

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Whole wheat no added sugar cereal with 1 tbsp. ground seeds and 1 piece fruit	Porridge with natural yoghurt and pinch cinnamon, topped with berries and ground seeds	1 slice wholegrain bread with almond or other nut butter, 1 piece fruit	No added sugar muesli with chopped pear or other fruit	1 or 2 boiled eggs, 1 slice wholegrain bread, 1 piece fruit	Porridge with natural yoghurt and pinch cinnamon, grated apple, ground seeds	2 scrambled eggs with tomato and spinach, 1 slice 100% wholegrain / rye bread
a.m Snack	Carrot sticks with hummus	1 Ryvita with hummus and cucumber	Full fat natural yoghurt with berries & 1 tbsp. seeds	2 oatcakes with guacamole	Veg sticks with guacamole	1 plum or other fruit and 3 - 4 Brazil nuts / 7 - 8 almonds	1 pear and small piece mature cheddar
Lunch	Choose from 'lunch ideas' recipe sheet	Quick chicken casserole <b>(recipe)</b> , 1 slice wholegrain soda bread	Tandoori salmon <b>(recipe)</b> with roast vegetables / mixed salad	Herby chicken <b>(recipe)</b> with mixed salad	Large mixed salad with ½ tin wild salmon, 1 slice wholegrain / rye bread	Wholegrain wrap filled with ½ tin salmon, finely chopped celery, 1 tsp. mayo, handful rocket	Wholegrain wrap with hummus / goat's cheese and salad
p.m. Snack	Plum and palmful mixed nuts	Pear and 3 - 4 Brazil nuts	1 Ryvita / vegetable sticks with guacamole	1 orange and palmful seeds	1 apple and small piece mature cheddar / palmful nuts	1 Ryvita with nut butter	Natural yoghurt with stewed apple / berries and cinnamon
Dinner	Quick chicken casserole <b>(recipe)</b>	Tandoori salmon <b>(recipe)</b> with steamed vegetables & wholegrain rice	Grilled herby chicken <b>(recipe)</b> , steamed / roast vegetables, 2 new potatoes	2 egg omelette with spinach and a little mature cheddar, steamed / roast vegetables	Sauté 3 cups veg & cod / hake pieces in 1 tbsp. garlic butter. Serve with 1 cup whole grain pasta	Chickpea & butternut squash curry <b>(recipe)</b> , portion wholegrain rice	Fillet mackerel with 1 tbsp. soya sauce, lime juice grilled, stirfried veg, wholegrain rice

### Top tip this week: Eat more fish

Fish, especially oily fish like salmon, mackerel and sardines are the best source of omega 3 essential fats, one of the most important nutrients for optimal fertility. Try to include fish in your diet at least 3 – 4 times per week. Avoid tinned tuna, which contains almost no omega 3 and is linked to higher levels of toxic metals. Simply squeeze a little lemon juice, a drizzle of olive oil and some herbs on a fish fillet and grill, steam or bake for a speedy dinner. Always serve with veg.

## Tandoori salmon

Serves 4

Preparation time 15 minutes, cooking time 10 minutes

### Ingredients:

2 – 3 tbsp. natural yoghurt

1 clove garlic, crushed

Juice of 1 lemon

1 tsp. grated fresh ginger

1 tbsp. Tandoori or other curry paste

4 salmon fillets

Salt and pepper to taste

Tender-stem broccoli, carrots, green beans or a mixture of other vegetables, cut into similar-sized pieces

### Directions:

1. Preheat oven to 200°C
2. Mix the yoghurt, garlic, lemon juice, ginger and curry paste together in a large bowl. Add the salmon fillets and mix well to coat the fish with the spice mixture. If possible, do this at least 20 minutes and up to 8 hours before cooking
3. Place salmon on a baking tray lined with greaseproof paper, season and bake in the oven for 8 – 10 minutes or until fish is cooked through
4. While fish is cooking, steam the vegetables. Serve with wholegrain rice or quinoa

Ideally choose organic or wild salmon as farmed salmon is lower in omega 3 essential fats. Or replace salmon with mackerel or sea trout, also good sources of omega 3. Cooking time for the fish will vary, depending on thickness of the fillet. Cook for 4 – 6 minutes per ½ inch of thickness. This recipe can also be used with chicken fillets or thighs, just increase cooking times accordingly. 20 – 25 minutes will usually be enough, depending on size.

For a vegetarian version, replace fish with firm organic tofu or 2 cans of chickpeas.

Some curry paste may already include salt, so season very lightly before cooking and only add additional season at the table if required.

Notes: .....

.....

.....

## Quick chicken casserole

**Serves 4**

**Preparation time 15 minutes, cooking time 25 minutes**

**Ingredients:**

- 2 large or 4 small free range / organic chicken breasts, sliced into pieces
- 8 shallots, peeled and quartered
- 2 carrots, sliced
- ¼ butternut squash, peeled and diced
- 12 small new potatoes, scrubbed and halved
- 600ml chicken or vegetable stock (use a good quality brand e.g. Kallo or Marigold)
- Packet prepared French / green beans
- 1 mug peas
- 1 – 2 tbsp. fresh tarragon, chopped
- 2 tbsp. crème fraiche (optional)

**Directions:**

1. Put the chicken, shallots, carrots, squash and potatoes in a large saucepan with the stock. Season, bring to the boil and simmer for 15 minutes
2. Add the beans, peas and tarragon and cook for a further 6 – 10 minutes until the potatoes are fully cooked
3. Stir in the crème fraiche and serve

For a better flavour, replace the chicken breasts with 8 chicken thighs, skin removed. Cook the chicken and shallots in the stock for 15 minutes before adding in the potatoes and butternut squash. Cook for a further 10 minutes and then add in the beans, peas and tarragon and cook for 5 more minutes or until the vegetables and chicken are fully cooked.

For fish version, replace chicken with white fish fillets and add at step 2 with the beans and peas. Replace tarragon with parsley or dill.

For vegetarian version use butterbeans or firm tofu and add at step 2.

Notes: .....

.....

.....

## Healthy granola

**Preparation time 5 minutes, cooking time 25 minutes**

**Ingredients:**

- 3 - 4 tbsp. coconut oil
- 3 tbsp. honey / maple syrup
- 2 cups oats
- 1 ½ cups seeds (sesame, pumpkin, sunflower, ideally use a mixture)
- 1 cup nuts (flaked almonds, walnuts, hazelnuts, pecans, brazil nuts....)
- ½ cup dessicated coconut / coconut flakes
- ½ - 1 tsp. ground cinnamon
- ½ cup ground linseeds

**Directions:**

1. Preheat oven to 160°C
2. Heat oil and honey gently in a saucepan until melted
3. Mix oats, seeds, nuts, coconut and cinnamon in a bowl. Pour over oil and honey and mix well
4. Spread out as thinly as possible onto 2 baking trays lined with greaseproof paper and bake for 20 – 25 minutes, stirring occasionally, until lightly toasted
5. Allow to cool, then stir through ground linseeds. Keep in an air tight container

Many granolas available in the supermarket are high in sugar and can be ‘bulked out’ with cheaper ingredients. If you don’t want to make your own granola, Lizi’s and The Happy Pear are good brands to try. Granola (and also muesli) should be made up of approximately 50% nuts or seeds which provide excellent nutrients for fertility such as zinc and selenium, healthy fats and keep you fuller for longer. If you would prefer to use a shop-bought granola, or muesli, you can make these more balanced by adding more mixed seeds and nuts yourself and avoiding brands with high amounts of dried fruit which are high in sugar.

Because of the relatively high fat content of nuts and seeds, a little goes a long way. One portion is 2 – 3 tbsp. Eat with some natural yoghurt and berries or other fruit as a healthy breakfast or snack.

Notes: .....

.....

.....

## Chickpea and butternut squash curry

**Serves 4**

**Preparation time 10 minutes, cooking time 30 minutes**

**Ingredients:**

- 1 tbsp. coconut oil (or use olive oil)
- 1 large onion, diced
- 2 tbsp. good quality Indian curry paste
- 1 small butternut squash, peeled and cubed
- 5 tomatoes, cubed or 1 tin plum tomatoes
- 1 can chickpeas, drained
- 4 handfuls baby spinach
- Full fat natural yoghurt and finely chopped fresh coriander to serve

**Directions:**

1. Sauté onion in olive oil in a large saucepan until soft, approximately 5 minutes
2. Add the curry paste, cook for 1 minute, then add the butternut squash, tomatoes and 200ml boiling water. Cover the pan and simmer for 20 minutes or until squash is cooked
3. Add chickpeas and spinach and cook for a further 3 – 4 minutes
4. Serve with wholegrain rice, topped with a little natural yoghurt and fresh coriander

This delicious curry tastes even better the next day and freezes well.

Butternut squash is high in beta carotene, an antioxidant that helps to protect against free radical damage to our cells and supports fertility. It is converted into vitamin A in the body, which helps to maintain a healthy immune system. Butternut squash is also great to roast. Simply cut into wedges or cubes (no need to peel), toss in a little oil and smoked paprika and roast at 200°C for 25 minutes. Use in salads or warm as a side dish.

Spinach is a great source of folic acid, beta-carotene and other minerals. Frozen spinach maintains its levels of nutrients as it is flash-frozen quickly after harvesting. It is very convenient to add to curries such as this, or include in smoothies. Those with thyroid conditions should avoid raw spinach however.

Coconut oil is a great option for sautéing or stir-frying. Unlike more fragile unsaturated oils which break down at higher temperatures and can form harmful compounds, coconut oil and other saturated fats are more robust. Coconut oil is ideal for curries and stir-fries where the coconut taste adds to the flavour of the dish.

Notes: .....

.....

.....