

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Porridge with full fat natural yoghurt, cinnamon and stewed apple	Whole wheat cereal with 1 tbsp. ground seeds and chopped melon / grapes	2 scrambled eggs with baby spinach and tomato, 1 slice rye / 100% wholegrain bread	Chia breakfast pot <b>(recipe)</b>	1 boiled egg, slice 100% wholegrain / rye bread, ½ grapefruit	No added sugar muesli with pear / plum slices and ground seeds	Fresh fruit salad with natural yoghurt, toasted flaked almonds
a.m Snack	1 kiwi and palmful nuts	1 - 2 wholegrain rice cakes with hummus / nut butter	1 - 2 wholegrain rice cakes, cottage cheese & cucumber	1 apple with palmful seeds	1 - 2 wholegrain rice cakes with nut butter & apple slices	2 oatcakes with cottage cheese, satsuma	2 rice cakes with pesto dip
Lunch	Wholegrain pitta or wrap with hard-boiled egg and mixed salad	Easy salmon burger with large mixed salad <b>(recipe)</b>	Vegetable and goat's cheese frittata & large mixed salad or other idea from 'lunch ideas' recipe sheet	Quick Indian chickpeas <b>(recipe)</b> with portion wholegrain rice	Mixed bean salad <b>(recipe)</b> or other idea from 'lunch ideas' recipe sheet	Left over harissa chicken thighs with roast vegetables or mixed salad	Open rye bread sandwich with smoked salmon, cucumber / rocket and avocado
p.m. Snack	1 Ryvita with hummus and cucumber	1 piece fruit & palmful nuts or idea from snack handout	Natural full fat yoghurt with stewed apple & ground seeds	1 Ryvita with cottage cheese and cucumber	Veg sticks with hummus or other dip	Veg sticks with pesto dip (2 tsp red pesto & 2 tbsp. natural yoghurt)	Cupful berries with palmful pumpkin seeds
Dinner	Easy salmon burgers <b>(recipe)</b> with steamed vegetables and 2 new potatoes / wholegrain rice	Mixed vegetable and goats cheese frittata <b>(week 3 recipe)</b> with salad / roast vegetables	Quick Indian chickpeas <b>(recipe)</b> with wholegrain rice	Roast cod/hake with steamed vegetables, wholegrain rice / 2 new potatoes	Mix chicken thighs with ½ tbsp. harissa paste, 1 tbsp. olive oil. Roast at 180C for 30 mins, serve with roast veg	Stir-fried trout pieces with ginger, garlic, soya sauce, mixed vegetables, wholegrain noodles	Healthier Caesar salad with grilled chicken <b>(recipe)</b>

### Top tip this week: Go for wholegrains

Unlike their white counterparts, wholegrain breads, pastas and other grains like rice and oats contain the most nutritious parts of the grain. They are a valuable source of fibre and fertility-enhancing B vitamins, antioxidants and minerals including magnesium and zinc. Eat a variety and try more unusual grains like quinoa and buckwheat. Remember that these complex carbohydrates, including potatoes, should only make up ¼ of your plate and fill at least ½ your plate with vegetables.

## Chia seed pudding

Serves 2

**Preparation time 5 minutes**

**Ingredients:**

- 1 ½ cups almond / coconut milk
- 1/3 cup chia seeds
- ½ tsp vanilla powder (or use vanilla extract)
- Fresh berries / stewed fruit to serve

**Directions:**

1. Mix milk and chia seeds in a bowl, stir well and pour into a sealable container or individual glass jars
2. Place in the fridge and allow to chill and set overnight or for at least 4 hours
3. Top with fruit and serve for breakfast or as a healthy snack

Chia seeds are a plant source of omega 3 essential fats. When added to liquid they form a fibre-rich 'gel' that provides a satisfying meal and helps to support bowel function.

Top your chia seed pudding with fresh or frozen berries, chopped apple and passion fruit or whatever fruit you have. If using frozen berries, be aware that the FSAI is still advising that all imported frozen berries must be cooked before eating them due to a risk of hepatitis. Frozen Irish berries or berries that you buy fresh and freeze yourself at home are safe to eat from frozen.

Instead of vanilla, try using cinnamon and / or orange zest.

For a still-healthy chocolate pot that makes a great snack, add 2 – 4 tsp unrefined cacao powder e.g. Nua Naturals or Iswari, available in some supermarkets and health food stores and 1 – 2 tsp honey or maple syrup. Raw cacao, made from unprocessed cocoa beans, is a good source of antioxidants and contains magnesium, iron, zinc and manganese.

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## Easy salmon burgers

Serves 4

**Preparation time 10 minutes, cooking time 12 minutes**

**Ingredients:**

- 4 boneless, skinless salmon fillets, cut into chunks
- 2 tbsp. Thai red curry paste e.g. Thai Gold
- Thumb-sized fresh ginger root, grated
- 1 clove garlic, grated or finely chopped
- Handful green beans, roughly chopped
- 2 tsp soy sauce (or use tamari for gluten free version)
- Handful fresh coriander, roughly chopped
- ½ tbsp. coconut oil (or use olive oil)

**Directions:**

1. Preheat oven to 190°C
2. Put all ingredients except oil into a food processor and pulse until roughly minced
3. Shape mix into burger patties and chill for 5 minutes if time allows
4. Lightly oil baking tray with coconut oil, place burgers on tray and bake for 12 minutes or until completely cooked, turning after 6 minutes
5. Serve with a mixed salad, steamed or stir-fried vegetables and wholegrain rice

Using frozen green beans and frozen wild Alaskan salmon fillets means this is a meal that can be made when the cupboards are bare! Wild Alaskan salmon is much higher in omega 3 fats than its farmed counterparts and can be found in the freezer section of most supermarkets.

Sea trout or a mixture of oily and white fish can also be used in this recipe, although oily fish like salmon and mackerel are an excellent source of omega 3 where white fish like cod and hake are not.

For a Mediterranean version, replace Thai curry paste with red pesto, omit ginger and soy sauce and replace coriander with basil. Serve with salad or steamed vegetables and sweet potato or wholegrain rice.

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## Quick Indian chickpeas

Serves 4

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

**Ingredients:**

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 1 tsp ground turmeric (or small piece fresh grated turmeric)
- 1 tsp curry powder
- 1 tsp cumin
- 1 tsp freshly grated ginger
- 2 cloves garlic, crushed
- 1 tin chopped tomatoes
- 1 tin chickpeas
- 2 cups frozen spinach, defrosted (or use 1 bag fresh baby spinach)
- ½ large tub full fat natural yoghurt e.g. Glenisk

**Directions:**

1. Heat a large pan and sauté onion in olive oil for 2 minutes
2. Add turmeric, curry powder and cumin and gently sauté for 2 minutes, then add ginger and garlic and cook for a further 1 minute
3. Add tomatoes and chickpeas and simmer for 20 minutes, adding spinach for last 3 minutes
4. Remove from heat, stir through yoghurt and serve

Like most curries, this dish tastes even better the next day. Serve with wholegrain rice or wholegrain pitta for a tasty lunch or dinner.

This dish can also be made using red lentils instead of chickpeas. Add 1 cup of dried red lentils with tomatoes and cook for 15 – 18 minutes, adding spinach for last 3 minutes.

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## Healthier Caesar salad

Serves 4

**Preparation time 10 minutes**

**Ingredients:**

2 heads Romaine lettuce, outer leaves discarded

3 tbsp. walnuts, lightly toasted if time allows

1 tbsp. grated or shaved parmesan

Freshly cracked black pepper

dressing

1 tbsp. tahini

50g tin anchovies, drained and chopped

2 cloves garlic, crushed or grated

6 tbsp. lemon juice

2 – 3 tsp Dijon mustard

2 tbsp. extra virgin olive oil

2 tbsp. natural yoghurt

**Directions:**

1. Wash lettuce and cut into bite-sized pieces. Then dry lettuce as well as you can and place in a large serving bowl
2. Place dressing ingredients in a bowl and blend with a hand blender until completely smooth. Add a little water if dressing is too thick
3. Pour 2 - 3 tbsp. dressing over lettuce and toss well. Add more if required. Sprinkle walnuts & parmesan on top and serve

For a bigger meal, add 2 chicken fillets, rubbed with a little olive oil and grilled, or use leftover chicken.

Tahini is a paste made from sesame seeds. It can be used to add creaminess to salad dressings. Tahini is a good source of B vitamins and minerals including magnesium and calcium, as well as vitamin E, one of the most researched antioxidants for supporting egg quality and the DNA quality in sperm.

Anchovies are rich in omega 3 essential fats, important for male and female fertility. They add a delicious savoury flavour. Try adding 2 anchovy fillets to a tomato sauce for extra flavour and nutrition. Because of their salty taste, no additional salt should be required with this dish.

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