fry rosti in olive oil, 4 minutes each side until golden and crispy.
3. Season chicken with paprika and pepper. Grill 5–6 minutes each side until cooked.
4. Grill bacon until just done.
5. Make relish: combine all ingredients.
6. Plate rosti, chicken, bacon, avocado, and tomato relish. Finish with parsley.



Coconut-Braised Pork with Dates, Raisins, Sweet Potato & Spinach

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate ✓ | Calcium: Low–Moderate | Magnesium: Moderate

A fragrant, slow-braised pork dish where coconut milk, dates, and sweet potato create a naturally sweet and mineral-rich sauce. Dates and raisins provide concentrated potassium and iron; sweet potato adds Vit A and more potassium; spinach is added in small amounts at the end for its folate — note that spinach is also moderately high in calcium and magnesium, so a small handful (60–70g) is the appropriate amount. Coconut milk provides hormone-building fats and MCTs.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
36g	22g	44g	5g	~1240mg	~310mg	~85mg	~80mg

★ **KEY NUTRIENTS:** Potassium 1240mg | Vit A 15000IU | B1 | B6 0.7mg | MCT | Lauric acid | Iron 4mg | Folate 110µg | Curcumin | Allicin | Cinnamon (blood sugar) | Selenium

Ingredients

- 600g pork shoulder, cubed
- 2 medium sweet potatoes, cubed
- 6 medjool dates, pitted and halved
- 40g raisins
- 60g baby spinach (small amount — add at end)
- 400ml coconut milk
- 400ml low-sodium stock
- 1 onion, diced
- 4 cloves garlic

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- 1 tsp turmeric, 1 tsp cinnamon, 1 tsp cumin
 - Pinch Celtic sea salt
 - Fresh coriander, lime

Method

1. Brown pork in coconut oil. Add onion, garlic, and spices. Cook 2 minutes.
2. Add stock, coconut milk, sweet potato, dates, and raisins. Bring to boil.
3. Cover and simmer 1.5 hours until pork is very tender.
4. Stir in spinach in the last 2 minutes only. Season with pinch of Celtic salt.
5. Serve with millet or cooled white rice. Finish with coriander and lime.

Yam & Tomato Egg Bake with Bacon, Avocado & Sourdough

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate–High ✓ | Calcium: Low ✓ | Magnesium: Low ✓

A robust baked egg dinner that is a mineral masterclass — white yam delivers 816mg potassium per 100g; tomato adds lycopene and more potassium; eggs provide choline and Vit D; bacon contributes sodium and B1; avocado brings folate and hormone fats. No additional salt needed. Sourdough on the side provides fermented sodium and resistant starch from its prebiotic fermentation.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
28g	26g	40g	5g	~1180mg	~640mg	~60mg	~52mg

★ **KEY NUTRIENTS:** Potassium 1180mg | Lycopene | Choline 290mg | Vit D | B1 | B6 0.6mg | Folate 110µg | Allicin | Vit C 30mg | Selenium | Probiotics (sourdough) | Very low calcium ✓

Ingredients

- 200g white yam, peeled, cubed and parboiled 10 min
- 4 large eggs
- 400g crushed tomatoes
- 2 rashers bacon, chopped
- 1 avocado, diced
- 3 cloves garlic, minced
- 1 tsp smoked paprika, ½ tsp cumin, black pepper
- 2 tbsp olive oil
- 2 slices sourdough
- Fresh parsley

Method

1. Preheat oven to 190°C.
2. In an oven-safe pan, fry bacon until just golden. Add garlic, paprika, and cumin 30 seconds.
3. Add crushed tomatoes and yam. Simmer 5 minutes.
4. Make 4 wells. Crack eggs in. Bake 14–18 minutes until whites are just set.
5. Rest 5 minutes. Scatter avocado, parsley, and serve with sourdough.



Chicken & Avocado Stuffed Sweet Potato with Coconut Dressing

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Low–Moderate ✓ | Calcium: Low ✓ | Magnesium: Low ✓

Twice-baked sweet potatoes stuffed with chicken, avocado, and coconut milk — a potassium-loaded, Vit A-rich dinner that manages to be simultaneously comfort food and a precision boy-diet mineral delivery. Each portion achieves over 900mg potassium from the sweet potato and avocado alone; chicken adds lean protein with minimal calcium; coconut milk provides MCTs and hormone fats.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
32g	20g	42g	7g	~1060mg	~280mg	~60mg	~62mg

★ **KEY NUTRIENTS:** Potassium 1060mg | Vit A 18000IU | MCT | Lauric acid | Folate 130µg | B6 0.7mg | Vit E 5mg | Vit C 38mg | Selenium | Electrolytes | Very low calcium ✓

Ingredients

- 2 large sweet potatoes
- 200g cooked chicken breast, shredded
- 1 avocado, diced
- 3 tbsp coconut milk
- 2 spring onions, sliced
- 1 tsp smoked paprika
- Pinch Celtic sea salt, black pepper
- COCONUT DRESSING: 3 tbsp coconut milk, juice of ½ lime, 1 tsp Allulose, black pepper, coriander
- 1 tbsp sunflower seeds
- Fresh coriander and lime

Method

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1. Bake sweet potatoes at 200°C for 55–60 minutes until very soft.
2. Halve and scoop out most of the flesh. Mash flesh with coconut milk, paprika, and a pinch of Celtic salt.
3. Mix mashed flesh with shredded chicken and spring onion.
4. Fill sweet potato skins with chicken mixture. Top with diced avocado.
5. Drizzle coconut dressing and scatter sunflower seeds. Finish with coriander and lime.

Pork & Millet Bowl with White Bean, Tomato, Garlic & Raisin Sauce

♦ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate ✓ | Calcium: Low ✓ | Magnesium: Moderate

White beans provide the highest potassium content of any legume — 561mg per 100g — combined with exceptional folate and B6. Kept to 80g portions to manage calcium and magnesium, they partner beautifully with pork, tomato, raisins, and millet. The raisin sauce adds iron and concentrated potassium; garlic delivers allicin for circulation. A mineral-complete fertility dinner.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
34g	14g	44g	8g	~1100mg	~360mg	~80mg	~90mg

★ **KEY NUTRIENTS:** Potassium 1100mg | Folate 180µg | B1 | B6 0.6mg | Zinc 4mg | Lycopene | Iron 4mg | Allicin | Raisin iron | Vit C 25mg | Selenium | Low calcium ✓

Ingredients

- 400g lean pork, diced
- 80g white beans per serve (cooked, rinsed)
- 400g crushed tomatoes
- 40g raisins
- 4 cloves garlic, minced
- 1 onion
- 1 tsp smoked paprika, 1 tsp cumin, black pepper
- Pinch Celtic sea salt
- 2 tbsp olive oil
- 1 cup cooked millet per serve
- Fresh parsley, lemon

Method

1. Brown pork in olive oil. Add onion, garlic, paprika, cumin. Cook 2 minutes.
2. Add crushed tomatoes, white beans, and raisins. Simmer 25 minutes.
3. Season with a pinch of Celtic salt and black pepper.
4. Serve over millet. Finish with parsley and lemon.

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Sausage & Sweet Potato Tray Bake with Tomato, Garlic & Sourdough Crumb

◆ **MINERAL PROFILE:** Potassium: Very High ✓ | Sodium: Moderate–High ✓ | Calcium: Low ✓ | Magnesium: Low ✓

Good-quality preservative-free pork sausages are a useful sodium source on this diet — a natural way to meet sodium targets without resorting to processed foods. Combined with sweet potato, cherry tomatoes, and whole roasted garlic, this one-tray dinner achieves excellent potassium, lycopene, and B1 alongside useful sodium. A sourdough crumb toasted in the tray adds fermented sodium and crunch.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
26g	24g	44g	6g	~1100mg	~700mg	~55mg	~62mg

★ **KEY NUTRIENTS:** Potassium 1100mg | Vit A 15000IU | Lycopene | B1 (thiamine) | Zinc 3.5mg | Allicin (whole roasted garlic) | Vit C 40mg | Probiotics (sourdough) | Selenium | Very low calcium ✓

Ingredients

- 6 good-quality pork sausages (preservative-free)
- 3 medium sweet potatoes, cubed
- 250g cherry tomatoes
- 1 whole head garlic, cloves separated
- 1 slice sourdough, torn into crumbs
- 2 tbsp olive oil
- 1 tsp smoked paprika, 1 tsp cumin, 1 tsp thyme
- Black pepper
- Fresh parsley and lemon

Method

1. Preheat oven to 200°C.
2. Toss sweet potato with olive oil, paprika, cumin, thyme, and pepper. Spread in a large roasting tray.
3. Nestle sausages and garlic cloves in the tray. Scatter cherry tomatoes.
4. Roast 30 minutes. Scatter sourdough crumbs around. Roast 10 more minutes until sausages are golden and crumbs are crispy.
5. Rest 5 minutes. Scatter parsley and squeeze lemon over.

Coconut Water Poached Chicken with Banana, Orange & Walnut Salsa

◆ **MINERAL PROFILE:** Potassium: Exceptional ✓ | Sodium: Low–Moderate ✓ | Calcium: Low ✓ | Magnesium: Moderate

Poaching chicken in coconut water is one of the most elegant boy-diet cooking techniques — the liquid absorbs the potassium from the coconut water, basting the chicken in electrolytes. The banana, orange, and walnut salsa served over the top delivers resveratrol (trace), ALA omega-3, melatonin, Vit C, hesperidin, and a remarkable 600mg+ potassium in the salsa alone. A beautiful, hormone-nourishing dinner.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
38g	14g	44g	5g	~1200mg	~260mg	~58mg	~70mg

★ **KEY NUTRIENTS:** Potassium 1200mg | Electrolytes | ALA omega-3 | Melatonin | Hesperidin | Vit C 62mg | B6 0.8mg | Folate 70µg | MCT | Anti-inflammatory | Selenium | Very low calcium ✓

Ingredients

- 2 chicken breast fillets (350g total)
- 350ml coconut water (poaching liquid)
- 2 garlic cloves, smashed
- 1 stalk lemongrass, bruised
- BANANA ORANGE WALNUT SALSA: 1 banana (sliced), 1 orange (segmented), 20g walnuts (roughly broken), 1 tbsp olive oil, juice of ½ orange, fresh mint, black pepper
- Cooked millet or cooled white rice to serve
- Spring onion, coriander
- Pinch Celtic sea salt in poaching liquid

Method

1. Place chicken in a pan with coconut water, garlic, lemongrass, and a pinch of Celtic salt. Bring to a very gentle simmer.
2. Poach on the lowest heat 18–20 minutes. Remove and rest 5 minutes.
3. Combine all salsa ingredients.
4. Slice chicken. Serve over millet or rice with salsa spooned over generously.
5. Drizzle a little poaching liquid over and top with spring onion.

Sweet Potato & Chicken Tagine with Dates, Raisins, Tomato & Millet

◆ **MINERAL PROFILE:** Potassium: Exceptional ✓ | Sodium: Moderate ✓ | Calcium: Low ✓ | Magnesium: Low ✓

A North African-inspired tagine where sweet potato, dates, and raisins create a naturally sweet, mineral-dense sauce around slow-braised chicken. The dried fruits concentrate potassium and iron; sweet potato delivers Vit A and more potassium; tomato brings lycopene; a full head of garlic slowly roasts into the braising liquid for allicin and anti-inflammatory support. Millet as the base keeps calcium near zero.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
38g	16g	52g	6g	~1400mg	~310mg	~60mg	~70mg

★ **KEY NUTRIENTS:** Potassium 1400mg | Vit A 16000IU | Lycopene | Curcumin | Iron 4mg | B6 0.8mg | Allicin | Cinnamon (blood sugar) | Folate 85µg | Vit C 35mg | Very low calcium ✓

Ingredients

- 700g chicken thighs, bone-in
- 2 medium sweet potatoes, cubed
- 6 medjool dates, halved
- 40g raisins
- 400g crushed tomatoes
- 1 head garlic, cloves separated
- 1 onion, diced
- 400ml low-sodium stock
- 1 tsp cumin, 1 tsp coriander, 1 tsp cinnamon, 1 tsp turmeric, ½ tsp cayenne
- Pinch Celtic sea salt
- 2 tbsp olive oil
- 1 cup cooked millet per serve
- Fresh coriander, lemon

Method

1. Brown chicken in olive oil. Remove.
2. Sauté onion and garlic with all spices 2 minutes. Add crushed tomatoes and stock.
3. Return chicken. Add sweet potato, dates, and raisins. Bring to boil.
4. Reduce, cover and simmer 35–40 minutes until chicken is very tender.
5. Season with pinch of Celtic salt. Serve over millet with coriander and lemon.

Celebration Potassium Feast: Yam, Sweet Potato, Avocado, Chicken & Coconut

◆ **MINERAL PROFILE:** Potassium: Exceptional ✓ | Sodium: Moderate ✓ | Calcium: Very Low ✓ | Magnesium: Low ✓

The ultimate boy-diet dinner — designed as a weekly celebration or special occasion meal. White yam, sweet potato, avocado, banana in the sauce, and coconut water all combine to deliver over 1800mg potassium in a single dinner while keeping calcium impressively low. Chicken provides lean fertility protein; tomato adds lycopene; garlic delivers allicin; coconut milk provides MCTs and lauric acid. A joyful, abundant, and comprehensively nourishing plate.

Protein	Fat	Carbs	Fiber	Potassium	Sodium	Calcium	Magnesium
42g	26g	52g	8g	~1820mg	~310mg	~70mg	~90mg

★ **KEY NUTRIENTS:** Potassium 1820mg ★ | Vit A 18000IU | Lycopene | MCT | Lauric acid | B6 0.9mg | Folate 130µg | Allicin | Electrolytes | Vit C 50mg | Selenium | Very low calcium ✓ | Hormone fats

Ingredients

- 2 chicken breast fillets
- 150g white yam, cubed and roasted
- 1 medium sweet potato, cubed and roasted
- 1 ripe banana, sliced (for sauce)
- 1 avocado, sliced
- 150ml coconut water (for sauce)
- 150ml coconut milk
- 2 medium tomatoes, halved and roasted
- 4 cloves garlic
- 1 tsp turmeric, 1 tsp paprika, pinch Celtic sea salt
- Fresh coriander, lime, spring onion

Method

1. Preheat oven to 200°C. Roast yam, sweet potato, and tomatoes with olive oil, turmeric, paprika, and a pinch of salt, 25–30 min.
2. Season chicken and grill or pan-sear 5–6 min each side.
3. Make coconut-banana sauce: blend banana, coconut water, coconut milk, garlic, and a pinch of salt. Warm in a pan 3 minutes.
4. Plate roasted yam and sweet potato. Place chicken alongside. Pour warm sauce over.
5. Top with avocado slices, roasted tomatoes, spring onion, coriander, and lime.

Nutritional Notes & Clinical Guidance

- **POTASSIUM TARGET — 3500–4500MG DAILY:** Standard dietary guidelines recommend 3500–4700mg potassium per day — the boy diet simply ensures you consistently reach and maintain the upper range. Achieve this through daily coconut water (600mg/glass), 1–2 bananas (422mg each), sweet potato or white yam at least once daily, avocado, tomato, and potassium-rich fruits such as melon and dates.
- **SODIUM TARGET — 2000–2500MG DAILY:** This is only marginally above the general health recommendation of 2000mg/day — this is NOT a high-sodium diet. All sodium comes from quality sources: Celtic sea salt in cooking (not at the table), fermented foods (sauerkraut, kimchi, pickles), sourdough bread, and quality pork products. Processed junk food is never the answer.
- **CALCIUM TARGET — BELOW 600MG DAILY:** The average Western diet provides 800–1200mg calcium daily — you are intentionally reducing this. Remove all dairy (milk, yoghurt, cheese), calcium-set tofu, tinned fish with bones, fortified almond milk, chia seeds, sesame seeds, and tahini. Replace with coconut milk, coconut water, and coconut yoghurt.
- **MAGNESIUM TARGET — BELOW 250MG DAILY:** Standard intake is 300–400mg. Reduce by avoiding high-magnesium foods: raw cacao (1 tsp max), spinach (small amounts), dark chocolate, oats, buckwheat, amaranth, and high doses of nuts and seeds. Small amounts of walnuts and pistachio are acceptable for their fertility-specific benefits (ALA, melatonin, arginine).
- **CELTIC SEA SALT — THE PREFERRED SODIUM SOURCE:** Celtic sea salt contains over 80 naturally occurring trace minerals alongside sodium — including iodine, selenium, magnesium (in trace amounts), and potassium. Use it in cooking — add a pinch to meals during preparation rather than heavy salting at the table. It provides sodium alongside a broad spectrum of fertility-supportive trace elements.
- **FERMENTED FOODS ARE ESSENTIAL:** Sauerkraut, kimchi, and pickles on this diet serve a dual purpose — they provide the sodium the diet requires while simultaneously delivering Lactobacillus probiotics that support the gut-hormone axis, iodine for thyroid function, and Vit K2 for hormone metabolism. Aim for 2–4 tablespoons of a fermented food daily.
- **COCONUT WATER — DRINK DAILY:** 1–2 glasses of coconut water daily provides 600–1200mg potassium, natural electrolytes, and cytokinins. It also provides a small natural sodium contribution. Unsweetened coconut water only — no added sugar.
- **MILLET — YOUR GRAIN BASE:** Millet is the ideal grain for this diet — it has the lowest calcium content of all grains (3mg per 100g cooked), moderate useful potassium, and provides B3, B6, and iron. Use it as the primary grain base across meals in place of oats, buckwheat, or amaranth (which are high in magnesium).
- **WHITE RICE AND PASTA — COOKED AND COOLED:** When white rice and pasta are cooked and cooled overnight, a significant portion of the starch converts to resistant starch — which feeds beneficial gut bacteria and supports the gut-hormone axis. Reheat gently before eating. This is a useful daily technique that improves gut microbiome diversity while contributing negligible calcium.

- **SOURDOUGH BREAD — CHOOSE QUALITY:** Real sourdough bread (made with wild yeast fermentation, not commercial yeast) provides useful sodium alongside prebiotic compounds from the fermentation process. The slow fermentation also improves mineral bioavailability and gut tolerance. Choose a proper sourdough bakery loaf, not commercial bread labelled 'sourdough'.
- **LYCOPENE FROM TOMATOES:** Lycopene — the antioxidant responsible for tomato's red colour — is one of the most potent antioxidants for reproductive cell health, shown to improve both egg and sperm quality. Tomatoes on this diet provide lycopene, Vit C, and useful potassium with very low calcium. Cooked tomatoes (including tomato paste and crushed tomatoes) have higher lycopene bioavailability than raw.
- **DURATION & FERTILITY CONTEXT:** Follow this diet for 3–4 months before attempting conception. It is fully compatible with the fertility-supporting principles across all volumes of this series. Always work with your healthcare practitioner, particularly if you have conditions affecting kidney function (as high potassium requires careful medical monitoring in certain health situations).
- **NO GUARANTEES:** Gender-sway diets are based on observational research and biological plausibility. Sex determination is ultimately genetic. This diet is offered as a nourishing, evidence-informed nutritional framework that may create a favourable mineral environment — not a guarantee of outcome.