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# FERTILITY DIET MEAL IDEAS

**Take note:** Many of these meals can be made with healthy or unhealthy ingredients! Find more specifics, recommendations, and recipes to go along with this list at <http://contentmentandchaos.com/fertility-diet:-meal-ideas-{downloadable-pdf}>

## BREAKFAST

- Yogurt + granola
- Steel-cut oatmeal
- Special K (+ Protein variety)
- Egg toast with avocados
- Scrambled egg bake
- Smoothies

## SNACKS

- Hard boiled egg
- String cheese
- Trail mix/handful of homemade mixed nuts
- Fresh fruit
- Veggies + hummus

## LUNCH + DINNER

- Grilled salmon with broccoli + brown rice or quinoa
- Grilled chicken with sweet potatoes + asparagus
- Salad topped with grilled chicken or salmon
- Turkey tacos with guacamole\*
- Whitefish tacos\*
- Chicken fajitas
- Burrito bowls with ground turkey or sweet potatoes
- Vegetarian chili
- Lentil soup
- Grain bowls\*
- Vegan jambalaya with different beans + chickpeas
- Whole grain pasta with homemade pesto
- Gallo pinto with brown rice

\*Original recipe can be found at <https://contentmentandchaos.com/category/ttc-tips/fertility-recipes/>