

Module 8, Lesson 4 Handout:

Sample Meal Plan for Fertility

This is a sample meal plan for a client trying to conceive. On the left is how this client was eating before coming in to work on nutrition, and on the right is the new plan to promote fertility. As with any client, meet the person where they are and adapt from what they are already doing.

Meal	Old Habits	New Meal Plan
Breakfast	Special K or Cheerios with milk Coffee	<ul style="list-style-type: none"> • 1 serving Nature's Path Smart Bran Cereal • 6 oz full fat Siggi's yogurt • ½ cup raspberries
Snack	Nothing	<ul style="list-style-type: none"> • 10 almonds • 3 dried apricots
Lunch	Turkey sandwich with mayo, lettuce and tomato Mini bag of chips Iced tea	<ul style="list-style-type: none"> • 3 Finn Crisp crackers • 2 teaspoons almond butter • 4 oz fresh turkey • Carrots • Apple • Flavored seltzer
Snack	Granola bar or trail mix with M&M's	Lara bar
Dinner	Pasta or a burger Small salad or vegetables	<ul style="list-style-type: none"> • Black bean burger • Baked sweet potato with olive oil (or coconut oil) • Salad with 2 teaspoons vinaigrette
Snack (if needed)	Cookies Pretzels (late night)	3 cups air popped popcorn or ½ cup ice cream

Before, this client was doing okay but was relying too much on packaged foods, was lacking in the fiber department, and was weak on fruits and vegetables. We took breakfast up a notch by switching to a higher fiber cereal, adding in a serving of berries, and using higher protein Icelandic yogurt instead of milk. Note, I'm not the biggest fan of cereal as it is a highly processed food and there are so many other great high fiber whole grain options, but in this case, it is a good option as to not make too many changes to a client's current behaviors. We added in a morning snack to keep her blood sugar levels in check, and we made sure the snack packed in some fiber, protein and healthy fat. At lunch, we ditched the packaged bread and chips and bumped up the fruit and vegetable content. We went with a more nutrient dense bar as the afternoon snack. For dinner we chose a plant based protein and swapped out a packaged bun and replaced it with a sweet potato. At the end of the day, we made room for a conscious indulgence that this client loved and appreciated. Overall, this revamped day included nutrients shown to play a role in fertility and limited foods that may be working against her. This is Eating Empowered!