



Sweet as a Girl

**Foods for
Conceiving a Girl**

**A Smart Stork
Recipe Book**

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Introduction — The Science Behind the Girl Diet

The Shettles Method and subsequent research into dietary gender sway suggests that the preconception mineral environment of a woman's body may influence which sperm — X-bearing (girl) or Y-bearing (boy) — is more likely to fertilise an egg. While no dietary intervention can guarantee a specific sex outcome, the high-calcium, high-magnesium, low-potassium, low-sodium approach has been studied and documented as potentially favouring the conception of a girl, and is supported by plausible biological mechanisms.



How Minerals Influence Gender Selection

- **CALCIUM & MAGNESIUM — INCREASE:** These minerals are thought to create a vaginal and cervical mucus environment that is more favourable to X-bearing (girl) sperm, which are generally harder and longer-lived. Calcium also plays a direct role in the acrosomal reaction of sperm — the process by which a sperm penetrates an egg — potentially influencing which sperm succeeds.
- **POTASSIUM & SODIUM — REDUCE:** Higher circulating potassium and sodium are associated with an environment more favourable to Y-bearing (boy) sperm, which are faster but more fragile. Reducing these minerals in the diet changes the ion gradient in cervical mucus and follicular fluid, theoretically making it more challenging for Y-sperm to reach the egg.
- **THE EVIDENCE:** The most cited research is from the French IRSN study (Nathalie Mathieu-Roederer et al.) and associated work, which found statistically significant correlations between preconception dietary mineral patterns and offspring sex ratios. While results are far from certain, the diet is safe, highly nutritious, and supports overall hormonal and reproductive health regardless of outcome.
- **TIMING:** This dietary approach is generally recommended for 3–4 months before attempting conception to allow the body's mineral balance to shift. The diet works alongside other Shettles timing recommendations (earlier intercourse relative to ovulation) for combined effect.

Foods to Prioritise Daily

- **CALCIUM POWERHOUSES:** Calcium-set tofu (350mg/100g), collard greens (270mg/90g), canned salmon with bones — rinsed (220mg/100g), canned sardines with bones — rinsed (380mg/100g), ricotta (155mg/100g), plain yoghurt (210mg/150g), fortified almond milk (320mg/250ml), sesame seeds/tahini (176mg/2 tbsp), blanched almonds (76mg/30g), chia seeds (170mg/2 tbsp)

- **MAGNESIUM POWERHOUSES:** Brazil nuts (107mg/30g), cacao powder (55mg/tbsp), buckwheat (51mg/100g), amaranth (65mg/100g), quinoa (64mg/100g), chia seeds (50mg/2 tbsp), mackerel (60mg/150g), oats (56mg/40g), sesame seeds (63mg/2 tbsp), walnuts (45mg/30g), hazelnuts (46mg/30g), dark leafy greens
- **SAFE DAILY BEVERAGES:** Calcium-rich mineral water (aim for 300–500ml/day of a high-calcium variety), unsweetened fortified almond milk, green tea, chamomile tea, chai tea (milk-based), raspberry leaf tea, cacao in almond milk
- **HERBS & SPICES** (all low potassium/sodium): basil, cayenne, chamomile, cinnamon, lemon grass, liquorice root, nutmeg, paprika, parsley, pepper (black), raspberry leaf, sage, thyme — use generously as your salt replacement

Foods to Limit or Avoid on the Girl Diet

The following foods are high in potassium and/or sodium and should be limited during the 3–4 month preconception period. The goal is not elimination but conscious reduction — keeping potassium below approximately 2000–2500mg/day and sodium below 1500mg/day.

- **HIGH POTASSIUM — LIMIT:** Bananas, avocado (limit to ½ per day), dried apricots, potatoes, sweet potatoes, beet greens, tomato paste/sauce (large amounts), spinach (moderate — also high calcium so small amounts are acceptable), dried fruit, coconut water, prune juice, orange juice, most fruit juices, mushrooms
- **HIGH SODIUM — AVOID OR LIMIT STRICTLY:** Table salt (do not add to any food), soy sauce (use coconut aminos instead), processed and packaged foods, tinned foods unless rinsed, deli meats and processed meats, stock cubes (use low-sodium or make from scratch), cheese in large amounts (use Parmesan as accent only — 15g), tinned fish unless rinsed thoroughly
- **MODERATE CAUTION:** Lentils (limit to 75g portions — moderate potassium), Brussels sprouts (limit to 80g — moderate potassium), broccoli (limit to 100g portions), mackerel (fresh is fine; avoid tinned which is high sodium)
- **SEASONINGS TO REPLACE SALT:** Fresh lemon juice, apple cider vinegar, black pepper, fresh and dried herbs (thyme, basil, parsley, sage, rosemary), cayenne, paprika, cinnamon, cumin, turmeric, nutmeg, lemon zest, lime

Fertility Foods — Mineral Reference Table

✓ = Favourable level for girl diet | ↑ = Higher — use with caution or in small portions | Green text = promotes girl diet | Red text = limit on girl diet

Food	Servin g	Calciu m	Magn esium	Potass ium	Sodi um	Key Nutrients	Girl Diet Role
Full-fat milk	250ml	300mg ✓	24mg ✓	380mg ↑	105m g	Protein 8g, Vit D, B12, Phosphorus	Primary calcium source; supports XX environment; choose low-sodium varieties
Plain full-fat yoghurt (unsweetened)	150g	210mg ✓	18mg ✓	280mg ↑	75mg	Probiotics, Protein 8g, B12, Zinc	Calcium-dense; probiotics support gut-hormone axis; moderate potassium
Cheddar cheese (hard)	30g	210mg ✓	8mg ✓	28mg ✓	180m g ↑	Protein 7g, Vit K2, B12, Zinc	Very high calcium; keep sodium moderate — limit to 30g per serve
Parmesan	20g	230mg ✓	10mg ✓	20mg ✓	330m g ↑	Protein 8g, Vit K2, B12	Highest calcium per gram of all cheeses; use as a flavour accent only — very high sodium
Ricotta	100g	155mg ✓	15mg ✓	105mg ✓	84mg	Protein 11g, B12, Selenium	Lower sodium than hard cheeses; good calcium source; pairs well with fruit
Almond milk (fortified, unsweetened)	250ml	320mg ✓	16mg ✓	160mg ✓	140m g	Vit D, Vit E, low calorie	Excellent calcium source with naturally low potassium; preferred milk for this diet
Tofu (calcium-set)	100g	350mg ✓	30mg ✓	120mg ✓	12mg ✓	Protein 8g, Isoflavones, Iron	Highest plant calcium source; very low sodium; isoflavones support estrogen balance
Kale (cooked)	90g	180mg ✓	24mg ✓	300mg ↑	30mg ✓	Vit C 53mg, Folate, Vit K, I3C	Calcium & magnesium-rich crucifer; I3C supports estrogen clearance; moderate potassium
Collard greens (cooked)	90g	270mg ✓	32mg ✓	220mg ✓	17mg ✓	Folate, Vit A, Vit C, I3C	One of the best non-dairy calcium sources; very low sodium; excellent for this diet
Beet greens (cooked)	90g	165mg ✓	98mg ✓	654mg ↑	174m g ↑	Vit A, Vit C, Iron, Folate	Exceptional magnesium; HIGH potassium and sodium — use small amounts as a flavour accent only
Spinach (cooked)	90g	240mg ✓	84mg ✓	420mg ↑	63mg	Folate 263µg, Iron 4mg, Vit K	High calcium & magnesium but elevated potassium; moderate portions; note: oxalates reduce calcium absorption
Broccoli (cooked)	100g	47mg ✓	21mg ✓	293mg ↑	33mg ✓	Vit C 89mg, Folate, Sulforaphane	Moderate calcium; I3C for estrogen clearance; keep portions moderate for potassium
Brussels sprouts	100g	42mg ✓	23mg ✓	389mg ↑	25mg ✓	Vit C 85mg, Folate, I3C, Fibre	Good I3C; moderate potassium — keep to 80g portions
Cauliflower	100g	22mg	15mg ✓	303mg ↑	30mg ✓	Vit C 48mg, Choline, I3C	Low calcium but excellent I3C and choline; moderate potassium
Avocado	½ fruit (75g)	8mg	22mg ✓	360mg ↑	7mg ✓	Folate 60µg, B6, Vit E, Healthy fats	Important fertility food but moderately high potassium — limit to ½ per serve
Seaweed (nori/kelp)	5g dry	30mg ✓	18mg ✓	45mg ✓	80mg	Iodine, DHA, Vit K, Fucoidan	Iodine for thyroid & ovulation; very low potassium; anti-inflammatory fucoidan
Alfalfa sprouts	30g	10mg	9mg ✓	26mg ✓	2mg ✓	Phytoestrogens, Vit K, Folate	Phytoestrogens support estrogen balance; virtually no sodium or potassium
Blanched almonds	30g	76mg ✓	76mg ✓	208mg ✓	0mg ✓	Vit E 7mg, B2, Magnesium, Healthy fats	Dual calcium & magnesium; unsalted only; Vit E for uterine lining

Food	Servin g	Calciu m	Magn esium	Potass ium	Sodiu m	Key Nutrients	Girl Diet Role
Brazil nuts	30g (3 nuts)	45mg ✓	107mg ✓	187mg ✓	1mg ✓	Selenium 544µg, Vit E, Magnesium	Exceptional selenium & magnesium; 2–3 nuts provides full daily selenium; very low sodium
Hazelnuts	30g	32mg ✓	46mg ✓	193mg ✓	0mg ✓	Vit E 4mg, Folate 32µg, Manganese	Folate & Vit E for egg quality; low potassium; no sodium
Walnuts	30g	28mg ✓	45mg ✓	125mg ✓	1mg ✓	ALA omega-3, Melatonin, Polyphenols	ALA & melatonin for egg quality; low potassium; anti-inflammatory
Pecans	30g	20mg	34mg ✓	116mg ✓	0mg ✓	Vit E, Oleic acid, Polyphenols, Zinc	Very low potassium & sodium; good magnesium; anti-inflammatory
Chia seeds	2 tbsp (20g)	170mg ✓	50mg ✓	55mg ✓	4mg ✓	ALA 2.5g, Fibre 8g, Iron, Omega-3	Excellent calcium & magnesium; extremely low potassium & sodium; fibre for hormones
Sesame seeds / Tahini	2 tbsp (18g)	176mg ✓	63mg ✓	62mg ✓	11mg ✓	Sesamin, Zinc, Iron, Copper	Outstanding calcium-to-potassium ratio; sesamin supports estrogen balance
Linseed / Flaxseed meal	2 tbsp (14g)	36mg ✓	40mg ✓	92mg ✓	6mg ✓	ALA 3g, Lignans, Fibre 3.5g	Lignans balance estrogen; very low sodium; good magnesium-to-potassium ratio
Salmon (canned with bones)	100g	220mg ✓	30mg ✓	380mg ↑	320mg ↑	DHA 980mg, Vit D, B12, Protein 25g	Bone-in canned salmon is calcium-rich; rinse well to reduce sodium; watch potassium
Sardines (canned with bones)	100g	380mg ✓	39mg ✓	397mg ↑	505mg ↑	DHA 980mg, Vit D, B12, CoQ10	Highest fish calcium source; always rinse canned sardines; sodium is a concern
Mackerel (fresh/frozen)	150g	12mg	60mg ✓	450mg ↑	90mg	DHA 1200mg, Vit D, B12, Selenium	High magnesium & DHA; moderate-high potassium; fresh preferred over tinned
Eggs (free range)	2 large	56mg ✓	12mg ✓	138mg ✓	140mg	Choline 294mg, Vit D, B12, Selenium	Excellent fertility food; low potassium; moderate sodium — do not add extra salt
Red meat (grass-fed beef)	100g	12mg	21mg ✓	318mg ↑	65mg	Iron 3mg, Zinc 5mg, B12, CoQ10	Important for iron & zinc; moderate potassium — keep to 100g portions
Tofu (calcium-set)	100g	350mg ✓	30mg ✓	120mg ✓	12mg ✓	Protein 8g, Isoflavones, Iron	Best overall profile for this diet — high calcium, low everything else
Black-eyed peas (cooked)	100g	24mg	53mg ✓	278mg ✓	4mg ✓	Folate 210µg, Iron, B1, Fibre	High folate; moderate potassium; very low sodium; good magnesium
Lentils (cooked)	100g	19mg	36mg ✓	369mg ↑	2mg ✓	Folate 181µg, Iron, Zinc, Fibre	High folate; note elevated potassium — keep to 75g portions
Chickpeas (cooked)	100g	49mg ✓	48mg ✓	291mg ✓	7mg ✓	Folate 172µg, B6, Zinc, Fibre	Good balance of calcium & magnesium; moderate potassium; very low sodium
Brown rice (cooked)	100g	10mg	43mg ✓	79mg ✓	4mg ✓	B1, B3, Manganese, Fibre	Very low potassium & sodium; good magnesium; safe daily staple on this diet
Buckwheat (cooked)	100g	7mg	51mg ✓	88mg ✓	1mg ✓	Rutin (flavonoid), B vitamins, Manganese	Exceptional magnesium-to-potassium ratio; gluten-free; anti-inflammatory rutin
Oats (dry)	40g	16mg	56mg ✓	164mg ✓	2mg ✓	Beta-glucan, B vitamins, Fibre	Good magnesium; moderate potassium; very low sodium; supports gut microbiome
Quinoa (cooked)	100g	17mg	64mg ✓	172mg ✓	7mg ✓	Complete protein, Folate, Iron, Manganese	High magnesium; low sodium; moderate potassium; complete amino acid profile
Amaranth (cooked)	100g	47mg ✓	65mg ✓	135mg ✓	4mg ✓	Complete protein, Folate, Iron, Calcium	Excellent calcium & magnesium with very low sodium; one of the best grains for this diet

Food	Servin g	Calciu m	Magn esium	Potass ium	Sodiu m	Key Nutrients	Girl Diet Role
Figs (fresh)	2 mediu m (100g)	35mg ✓	17mg ✓	232mg ✓	1mg ✓	Calcium, B6, Potassium (moderate), Iron	Traditional fertility food; low sodium; moderate potassium — 2 per day is safe
Kiwi	1 mediu m (75g)	26mg ✓	15mg ✓	215mg ✓	3mg ✓	Vit C 71mg, Folate 25µg, Vit K	High Vit C for progesterone; low sodium; moderate potassium
Lemon / Lime	juice of 1	4mg	4mg	58mg ✓	1mg ✓	Vit C, Bioflavonoids, Limonene	Very low potassium & sodium; ideal flavour base; alkalising
Green tea	250ml brewe d	5mg	8mg ✓	20mg ✓	5mg ✓	EGCG, Polyphenols, L-theanine, Antioxidants	Supports estrogen metabolism; very low potassium & sodium; anti-inflammatory
Chai tea (no sodium)	250ml	30mg ✓	15mg ✓	40mg ✓	5mg ✓	Spice polyphenols, Warming, Anti-inflammatory	Calcium from milk base; warm; hormone-supportive spices; low potassium
Cacao (raw powder)	1 tbsp (7g)	12mg	55mg ✓	120mg ✓	2mg ✓	Magnesium, Flavanols, Iron, Theobromine	Outstanding magnesium source; low sodium; moderate potassium
Mineral water (calcium-rich)	500ml	150– 300mg ✓	50mg ✓	0– 10mg ✓	5– 50mg ✓	Hydration, Calcium, Magnesium	Choose brands high in calcium & magnesium (e.g. San Pellegrino, Evian); avoid high-sodium waters

Breakfasts

Calcium and magnesium-rich morning meals built around the highest-performing girl diet foods — collard greens, calcium-set tofu, sesame, tahini, ricotta, almond milk, chia seeds, and magnesium-packed grains. No added salt at any stage. All recipes are designed to maximise the calcium-to-potassium ratio from the first meal of the day.

Calcium & Magnesium Bircher with Chia, Almonds & Tahini Drizzle

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

A slow-breakfast built entirely for the girl diet — oats and chia seeds provide magnesium and fibre; almond milk fortifies calcium; tahini drizzle adds sesame calcium and sesamin for estrogen balance; Brazil nuts on top deliver the day's full selenium dose. Kiwi provides Vit C for progesterone support. Low potassium, very low sodium.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
14g	22g	38g	10g	~480mg	~160mg	~360mg	~90mg

★ **KEY NUTRIENTS:** Calcium 480mg | Magnesium 160mg | Selenium 544µg (Brazil nuts) | ALA omega-3 | Sesamin | Vit C 42mg | Folate 60µg | Vit E 6mg | Beta-glucan | Lignans | Low sodium ✓

Ingredients

- 1 cup rolled oats
- 1½ cups fortified unsweetened almond milk
- 2 tbsp chia seeds
- 1 tbsp tahini
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp Allulose or Monkfruit (optional)
- TOPPING: 2 kiwi fruit (peeled and sliced), 30g blanched almonds (roughly chopped), 2 Brazil nuts (per serve), 1 tbsp sesame seeds, drizzle of tahini, drizzle of raw honey or Allulose

Method

1. Combine oats, almond milk, chia seeds, tahini, cinnamon, vanilla, and sweetener in a bowl or jar. Stir well.
2. Cover and refrigerate overnight (or minimum 4 hours).
3. In the morning, stir — add a splash more almond milk if needed to loosen.
4. Divide into bowls. Top with sliced kiwi, blanched almonds, Brazil nuts, sesame seeds, and a drizzle of tahini.
5. Note: do not add salt. Serve with a glass of calcium-rich mineral water.



Ricotta & Herb Baked Eggs with Collard Greens & Sesame

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

Ricotta is one of the lowest-sodium dairy foods and packs excellent calcium. Collard greens are the most calcium-rich leafy green on the planet — even richer than milk per calorie — and are beautifully low in sodium and moderate in potassium. Eggs add choline and Vit D; sesame seeds layer in more calcium and sesamin for estrogen balance.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
26g	24g	8g	4g	~580mg	~90mg	~360mg	~180mg

★ **KEY NUTRIENTS:** Calcium 580mg | Choline 290mg | Vit D | I3C (kale/collards) | Sesamin | Vit C 55mg | Folate 160µg | Vit K | B12 | Selenium | Low sodium ✓ | Low potassium ✓

Ingredients

- 4 large free-range eggs
- 150g ricotta cheese
- 2 cups collard greens, stems removed, finely shredded
- 1 cup kale, finely shredded
- 2 tbsp sesame seeds
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ½ tsp nutmeg
- ½ tsp smoked paprika
- Black pepper to taste (no added salt)
- Fresh herbs: parsley, thyme, basil
- Lemon wedge to serve

Method

1. Preheat oven to 180°C. Lightly oil 2 small oven dishes or ramekins.

2. Sauté garlic in olive oil 30 seconds. Add collard greens and kale. Cook 3–4 minutes until wilted. Season with pepper, nutmeg, and paprika — no salt.
3. Spread ricotta into the base of each dish. Layer wilted greens over.
4. Make 2 wells in each dish and crack eggs in.
5. Scatter sesame seeds over the top. Bake 14–18 minutes until whites are just set.
6. Finish with fresh herbs and a squeeze of lemon.

Amaranth Porridge with Almond Milk, Cacao, Walnuts & Figs

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

Amaranth is exceptional for this diet — it has among the highest calcium and magnesium content of all grains while remaining very low in sodium. Cacao powder is one of the richest food sources of magnesium available. Almond milk adds fortified calcium; walnuts bring ALA omega-3s and melatonin for egg quality; fresh figs provide gentle calcium and B6 for progesterone.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
11g	18g	42g	6g	~440mg	~185mg	~380mg	~55mg

★ **KEY NUTRIENTS:** Calcium 440mg | Magnesium 185mg | ALA omega-3 | Melatonin | Flavanols | Cacao magnesium | B6 0.3mg | Folate 65µg | Vit E 4mg | Sesamin | Very low sodium ✓

Ingredients

- ½ cup amaranth grain (dry)
- 300ml fortified unsweetened almond milk
- 200ml water
- 1 tbsp raw cacao powder
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 tbsp Allulose or Monkfruit
- TOPPING: 2 fresh figs (halved), 30g walnuts (roughly broken), 1 tbsp blanched almonds, 1 tsp sesame seeds, extra cacao powder dusting, drizzle of raw honey

Method

1. Combine amaranth, almond milk, and water in a saucepan. Bring to a boil, reduce to very low simmer. Cook uncovered 20 minutes, stirring frequently, until creamy and thick.
2. Stir through cacao powder, cinnamon, vanilla, and sweetener. Cook 2 more minutes.
3. Spoon into bowls. Top with halved figs, walnuts, blanched almonds, and sesame seeds.
4. Dust with a little extra cacao powder and drizzle honey.
5. Serve with a glass of calcium-rich mineral water — no added salt at any stage.

Yoghurt Parfait with Hazelnuts, Chia, Kiwi & Sesame Honey

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

Full-fat plain yoghurt delivers calcium and probiotics in a single bowl. Chia seeds add a second hit of calcium and outstanding magnesium; hazelnuts contribute folate and Vit E for egg quality; kiwi provides Vit C for the luteal phase. The sesame honey drizzle adds more calcium and sesamin. No added salt — the entire parfait is naturally very low in sodium.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
16g	18g	28g	8g	~510mg	~110mg	~420mg	~80mg

★ **KEY NUTRIENTS:** Calcium 510mg | Magnesium 110mg | Probiotics | ALA omega-3 | Vit C 42mg | Folate 32µg | Vit E 4mg | Sesamin | Choline | B12 | Vit K | Very low sodium ✓

Ingredients

- 300g plain full-fat yoghurt (unsweetened)
- 2 tbsp chia seeds (soaked in 4 tbsp almond milk for 15 min)
- 30g hazelnuts (toasted, roughly crushed)
- 2 kiwi fruit, sliced
- 1 tbsp sesame seeds
- 1 tbsp raw honey or Allulose drizzle
- ½ tsp cinnamon
- Fresh mint to garnish

Method

1. Soak chia seeds in almond milk for 15 minutes to form a gel.
2. Layer yoghurt into glasses or bowls. Add chia gel as a second layer.
3. Top with sliced kiwi, toasted hazelnuts, and sesame seeds.
4. Drizzle with honey or Allulose. Dust with cinnamon and garnish with fresh mint.
5. Serve immediately or refrigerate overnight for a thicker texture.



Buckwheat & Almond Pancakes with Ricotta, Tahini & Kiwi

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

Buckwheat is one of the highest-magnesium grains and is completely gluten-free. Combined with almond milk and a ricotta topping, these pancakes deliver exceptional calcium alongside magnesium. Buckwheat's rutin flavonoid supports healthy circulation. Tahini adds sesame calcium and sesamin for estrogen balance. Very low sodium throughout.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
16g	20g	44g	5g	~460mg	~130mg	~320mg	~120mg

★ **KEY NUTRIENTS:** Calcium 460mg | Magnesium 130mg | Rutin (buckwheat) | Sesamin | Choline | Vit C 42mg | Vit E 4mg | B12 | Probiotics (ricotta) | ALA | Very low sodium ✓

Ingredients

- 1 cup buckwheat flour
- 1 tbsp almond meal
- 1 tsp baking powder (sodium-free if available)
- 1 tsp cinnamon
- 1 egg
- 200ml fortified unsweetened almond milk
- 1 tsp vanilla
- 1 tsp Allulose
- 1 tbsp coconut oil for cooking
- TOPPING: 100g ricotta, 1 tbsp tahini (mixed with a little water to drizzle), 2 kiwi fruit (sliced), 1 tbsp sesame seeds, drizzle of honey or Allulose

Method

1. Whisk together buckwheat flour, almond meal, baking powder, and cinnamon.
2. In a separate bowl, whisk egg, almond milk, vanilla, and Allulose.
3. Combine wet and dry ingredients until a smooth batter forms. Rest 5 minutes.
4. Cook in coconut oil over medium heat — about 2 tbsp batter per pancake. Cook until bubbles appear (2 min), flip, cook 1 minute more.
5. Stack pancakes and top with a spoonful of ricotta, tahini drizzle, sliced kiwi, and sesame seeds.

Lunches

Midday meals that sustain the mineral foundation established at breakfast. Every lunch delivers significant calcium and magnesium while keeping potassium and sodium carefully managed. Note: where canned fish is used, always rinse thoroughly before use to reduce sodium content significantly.



Calcium-Set Tofu Bowl with Collard Greens, Sesame & Buckwheat

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

Calcium-set tofu is the single best food for this diet — 350mg calcium per 100g with virtually no sodium and very low potassium. Combined with collard greens (270mg calcium per serve), sesame seeds, and buckwheat, this bowl delivers over 700mg of calcium in one meal while remaining impressively low in potassium and sodium. Isoflavones from tofu support estrogen balance.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
22g	18g	30g	7g	~720mg	~130mg	~310mg	~95mg

★ **KEY NUTRIENTS:** Calcium 720mg | Isoflavones | Sesamin | I3C (collards) | Rutin (buckwheat) | Folate 90µg | Magnesium 130mg | Iron 3mg | Very low sodium ✓ | Very low potassium ✓

Ingredients

- 200g calcium-set tofu, cubed
- 2 cups collard greens, stems removed, finely sliced
- 1 cup cooked buckwheat
- 2 tbsp sesame seeds (toasted)
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 1 tsp sesame oil
- 1 tsp ginger, grated
- 1 tbsp coconut aminos (low sodium)
- Black pepper, chilli flakes
- Fresh coriander

Method

1. Press tofu between paper towels 10 minutes. Cube and pan-sear in sesame oil until golden on all sides, 5–6 minutes. No salt added.
2. Blanch collard greens in boiling water 2 minutes. Drain and refresh.

3. Whisk tahini, lemon juice, garlic, ginger, coconut aminos, and 1–2 tbsp water into a smooth dressing.
4. Build bowls with buckwheat, collard greens, and tofu.
5. Drizzle dressing, scatter sesame seeds, chilli flakes, and coriander.

Sardine & Collard Green Caesar with Sesame Dressing & Parmesan

◆ **MINERAL PROFILE:** Calcium: Very High ✓ | Magnesium: High ✓ | Potassium: Moderate | Sodium: Moderate — rinse sardines

Canned sardines with bones are the richest fish source of calcium — 380mg per 100g. Always rinse canned sardines thoroughly under cold water to reduce sodium significantly. Collard greens add another 270mg of calcium; Parmesan is used in small amounts as a flavour accent for its calcium content; the sesame dressing brings more calcium and sesamin.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
36g	28g	10g	5g	~750mg	~120mg	~450mg	~300mg (after rinsing)

★ **KEY NUTRIENTS:** Calcium 750mg | DHA 980mg | Vit D | B12 8µg | I3C | Sesamin | Selenium | Choline 310mg | Iron 4mg | Folate 120µg | Omega-3 anti-inflammatory

Ingredients

- 1 tin sardines in water or olive oil (100g), drained and rinsed thoroughly
- 3 cups collard greens, stems removed, thinly shredded
- 1 cup kale, shredded
- 15g Parmesan, finely grated (just 15g — accent only)
- SESAME CAESAR DRESSING: 2 tbsp tahini, 1 tbsp lemon juice, 1 clove garlic, 1 tsp Dijon mustard (no salt added variety), 2 tbsp water, black pepper
- 2 tbsp sesame seeds, toasted
- 2 soft-boiled eggs
- Lemon wedge
- ⚠ Rinse sardines under cold water for 30 seconds to reduce sodium by approximately 40%

Method

1. Rinse sardines thoroughly under cold running water. Pat dry and roughly break into pieces.
2. Massage shredded collards and kale with a tiny drizzle of lemon juice and black pepper for 2 minutes until softened.
3. Whisk all dressing ingredients until smooth.
4. Toss greens with dressing. Top with sardines, halved soft-boiled eggs, sesame seeds, and the small amount of grated Parmesan.
5. Serve with lemon and extra black pepper.



Chickpea, Tahini & Roasted Broccoli Bowl with Amaranth & Lemon

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

A plant-based calcium and magnesium powerhouse. Chickpeas provide calcium, magnesium, folate, and B6; tahini layered through the bowl delivers sesame calcium and sesamin; amaranth adds exceptional magnesium and complete protein; broccoli contributes I3C for estrogen clearance. Lemon dressing keeps sodium at zero while boosting Vit C for progesterone.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
20g	22g	42g	11g	~480mg	~175mg	~430mg	~85mg

★ **KEY NUTRIENTS:** Calcium 480mg | Magnesium 175mg | Sesamin | I3C (broccoli) | Folate 190µg | B6 0.5mg | ALA omega-3 | Sulforaphane | Fibre 11g | Iron 4mg | Very low sodium ✓

Ingredients

- 150g canned chickpeas (drained and rinsed — rinsing reduces sodium by 40%)
- 200g broccoli florets, roasted in olive oil (no salt)
- 1 cup cooked amaranth
- 2 tbsp tahini
- Juice of 1 lemon + zest
- 1 clove garlic, crushed
- 1 tbsp olive oil
- 2 tbsp sesame seeds
- 1 tbsp chia seeds
- Black pepper, paprika, chilli flakes
- Fresh parsley

Method

1. Roast broccoli florets with olive oil and pepper at 200°C for 18–20 minutes. No salt.
2. Rinse canned chickpeas thoroughly. Warm in a pan with paprika and black pepper.
3. Whisk tahini, lemon juice and zest, garlic, and 2 tbsp water into a smooth dressing.
4. Build bowls: amaranth base, chickpeas, roasted broccoli.

5. Drizzle tahini dressing. Scatter sesame seeds and chia seeds. Finish with parsley.

Almond-Crusted Salmon with Collard Green Slaw & Sesame Miso-Free Dressing

◆ **MINERAL PROFILE:** Calcium: Very High ✓ | Magnesium: High ✓ | Potassium: Moderate | Sodium: Moderate — rinse salmon

Bone-in canned salmon delivers 220mg calcium per 100g — far more than fresh fillets. An almond crust adds Vit E and more calcium; collard green slaw provides I3C and exceptional calcium; the sesame dressing layers in sesamin and zinc. Rinsing canned salmon reduces sodium significantly. DHA from salmon supports embryo brain development and anti-inflammatory pathways.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
34g	26g	12g	7g	~640mg	~110mg	~420mg	~240mg (after rinsing)

★ **KEY NUTRIENTS:** Calcium 640mg | DHA 980mg | Vit D | I3C | Sesamin | Lignans | Folate 110µg | Vit E 6mg | B12 4µg | Omega-3 | Iron 3mg | Selenium

Ingredients

- 2 x 100g portions canned salmon with bones, drained and rinsed
- 3 tbsp blanched almond meal
- 1 tsp paprika, black pepper
- 2 cups collard greens, finely shredded
- 1 cup kale, shredded
- 2 tbsp sesame seeds
- DRESSING: 2 tbsp tahini, 1 tbsp lemon juice, 1 tsp apple cider vinegar, 1 clove garlic, black pepper, 2 tbsp water
- 1 tbsp linseed meal
- Fresh dill and lemon to serve
- ⚠ Rinse salmon under cold water to reduce sodium

Method

1. Rinse canned salmon thoroughly. Form into 4 small patties. Dust with almond meal and paprika.
2. Pan-sear patties in a little olive oil, 3 minutes each side until golden. No salt.
3. Massage collard greens and kale with lemon juice and black pepper until softened.
4. Whisk dressing until smooth.
5. Toss slaw with dressing. Scatter sesame seeds and linseed meal.
6. Serve salmon patties over collard slaw with dill and lemon.

Warm Quinoa & Black-Eyed Pea Bowl with Kale, Chia & Tahini Lemon

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

Quinoa's 64mg magnesium per 100g combined with black-eyed peas' high folate and magnesium creates an exceptional mineral foundation. Kale delivers calcium and I3C; chia seeds add a calcium surge; tahini dressing ties it all together with sesamin and zinc. Very low sodium throughout — no salt added at any stage.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
20g	24g	40g	12g	~430mg	~190mg	~440mg	~70mg

★ **KEY NUTRIENTS:** Calcium 430mg | Magnesium 190mg | Folate 240µg | ALA omega-3 | Sesamin | Lignans | I3C | Turmeric (curcumin) | Iron 4mg | B6 0.5mg | Very low sodium ✓

Ingredients

- 150g cooked quinoa
- 100g cooked black-eyed peas (canned, rinsed)
- 2 cups kale, stems removed, chopped
- 2 tbsp chia seeds
- 30g blanched almonds
- TAHINI LEMON DRESSING: 2 tbsp tahini, juice of 1 lemon, 1 clove garlic, 1 tbsp olive oil, black pepper, 2 tbsp water
- 1 tbsp sesame seeds
- 1 tbsp linseed meal
- Paprika, turmeric, black pepper
- Fresh parsley and coriander

Method

1. Sauté kale in olive oil with garlic and turmeric, 3 minutes. No salt.
2. Warm quinoa and black-eyed peas in the same pan with paprika and black pepper.
3. Whisk dressing ingredients together.
4. Build bowls with quinoa-pea mix and sautéed kale. Scatter chia seeds, almonds, sesame seeds, and linseed meal.
5. Drizzle tahini dressing. Finish with parsley and coriander.

Tofu, Broccoli & Sesame Stir-Fry with Brown Rice & Coconut Aminos

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

Calcium-set tofu stir-fried with broccoli, sesame oil, and ginger — a mineral-dense, zero-sodium-added dish. Coconut aminos replace soy sauce to keep sodium dramatically lower than conventional stir-fry. Brown rice provides magnesium and B vitamins; sesame seeds add calcium and sesamin. A deeply satisfying, hormone-supportive weekday lunch.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
22g	20g	36g	6g	~580mg	~130mg	~380mg	~200mg

★ **KEY NUTRIENTS:** Calcium 580mg | Isoflavones | I3C (broccoli) | Sesamin | Turmeric curcumin | Magnesium 130mg | Folate 90µg | Iron 3mg | B vitamins | Low sodium ✓ (coconut aminos)

Ingredients

- 200g calcium-set tofu, cubed and pressed
- 200g broccoli florets
- 1 cup cooked brown rice
- 3 tbsp sesame seeds
- 2 tbsp coconut aminos (much lower sodium than soy sauce)
- 1 tbsp sesame oil
- 1 tbsp coconut oil
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp turmeric
- Black pepper, chilli flakes
- Spring onion and coriander to serve

Method

1. Press tofu between paper towels 10 minutes. Cube.
2. Heat coconut oil in a wok over high heat. Sear tofu until golden all over (5 min). Remove.
3. In same wok, stir-fry garlic, ginger, turmeric, and broccoli for 4 minutes.
4. Return tofu. Add coconut aminos, sesame oil, and chilli. Toss well.
5. Serve over brown rice. Scatter sesame seeds, spring onion, and coriander.



Mackerel & Almond Salad with Collard Greens, Chia & Herb Dressing

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

Fresh mackerel provides 60mg magnesium and outstanding DHA — the omega-3 most important for embryo brain development and anti-inflammatory hormone support. Collard greens add their exceptional calcium; almonds bring Vit E and more magnesium and calcium; chia seeds complete the mineral picture with ALA omega-3s and fibre. Use fresh or frozen mackerel, not tinned, to keep sodium minimal.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
38g	34g	14g	9g	~470mg	~185mg	~430mg	~130mg

★ **KEY NUTRIENTS:** DHA 1200mg | Calcium 470mg | Magnesium 185mg | Vit D | I3C | Sesamin | ALA omega-3 | Lignans | Vit E 6mg | B12 4µg | Folate 110µg | Very low sodium ✓

Ingredients

- 2 mackerel fillets (150g each), fresh or frozen
- 3 cups collard greens, finely shredded
- 30g blanched almonds
- 2 tbsp chia seeds
- 1 tbsp linseed meal
- **HERB DRESSING:** 2 tbsp olive oil, juice of 1 lemon, 1 tbsp fresh parsley, 1 tbsp fresh basil, 1 clove garlic, black pepper, pinch of paprika
- 1 tbsp sesame seeds
- Lemon and fresh herbs to serve
- No added salt at any stage

Method

1. Season mackerel with black pepper and lemon zest only (no salt). Pan-sear or grill 3–4 minutes each side.
2. Massage shredded collard greens with lemon juice until slightly softened.
3. Blend or whisk herb dressing ingredients.
4. Toss collard greens with dressing. Scatter chia seeds, linseed meal, almonds, and sesame seeds.

5. Serve mackerel over the dressed slaw. Top with extra fresh herbs and lemon.

Lentil, Kale & Walnut Soup with Tahini Swirl & Sesame Bread

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

Lentils are a folate and magnesium powerhouse; kale adds calcium and I3C for estrogen clearance; walnuts bring ALA omega-3s, melatonin, and polyphenols for egg quality. Tahini swirled in at the end adds a final boost of sesame calcium. The sesame seed flatbread alongside provides even more calcium and sesamin with minimal potassium.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
18g	20g	38g	11g	~390mg	~170mg	~480mg	~80mg

★ **KEY NUTRIENTS:** Calcium 390mg | Magnesium 170mg | Folate 220µg | Sesamin | ALA omega-3 | Melatonin | I3C | Curcumin | Iron 4mg | B6 0.5mg | Rutin (buckwheat) | Very low sodium ✓

Ingredients

- 150g red lentils, rinsed
- 3 cups kale, stems removed, chopped
- 30g walnuts, roughly broken
- 2 tbsp tahini (to swirl in at end)
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tsp turmeric, 1 tsp cumin, ½ tsp paprika
- 1L low-sodium vegetable stock (or water)
- 2 tbsp olive oil
- Juice of 1 lemon
- Black pepper, chilli flakes
- SESAME FLATBREAD: 1 cup buckwheat flour, 3 tbsp sesame seeds, 2 tbsp olive oil, warm water

Method

1. Heat olive oil, sauté onion 5 min. Add garlic and spices, cook 1 min.
2. Add lentils and stock. Simmer 20 minutes until lentils are soft.
3. Stir in kale. Cook 3 more minutes. Stir through lemon juice and black pepper.
4. Ladle into bowls. Swirl 1 tsp tahini into each bowl and scatter walnut pieces.
5. For flatbread: mix buckwheat flour, sesame seeds, olive oil, and warm water to a soft dough. Roll thin. Cook in dry pan 2 min each side.

Egg & Ricotta Frittata with Collard Greens, Herbs & Sesame Crust

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

A frittata engineered for maximum calcium with minimum sodium. Ricotta and eggs combine for exceptional calcium, choline, and Vit D; collard greens are the most calcium-dense leafy green; a sesame seed crust adds a third layer of calcium and sesamin. No salt added anywhere — fragrant herbs, lemon, and pepper carry all the flavour.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
24g	22g	6g	3g	~620mg	~80mg	~320mg	~200mg

★ **KEY NUTRIENTS:** Calcium 620mg | Choline 450mg | Vit D | Sesamin | I3C (kale/collards) | B12 | Vit K | Folate 140µg | Selenium | Low sodium ✓ | Low potassium ✓

Ingredients

- 6 large free-range eggs
- 150g ricotta
- 2 cups collard greens, stems removed, finely chopped
- 1 cup kale, chopped
- 2 tbsp sesame seeds (for crust)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ½ tsp nutmeg
- Black pepper, paprika
- Fresh basil, thyme, parsley
- Lemon zest
- No salt added

Method

1. Preheat oven grill to medium. Sauté garlic in olive oil. Add collard greens and kale. Cook 4 minutes until wilted. Season with pepper, nutmeg, paprika.
2. Whisk eggs with ricotta, lemon zest, and black pepper until combined.
3. Pour egg mixture over greens in an oven-safe pan. Cook on stovetop 3–4 minutes until edges set.
4. Scatter sesame seeds on top. Transfer to grill for 4–5 minutes until golden and set.
5. Rest 5 minutes. Slice and serve with fresh herbs.

Seaweed & Tofu Noodle Bowl with Sesame, Buckwheat Noodles & Ginger

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

Seaweed provides iodine for thyroid and ovulation support alongside natural fucoidan compounds and minimal potassium and sodium. Tofu again anchors the bowl with its remarkable calcium profile; buckwheat noodles add magnesium and rutin; sesame seeds and tahini dressing layer in more calcium and sesamin. A deeply restorative, mineral-complete fertility lunch.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
22g	18g	34g	6g	~530mg	~140mg	~290mg	~190mg

★ **KEY NUTRIENTS:** Calcium 530mg | Iodine (seaweed) | Fucoidan | Isoflavones | Sesamin | Rutin | Magnesium 140mg | I3C | Omega-3 (trace) | Folate 80µg | Very low potassium ✓

Ingredients

- 150g calcium-set tofu, cubed
- 5g dried nori or wakame seaweed (rehydrated)
- 100g buckwheat noodles (cooked, rinsed)
- 2 cups bok choy or kale
- 2 tbsp sesame seeds
- DRESSING: 2 tbsp tahini, 1 tbsp lemon juice, 1 tsp grated ginger, 1 tbsp coconut aminos, black pepper, water to thin
- 1 tsp sesame oil
- Spring onion, coriander, black sesame seeds
- No added salt

Method

1. Rehydrate seaweed in cold water 10 minutes. Drain.
2. Pan-sear tofu in sesame oil until golden. Remove.
3. Blanch bok choy or kale 1 minute. Drain.
4. Whisk dressing ingredients.
5. Build bowls: buckwheat noodles, greens, tofu, seaweed. Drizzle dressing. Scatter sesame seeds and spring onion.

Dinners

Evening meals designed to consolidate the day's mineral goals. Collard greens feature prominently as the calcium backbone across dinners; sesame and tahini provide a consistent calcium and sesamin layer in every recipe; no salt is added at any point. The macro tables include both calcium and magnesium per serve to support daily tracking.



Herb-Baked Salmon (Bone-In Canned) Patties with Collard Greens & Sesame Tahini

♦ **MINERAL PROFILE:** Calcium: Very High ✓ | Magnesium: High ✓ | Potassium: Moderate | Sodium: Moderate ↑ — rinse well

Bone-in canned salmon patties are a cornerstone of the girl diet — 220mg calcium per 100g from the soft, edible bones. Thorough rinsing removes approximately 40% of the sodium. Collard greens alongside bring another 270mg calcium, and tahini dressing adds sesamin and more calcium. A complete, hormone-supportive dinner that achieves over 700mg calcium.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
36g	28g	10g	6g	~730mg	~110mg	~430mg	~310mg (after rinsing)

★ **KEY NUTRIENTS:** Calcium 730mg | DHA 980mg | Vit D | B12 4µg | I3C | Sesamin | Lignans | Omega-3 | Vit E 5mg | Folate 100µg | Selenium | Iron 3mg

Ingredients

- 2 x 100g canned salmon with bones — drained and rinsed thoroughly under cold water
- 1 egg
- 3 tbsp blanched almond meal
- 1 tbsp linseed meal
- Black pepper, paprika, lemon zest, fresh dill
- 1 tbsp olive oil for pan-frying
- 3 cups collard greens, finely sliced
- TAHINI DRESSING: 2 tbsp tahini, juice of 1 lemon, 1 clove garlic, black pepper, water
- 2 tbsp sesame seeds
- Lemon wedge, fresh parsley
- ⚠ Rinse salmon for 30 seconds — reduces sodium ~40%

Method

1. Rinse salmon. Combine with egg, almond meal, linseed meal, pepper, paprika, lemon zest, and dill. Form into 4–6 patties.
2. Pan-fry in olive oil, 3 minutes each side until golden. No added salt.
3. Blanch collard greens 2 minutes. Drain.
4. Whisk tahini dressing.
5. Plate collard greens, top with salmon patties. Drizzle dressing and scatter sesame seeds. Serve with lemon.



Coconut Milk Braised Tofu & Collard Green Curry with Brown Rice

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

A deeply nourishing, zero-added-sodium curry. Calcium-set tofu provides 350mg calcium and isoflavones; collard greens add 270mg more; coconut milk delivers lauric acid and MCTs for hormone production; brown rice offers magnesium and B vitamins. Turmeric, ginger, and coriander create an anti-inflammatory, hormone-supportive spice base. One of the highest-calcium dinners in this collection.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
20g	30g	34g	6g	~780mg	~140mg	~380mg	~40mg

★ **KEY NUTRIENTS:** Calcium 780mg | Isoflavones | Curcumin | Lauric acid | MCT | I3C | Sesamin | Folate 110µg | Magnesium 140mg | Iron 3.5mg | Very low sodium ✓ | Very low potassium ✓

Ingredients

- 300g calcium-set tofu, cubed
- 3 cups collard greens, chopped
- 2 cups kale
- 400ml full-fat coconut milk
- 1 cup cooked brown rice per serve
- 1 onion, diced
- 4 cloves garlic, minced
- 1 tbsp fresh ginger
- 2 tsp turmeric, 1 tsp cumin, 1 tsp coriander, ½ tsp cinnamon
- 2 tbsp coconut oil
- 2 tbsp sesame seeds
- Black pepper, chilli flakes
- Fresh coriander, lime

Method

1. Heat coconut oil. Sauté onion 5 minutes. Add garlic, ginger, all spices. Cook 1 minute.
2. Add tofu — stir gently to coat in spice paste. Cook 3 minutes.
3. Pour in coconut milk. Simmer 10 minutes.
4. Stir in collard greens and kale. Cook 5 minutes until wilted. No salt added.
5. Serve over brown rice. Scatter sesame seeds, coriander, and lime.

Grass-Fed Beef & Kale Bowl with Tahini, Chia & Buckwheat

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

Red meat is important on this diet for zinc, iron, B12, and CoQ10. Kale delivers calcium and I3C for estrogen clearance; buckwheat provides magnesium and rutin for circulation; tahini and chia seeds add calcium and sesamin. Keep beef portions to 100g and season only with herbs, spices, and lemon — no salt, no high-sodium sauces.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
40g	30g	28g	8g	~380mg	~165mg	~460mg	~140mg

★ **KEY NUTRIENTS:** Calcium 380mg | Zinc 6mg | Iron 5mg | B12 3.5µg | CoQ10 | I3C | Sesamin | ALA omega-3 | Magnesium 165mg | Rutin | Folate 100µg | Low sodium ✓

Ingredients

- 200g grass-fed beef sirloin, thinly sliced
- 2 cups kale, stems removed
- 1 cup cooked buckwheat
- 2 tbsp chia seeds
- 30g blanched almonds
- TAHINI DRESSING: 2 tbsp tahini, lemon juice, garlic, black pepper
- 2 tbsp sesame seeds
- 1 tbsp coconut oil
- 2 cloves garlic, 1 tsp turmeric, paprika, black pepper
- Fresh lemon, parsley

Method

1. Season beef with turmeric, paprika, and black pepper (no salt). Sear in coconut oil on high heat 2–3 min each side. Rest.
2. Wilt kale in the same pan with garlic, 2 minutes.
3. Build bowls with buckwheat, kale, beef slices.
4. Scatter chia seeds, blanched almonds, sesame seeds.
5. Drizzle tahini dressing and finish with lemon and parsley.

Baked Mackerel with Almond & Herb Crust, Collard Green Mash & Tahini

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

Fresh mackerel provides 60mg magnesium and DHA for hormone synthesis and anti-inflammation. An almond and herb crust adds Vit E and calcium; collard green mash is a stunning low-potassium alternative to potato mash, delivering extraordinary calcium alongside — more per calorie than milk. Tahini dressing brings the final hit of sesame calcium.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
40g	36g	12g	8g	~640mg	~200mg	~380mg	~90mg

★ **KEY NUTRIENTS:** DHA 1200mg | Calcium 640mg | Magnesium 200mg | Vit D | Vit E 6mg | I3C | Sesamin | B12 4µg | Omega-3 | Folate 130µg | Very low sodium ✓ | Very low potassium ✓

Ingredients

- 2 mackerel fillets (150g each) — fresh or frozen
- ALMOND CRUST: 4 tbsp blanched almond meal, 1 tsp lemon zest, 1 tbsp fresh parsley, 1 tbsp fresh thyme, black pepper, 1 tbsp olive oil
- COLLARD GREEN MASH: 400g collard greens (blanched until very soft), 2 tbsp tahini, 1 tbsp olive oil, 1 clove garlic, black pepper, nutmeg, splash almond milk
- 2 tbsp sesame seeds
- Lemon wedge, fresh dill
- No salt at any stage

Method

1. Preheat oven to 200°C.
2. Mix almond crust ingredients. Press onto flesh side of mackerel. Place on a lined tray and bake 15–18 minutes until crust is golden.
3. Blanch collard greens until very tender (8–10 min). Drain very well, squeeze out water.
4. Blend or mash collard greens with tahini, olive oil, garlic, pepper, nutmeg, and almond milk until creamy.
5. Serve mackerel over collard mash. Scatter sesame seeds. Finish with lemon and dill.

Egg & Tofu Shakshuka with Collard Greens, Herbs & Sesame

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

A shakshuka reimaged for the girl diet — calcium-set tofu replaces the bread often served alongside, and the tomato base is kept small to manage potassium. Collard greens are wilted through the sauce; eggs are poached directly in it for choline and Vit D; sesame seeds finish every serve. No salt added — herbs, spices, and lemon carry all the flavour.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
26g	22g	14g	5g	~580mg	~100mg	~390mg	~180mg

★ **KEY NUTRIENTS:** Calcium 580mg | Choline 440mg | Isoflavones | Vit D | I3C | Sesamin | Folate 130µg | B12 | Lycopene | Vit C 55mg | Low sodium ✓

Ingredients

- 6 large free-range eggs
- 150g calcium-set tofu, cubed
- 2 cups collard greens, finely chopped
- 200g crushed tomatoes (small amount — for sauce base)
- 1 red capsicum, diced (low potassium)
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tsp cumin, 1 tsp paprika, ½ tsp cinnamon, ¼ tsp cayenne
- 2 tbsp olive oil
- 3 tbsp sesame seeds
- Fresh parsley, coriander, basil
- Black pepper — no salt
- Lemon wedge to serve

Method

1. Heat olive oil in a large oven-safe pan. Sauté onion 5 minutes. Add garlic and spices, cook 1 minute.
2. Add crushed tomatoes, capsicum, and collard greens. Simmer 8 minutes until greens are soft.
3. Nestle tofu cubes into sauce.
4. Make 6 wells and crack eggs in. Season eggs with black pepper only.
5. Cover and cook on low heat 6–8 minutes until whites set.
6. Scatter sesame seeds, fresh herbs, and serve with lemon.

Sardine & Collard Green Stuffed Capsicum with Almond Rice & Tahini

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

Rinsed sardines and collard greens stuffed into red capsicum and baked — a spectacular calcium delivery in every bite. Red capsicum is one of the lowest-potassium vegetables and provides exceptional Vit C to boost progesterone. Almond rice (brown rice tossed with blanched almonds) adds magnesium and Vit E. Tahini drizzle completes the sesame calcium.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
30g	24g	32g	7g	~680mg	~120mg	~340mg	~290mg (after rinsing)

★ **KEY NUTRIENTS:** Calcium 680mg | Vit C 155mg | DHA 980mg | I3C | Sesamin | Vit D | B12 8µg | Magnesium 120mg | Folate 110µg | Vit E 5mg | Low potassium ✓

Ingredients

- 2 large red capsicums, halved and seeded
- 1 tin sardines with bones (100g), drained and rinsed thoroughly
- 2 cups collard greens, finely chopped and blanched
- 1 cup cooked brown rice
- 30g blanched almonds, roughly chopped
- 2 tbsp sesame seeds
- 2 tbsp tahini thinned with lemon juice
- 1 clove garlic, minced
- Black pepper, paprika, cumin
- Fresh parsley, lemon

Method

1. Preheat oven to 190°C. Brush capsicum halves with olive oil. Place cut-side up in a baking dish.
2. Mix rinsed sardines with collard greens, garlic, paprika, cumin, and black pepper.
3. Fill capsicum halves with sardine mixture, then top with almond rice and sesame seeds.
4. Bake 22–25 minutes until capsicum is tender.
5. Drizzle tahini over and finish with fresh parsley and lemon.



Quinoa & Black-Eyed Pea Patties with Tahini, Kale Slaw & Sesame

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

High-protein plant patties made from quinoa, black-eyed peas, and chia seeds — delivering exceptional folate, magnesium, and calcium. Tahini in the mixture and as a dressing doubles the sesame calcium and sesamin. Kale slaw provides I3C for estrogen clearance. No added salt — lemon, herbs, and spices carry the flavour beautifully.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
20g	22g	34g	10g	~430mg	~180mg	~390mg	~60mg

★ **KEY NUTRIENTS:** Calcium 430mg | Magnesium 180mg | Folate 250µg | Sesamin | Lignans | ALA omega-3 | I3C | B6 0.5mg | Iron 4mg | Very low sodium ✓ | Complete protein

Ingredients

- 150g cooked quinoa
- 100g cooked black-eyed peas
- 2 tbsp chia seeds (soaked — acts as binder)
- 2 tbsp tahini
- 1 egg
- 2 tbsp blanched almond meal
- 1 tsp cumin, 1 tsp paprika, black pepper
- 1 tbsp linseed meal
- KALE SLAW: 2 cups kale (shredded, massaged with lemon), 2 tbsp sesame seeds, 2 tbsp tahini dressing
- Fresh parsley, lemon

Method

1. Combine quinoa, black-eyed peas, chia, tahini, egg, almond meal, linseed, cumin, paprika, and pepper. Mix and mash slightly. Form into 8 patties.
2. Pan-fry in olive oil, 3–4 minutes each side until golden. No salt.

3. Massage kale with lemon juice. Add sesame seeds and tahini dressing.
4. Serve patties over kale slaw with lemon and parsley.

Almond-Crusted Chicken Thighs with Collard Green Gratin & Tahini

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

Chicken thighs provide B6 for progesterone and high-quality protein. An almond meal crust delivers Vit E, magnesium, and calcium; collard green gratin with ricotta instead of cream cheese provides extraordinary calcium with minimal sodium; tahini drizzle adds the final sesame calcium and sesamin layer. A satisfying, restaurant-worthy fertility dinner.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
48g	38g	10g	5g	~650mg	~120mg	~340mg	~180mg

★ **KEY NUTRIENTS:** Calcium 650mg | Vit E 7mg | I3C | Sesamin | B6 0.7mg | B12 | Choline 280mg | Folate 120µg | Magnesium 120mg | Vit D | Low sodium ✓ | Low potassium ✓

Ingredients

- 4 chicken thigh fillets, skinless
- ALMOND CRUST: 60g blanched almond meal, 1 tsp paprika, 1 tsp thyme, lemon zest, black pepper, 1 tbsp olive oil
- COLLARD GREEN GRATIN: 3 cups collard greens (blanched, squeezed dry), 100g ricotta, 1 egg, 1 clove garlic, nutmeg, black pepper, 2 tbsp sesame seeds
- 2 tbsp tahini thinned with lemon juice
- 1 tbsp olive oil
- Fresh thyme, lemon to serve

Method

1. Preheat oven to 200°C.
2. For gratin: combine blanched collard greens, ricotta, egg, garlic, nutmeg, and pepper. Spread in a small baking dish. Top with sesame seeds. Bake alongside chicken.
3. Press almond crust onto chicken thighs. Place on a lined tray, drizzle with olive oil.
4. Bake chicken and gratin together at 200°C for 28–32 minutes until chicken is golden and gratin is set.
5. Serve chicken on gratin. Drizzle tahini and finish with lemon and fresh thyme.

Slow-Braised Beef with Kale, Buckwheat & Tahini Walnut Gremolata

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

Slow cooking grass-fed beef draws out minerals and collagen; kale delivers calcium and I3C in the braising liquid; buckwheat adds magnesium and rutin; walnut tahini gremolata tops each serve with ALA omega-3s, melatonin, and a final surge of sesame calcium. All seasoned with herbs, lemon, and spices — no salt, no high-sodium stock.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
42g	26g	22g	5g	~320mg	~175mg	~460mg	~130mg

★ **KEY NUTRIENTS:** Calcium 320mg | Zinc 8mg | Iron 6mg | B12 4µg | CoQ10 | I3C | ALA omega-3 | Melatonin | Sesamin | Rutin | Magnesium 175mg | Low sodium ✓

Ingredients

- 500g grass-fed beef chuck, cubed
- 3 cups kale, chopped
- 1 cup cooked buckwheat
- 800ml low-sodium stock or water with herbs
- 1 onion, diced
- 3 cloves garlic
- 1 tsp turmeric, 1 tsp cumin, paprika, black pepper
- 2 tbsp olive oil
- WALNUT TAHINI GREMOLATA: 30g walnuts (toasted, crushed), 1 tbsp tahini, 1 tbsp lemon zest, 2 tbsp parsley, 1 clove garlic
- 1 tbsp sesame seeds
- Lemon wedge

Method

1. Brown beef in olive oil. Add onion, garlic, and spices. Add low-sodium stock. Bring to boil, reduce, cover and simmer 1.5–2 hours.
2. Add kale in the last 10 minutes.
3. Make gremolata: combine walnuts, tahini, lemon zest, parsley, and garlic.
4. Serve beef and kale over buckwheat. Top with walnut tahini gremolata and sesame seeds.

Tofu & Seaweed Miso-Free Soup with Chia, Buckwheat & Sesame

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

Traditional miso soup reimaged without high-sodium miso paste — a tahini and turmeric broth carries the savoury depth instead. Tofu delivers 350mg calcium; seaweed provides iodine for thyroid and ovulation; buckwheat adds magnesium; chia seeds stirred in last provide ALA omega-3s and fibre. A deeply nourishing, mineral-complete fertility dinner.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
20g	18g	24g	7g	~490mg	~150mg	~220mg	~170mg

★ **KEY NUTRIENTS:** Calcium 490mg | Iodine | Fucoidan | Isoflavones | Sesamin | ALA omega-3 | Curcumin | Rutin | Magnesium 150mg | Fibre 7g | Very low potassium ✓ | Low sodium ✓

Ingredients

- 300g calcium-set tofu, cubed
- 8g dried wakame seaweed, rehydrated
- 1 cup cooked buckwheat noodles or grain
- 2 tbsp chia seeds
- 1L water or very low-sodium vegetable stock
- 2 tbsp tahini
- 1 tsp turmeric
- 1 tsp ginger, grated
- 1 clove garlic
- 1 tsp sesame oil
- 2 tbsp sesame seeds
- Spring onion, coriander, black pepper
- No salt added

Method

1. Bring stock or water to a gentle simmer. Whisk in tahini, turmeric, ginger, and garlic for a golden broth.
2. Add tofu and seaweed. Simmer 5 minutes.
3. Stir in chia seeds and sesame oil. Rest 2 minutes.
4. Add buckwheat noodles or grain.
5. Serve in deep bowls topped with sesame seeds and spring onion.



Egg & Ricotta Stuffed Collard Green Rolls with Amaranth & Tahini

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

Blanched collard leaves become calcium-rich wraps — each large leaf delivering calcium as both the shell and the star. The ricotta and egg filling adds more calcium and choline; amaranth in the filling provides magnesium and complete protein; tahini sauce over the top brings sesame calcium and sesamin for estrogen balance. A beautiful, theatrical, mineral-dense dinner.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
26g	28g	22g	6g	~720mg	~130mg	~310mg	~175mg

★ **KEY NUTRIENTS:** Calcium 720mg | Choline 360mg | I3C | Sesamin | Magnesium 130mg | Complete protein (amaranth) | Vit K | Vit D | Folate 140µg | B12 | Low sodium ✓ | Low potassium ✓

Ingredients

- 8 large collard green leaves, blanched until pliable
- **FILLING:** 150g ricotta, 2 eggs (lightly beaten), 80g cooked amaranth, 2 tbsp sesame seeds, 1 tsp nutmeg, black pepper, fresh herbs
- **TAHINI SAUCE:** 3 tbsp tahini, juice of 1 lemon, 1 clove garlic, water to thin, black pepper
- 1 tbsp olive oil
- Lemon zest, fresh parsley

Method

1. Preheat oven to 180°C.
2. Blanch collard leaves 2 minutes until pliable. Lay flat.
3. Mix ricotta, eggs, amaranth, sesame seeds, nutmeg, and pepper.
4. Place 2 tbsp filling on each leaf. Roll tightly, tucking ends under.
5. Place rolls in a greased baking dish. Drizzle with olive oil. Bake 20 minutes.
6. Make tahini sauce. Pour over baked rolls. Finish with lemon zest and parsley.

Chickpea & Kale Stew with Chia, Almond Dumplings & Tahini

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

A hearty, warming fertility stew. Chickpeas provide calcium, magnesium, folate, and B6; kale delivers calcium and I3C; almond meal dumplings poached in the stew provide Vit E and more calcium; chia seeds stir through for ALA omega-3s and fibre. Tahini swirled in at the end adds sesamin and the final calcium count. Very low sodium throughout.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
20g	26g	28g	12g	~420mg	~170mg	~420mg	~65mg

★ **KEY NUTRIENTS:** Calcium 420mg | Magnesium 170mg | Folate 200µg | I3C | Sesamin | ALA omega-3 | Curcumin | Vit E 6mg | B6 0.5mg | Lignans | Iron 4mg | Very low sodium ✓

Ingredients

- 200g canned chickpeas, drained and rinsed
- 3 cups kale, chopped
- 2 tbsp chia seeds
- 800ml low-sodium vegetable stock
- 1 onion, diced
- 3 cloves garlic
- 1 tsp turmeric, 1 tsp cumin, paprika, black pepper
- 2 tbsp olive oil
- 2 tbsp tahini (to stir in at end)
- ALMOND DUMPLINGS: 100g blanched almond meal, 1 egg, 1 tbsp linseed meal, black pepper, thyme
- 2 tbsp sesame seeds, fresh parsley, lemon

Method

1. Sauté onion and garlic in olive oil. Add spices. Add chickpeas and stock. Simmer 15 minutes.
2. Add kale. Simmer 5 minutes.
3. Make dumplings: combine almond meal, egg, linseed, and pepper. Roll into small balls.
4. Drop dumplings into simmering stew. Cook 8–10 minutes until set.
5. Off heat, stir through chia seeds and tahini.
6. Serve scattered with sesame seeds, parsley, and lemon.

Sesame Mackerel with Amaranth, Collard Greens & Lemon Tahini Drizzle

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

A dinner that maximises every mineral target of the girl diet simultaneously. Fresh mackerel delivers 60mg magnesium and DHA per fillet; amaranth adds 65mg magnesium per 100g and exceptional calcium; collard greens bring 270mg calcium; sesame crust and tahini drizzle layer in sesamin and more calcium throughout. No salt — lemon, herbs, and pepper carry all the flavour.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
44g	38g	22g	6g	~670mg	~225mg	~360mg	~80mg

★ **KEY NUTRIENTS:** Calcium 670mg | Magnesium 225mg | DHA 1200mg | Vit D | B12 4µg | I3C | Sesamin | Omega-3 | Complete protein | Folate 140µg | Very low sodium ✓ | Very low potassium ✓

Ingredients

- 2 mackerel fillets (150g each), fresh
- 4 tbsp sesame seeds (to coat)
- 1 cup cooked amaranth
- 2 cups collard greens, blanched
- LEMON TAHINI: 3 tbsp tahini, juice of 1 lemon, 1 clove garlic, black pepper, water to thin
- 1 tbsp coconut oil (for searing)
- Lemon zest, fresh dill, coriander
- Black pepper only — no salt

Method

1. Press mackerel fillets into sesame seeds to coat both sides.
2. Sear in coconut oil over medium-high heat, 3–4 minutes each side until sesame is golden.
3. Blanch collard greens until tender. Drain.
4. Whisk tahini dressing.
5. Plate amaranth, top with collard greens and sesame mackerel.
6. Drizzle tahini over everything. Finish with lemon zest, dill, and coriander.



Lentil & Walnut Shepherd's Pie with Collard Green Top & Tahini

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

A plant-based take on shepherd's pie where collard greens puréed with tahini and almond milk replace the potato mash — delivering extraordinary calcium instead of the high-potassium potato topping traditionally used. The lentil and walnut filling provides folate, ALA omega-3s, melatonin, and magnesium. A complete, deeply comforting fertility dinner.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
18g	24g	34g	12g	~580mg	~175mg	~440mg	~55mg

★ **KEY NUTRIENTS:** Calcium 580mg | Magnesium 175mg | ALA omega-3 | Melatonin | Folate 220µg | I3C | Sesamin | Lignans | Curcumin | Iron 4mg | Very low sodium ✓

Ingredients

- 200g red lentils, cooked
- 40g walnuts, roughly chopped
- 1 onion, diced
- 2 cloves garlic, 1 tsp cumin, 1 tsp paprika, black pepper
- 200g crushed tomatoes (small amount — low potassium base)
- 2 tbsp olive oil
- **COLLARD GREEN TOP:** 400g collard greens (blanched, squeezed dry), 3 tbsp tahini, 2 tbsp almond milk, 1 clove garlic, nutmeg, black pepper
- 3 tbsp sesame seeds (for top)
- 1 tbsp linseed meal (stir into filling)

Method

1. Preheat oven to 190°C.
2. Sauté onion, garlic, spices in olive oil. Add lentils, walnuts, crushed tomatoes, and linseed meal. Simmer 10 minutes. Season with black pepper only.
3. Transfer to a baking dish.
4. Blend collard greens with tahini, almond milk, garlic, nutmeg, and pepper until smooth. Spread over lentil filling.
5. Scatter sesame seeds on top. Bake 25 minutes until top is golden.

Celebratory Calcium Feast: Baked Salmon, Collard Gratin, Tofu & Sesame Amaranth

◆ **MINERAL PROFILE:** Calcium: Exceptional ✓ | Magnesium: High ✓ | Potassium: Low ✓ | Sodium: Moderate — manage portions

The ultimate girl diet dinner — designed for a special occasion or weekly celebration meal. Bone-in canned salmon (rinsed), calcium-set tofu, collard green gratin with ricotta, and sesame amaranth combine to achieve over 1000mg of calcium in a single dinner while remaining impressively low in sodium and potassium. A joyful, beautiful, and comprehensively nourishing plate.

Protein	Fat	Carbs	Fiber	Calcium	Magnesium	Potassium	Sodium
44g	36g	26g	8g	~1040mg	~185mg	~380mg	~320mg (manage with rinsing)

★ **KEY NUTRIENTS:** Calcium 1040mg ★ | DHA 980mg | Isoflavones | I3C | Sesamin | Choline 380mg | B12 6µg | Vit D | Folate 150µg | Magnesium 185mg | Complete protein | Omega-3

Ingredients

- 100g canned salmon with bones, rinsed
- 100g calcium-set tofu, pan-seared
- COLLARD GRATIN: 300g collard greens, 100g ricotta, 1 egg, 2 tbsp sesame seeds, nutmeg, pepper
- ½ cup cooked amaranth tossed with sesame seeds and lemon zest
- TAHINI HERB DRESSING: 3 tbsp tahini, lemon juice, garlic, herbs, black pepper
- Lemon wedge, fresh dill, parsley, edible flowers optional
- No salt added

Method

1. Prepare collard gratin: blend blanched collards with ricotta, egg, sesame seeds, nutmeg, and pepper. Bake in a small dish at 190°C for 20 minutes.
2. Pan-sear tofu until golden in sesame oil. No salt.
3. Warm rinsed salmon gently in the oven.
4. Toss warm amaranth with sesame seeds and lemon zest.
5. Build plate: gratin, sesame amaranth, salmon, and tofu arranged beautifully.
6. Drizzle tahini herb dressing over everything. Garnish with dill, parsley, and lemon.

Nutritional Notes & Clinical Guidance

- **CALCIUM TARGET — 1200–1500MG DAILY:** This is the recommended calcium intake for the girl diet preconception period — roughly double the standard RDI. Achieve this through 3–4 servings daily of high-calcium foods: calcium-set tofu, collard greens, fortified almond milk, ricotta or yoghurt, sesame/tahini, chia seeds, and rinsed bone-in canned fish. Track your intake using the mineral reference table.
- **MAGNESIUM TARGET — 400–500MG DAILY:** Focus on Brazil nuts (2–3 per day = full selenium dose + 107mg magnesium), cacao powder (1 tbsp in morning = 55mg), buckwheat or amaranth porridge, sesame seeds, chia seeds, almonds, walnuts, and green leafy vegetables.
- **POTASSIUM TARGET — BELOW 2000–2500MG DAILY:** Standard dietary potassium is 3500–4700mg/day — you are intentionally reducing this. Avoid high-potassium foods listed in the limit section. Use the mineral reference table to stay aware of potassium in every ingredient.
- **SODIUM TARGET — BELOW 1500MG DAILY:** Remove salt from your kitchen during this protocol. Season exclusively with herbs, spices, lemon, apple cider vinegar, and black pepper. Always rinse canned sardines and salmon under cold water for 30 seconds — this reduces sodium by approximately 40%. Use coconut aminos instead of soy sauce.
- **RINSE ALL CANNED FOODS:** Draining and thoroughly rinsing canned chickpeas, lentils, black-eyed peas, fish, and beans reduces sodium content by 35–40% per serve. This is one of the most impactful single changes you can make on this diet.
- **CALCIUM ABSORPTION — MAXIMISE IT:** Vit D (from eggs, fish, sunlight) is essential for calcium absorption. Avoid consuming large amounts of oxalate-rich foods (spinach, Swiss chard) alongside high-calcium meals as oxalates can bind calcium and reduce absorption. Collard greens are preferred over spinach for this reason — they are lower in oxalates despite having similar calcium content.
- **BRAZIL NUTS — 2 TO 3 ONLY PER DAY:** Brazil nuts contain 544µg selenium per 30g (3 nuts) — far exceeding the daily requirement of 55µg. Do not exceed 3 Brazil nuts daily. One or two is often sufficient.
- **ALMOND MILK — FORTIFIED ONLY:** Choose unsweetened almond milk that is fortified with calcium (typically 300–320mg per 250ml). Unfortified almond milk provides very little calcium. Check labels.
- **MINERAL WATER DAILY:** Include 300–500ml of calcium-rich mineral water daily alongside meals. Look for waters listing calcium >150mg/L and magnesium >50mg/L. San Pellegrino (203mg Ca/L, 56mg Mg/L), Evian (78mg Ca/L), and Contrex (468mg Ca/L) are excellent choices.
- **GREEN TEA — 2–3 CUPS DAILY:** Green tea contains EGCG which supports healthy estrogen metabolism and acts as an antioxidant for reproductive cells. It is very low in potassium and sodium. Avoid adding sugar — use Allulose or Monkfruit. Limit to 2–3 cups to avoid excess caffeine.
- **DURATION & FERTILITY CONTEXT:** Follow this diet for 3–4 months before attempting conception. The diet is fully compatible with the fertility-supporting principles of Nourish to Flourish. It can be used alongside naturopathic, herbal, and medical fertility support. Always work with your healthcare practitioner.
- **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 support a favourable environment — not as a guarantee of outcome.