



7-Day Fertility Jumpstart Meal Plan

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My Mantra:

Good health goes beyond simply what you eat. It involves how you treat your body, the love you give to yourself, and the mindset in which you choose to live your life every day.

I believe that feeling your best starts with good nutrition—but also involves how you think, live and show up for yourself physically and emotionally. Many women today feel out of sync with their bodies—especially when it comes to fertility. I work to help you uncover the hidden obstacles keeping you from feeling your best and teach you how to listen and honor your body by focusing on what healthy means to you. I am a registered dietitian, with a Master's Degree in Nutrition from NYU. I also obtained her CLC certification from the Healthy Children's Project. I founded MTHR Nutrition a concierge nutrition counseling service for women. I dedicate my work to supporting women during the preconception, prenatal and postpartum periods, which can often be a confusing and complicated time for nutrition, but when nutrition is the most important in terms of influencing the health outcomes of your child for the rest of their life! I take a science-based, personalized approach to health. I believe that everyone is different, and nutrition should also take into account those differences.

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WELCOME

FERTILITY JUMPSTART

Welcome and congratulations on taking the first step to improving your nutrition to boost your fertility! This 7 Day Meal Plan will give you the tools that you need to start preparing your body for conception and a healthy PREGNANCY!

If you are trying to get pregnant but typically find yourself stressing out over what to eat, confused by all the food information out there, eating out or reaching for takeout menus on a regular basis, we are here to help! I have done all the hard work for you, specifically curating 7 days of meals with whole, nourishing foods, creating weekly shopping lists and outlining the most efficient way to meal prep, so that you minimize your time in the kitchen.

This fertility boosting meal plan is comprised only of REAL foods—nothing artificial or processed—and is designed to provide you with the fuel you need to promote optimal reproductive health. Whole foods are essential to sustain growth, repair, and nourish your eggs. As a result, you won't find any refined foods, like sugar, flour, soda, unhealthy oils, and processed meats in any of the recipes. Rather the recipes included in this meal plan are focused on healthy fats, quality protein and organic vegetables.

Let's Get Started!



How to Prep



PREP DAY (one day prior to starting the plan)

PREPARE VEGETABLES

Peel & chop carrots into 2 inch long sticks, store in glass container in fridge.

Spiralize the beets for your salad.

Wash and chop bell peppers, celery, and cucumber into 1 inch pieces, store in glass container in fridge for the week.

Wash and chop kale, store in a containers with paper towel in fridge.

Wash and chop broccoli and store in a container in the fridge.

Prep quinoa for the salad.

COOK AHEAD

Make Peach Buckwheat Pudding and store in fridge for use throughout the week.

Prepare 2 servings of the blueberry kale salad. Store them in separate containers in the fridge.

DAY 1:

After dinner, cook your shrimp for the Shrimp Kale Quinoa Salad the next day. Store them in separate containers in the fridge. Also prepare your vanilla chia seed pudding.

DAY 3:

After dinner, make Kale Salad with Roasted Red Pepper if you are taking to work the next day.



7 DAY MEAL PLAN

MON



BREAKFAST
Peach Buckwheat Pudding



SNACK 1
Golden Turmeric Latte (Almond Milk)



LUNCH
Blueberry Kale Salad



SNACK 2
Carrots & Guacamole



DINNER
One Pan Salmon with Rainbow Veggies

TUE



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Golden Turmeric Latte (Almond Milk)



LUNCH
Shrimp, Kale & Quinoa Salad



SNACK 2
Vanilla Chia Pudding with Berries



DINNER
Rainbow Chopped Salad Jars

WED



BREAKFAST
Peach Buckwheat Pudding



SNACK 1
Golden Turmeric Latte (Almond Milk)



LUNCH
Blueberry Kale Salad



SNACK 2
Carrots & Guacamole



DINNER
One Pan Salmon with Rainbow Veggies

THU



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Golden Turmeric Latte (Almond Milk)



LUNCH
Kale Salad with Roasted Red Pepper Dressing



SNACK 2
Vanilla Chia Pudding with Berries



DINNER
Rainbow Chopped Salad Jars

FRI



BREAKFAST
Beet Berry Smoothie Bowl



SNACK 1
Golden Turmeric Latte (Almond Milk)



LUNCH
Shrimp, Kale & Quinoa Salad



SNACK 2
Carrots & Guacamole



DINNER
One Pan Roasted Edamame & Broccoli Salad

SAT



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Golden Turmeric Latte (Almond Milk)



LUNCH
Blueberry Kale Salad



SNACK 2
Vanilla Chia Pudding with Berries



DINNER
Rainbow Chopped Salad Jars

SUN



BREAKFAST
Beet Berry Smoothie Bowl



SNACK 1
Golden Turmeric Latte (Almond Milk)



LUNCH
Kale Salad with Roasted Red Pepper Dressing



SNACK 2
Carrots & Guacamole



DINNER
One Pan Roasted Edamame & Broccoli Salad

Note: Shaded meals denotes left over portion



GROCERY LIST

FRUITS

- 3 1/2 Avocado
- 2 1/4 cups Blueberries
- 3 1/2 Lemon
- 2 tbsps Lemon Juice
- 2 Lime
- 1/2 Navel Orange
- 2 Peach
- 1 cup Strawberries

BREAKFAST

- 3 1/2 tbsps Almond Butter
- 1 cup Buckwheat Groats*
- 1 1/4 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 2/3 cup Chia Seeds
- 2 tps Cinnamon
- 1 tsp Cumin
- 1 tbsp Hemp Seeds
- 1/4 cup Pumpkin Seeds
- 2 1/4 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sliced Almonds
- 1 1/8 tbsps Turmeric
- 1/2 cup Walnuts

FROZEN

- 1/2 cup Frozen Edamame
- 1/2 cup Frozen Mango
- 1/2 cup Frozen Raspberries

VEGETABLES

- 1/4 cup Basil Leaves
- 2 Beet
- 4 1/2 cups Broccoli
- 9 Carrot
- 2 stalks Celery
- 3 1/2 cups Cherry Tomatoes
- 1/2 Cucumber
- 1 Garlic
- 3 1/2 tbsps Ginger
- 18 cups Kale Leaves
- 1 cup Matchstick Carrots
- 3 cups Purple Cabbage
- 1/2 cup Red Onion
- 120 grams Roasted Red Peppers
- 1 1/2 Sweet Potato
- 2 Yellow Bell Pepper

BOXED & CANNED

- 3 cups Chickpeas
- 1 1/3 cups Lite Coconut Milk
- 1/4 cup Quinoa

BAKING

- 1 tbsp Pitted Dates
- 3 1/2 tbsps Raw Honey
- 2 tps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 10 ozs Salmon Fillet
- 1/2 lb Shrimp

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1 1/2 tps Coconut Aminos
- 1 3/4 tbsps Coconut Oil
- 1/2 tsp Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/3 cup Tahini

COLD

- 6 Egg
- 5 1/8 cups Unsweetened Almond Milk

OTHER

- 1 tsp Schisandra Berry Powder or Acai Powder
- 2/3 cup Water

*Buckwheat groats can be found at your local health food store or bought online via Amazon. Bob's Red Mill or Arrowhead Mills are two organic brands that are widely available.



Peach Buckwheat Pudding

1 SERVING 2 HOURS 10 MINUTES



INGREDIENTS

1/2 cup Buckwheat Groats (dry)
1/3 cup Unsweetened Almond Milk
1 tbsp Chia Seeds
1 tbsp Almond Butter
1/8 tsp Cinnamon
1 Peach (sliced)
2 tbsps Blueberries

DIRECTIONS

- 01 Place the buckwheat groats in a medium-sized bowl and cover with water. Let soak for at least 2 hours, or overnight.
- 02 Drain and rinse the buckwheat and add it to a food processor with the milk, chia seeds, almond butter, and cinnamon. Blend until smooth.
- 03 Add buckwheat pudding to a bowl and top with peaches and blueberries. Enjoy!

NOTES

NO ALMOND MILK

Use any type of dairy-free milk instead.

BUCKWHEAT GROATS

This recipe was developed and tested using Bob's Red Mill Buckwheat Groats.

NO PEACHES

Use any other fruit as a topping.



Avocado Sweet Potato Toast with Poached Egg

1 SERVING 15 MINUTES



INGREDIENTS

1/2 Sweet Potato (large)
2 Egg
1/2 Avocado
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

EGG-FREE

Skip the eggs and top with hemp seeds instead.



Beet Berry Smoothie Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1/2 Beet (medium, peeled and diced)
1/4 cup Frozen Mango
1/4 cup Frozen Raspberries
1 1/2 tsps Pitted Dates
1/2 tsp Schisandra Berry Powder
1/2 cup Unsweetened Almond Milk
1 1/2 tsps Hemp Seeds
1 1/2 tsps Almond Butter

DIRECTIONS

- 01 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 02 Transfer to a bowl and add toppings. Enjoy!

NOTES

TOPPING IDEAS

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

NO SCHISANDRA BERRY POWDER

Leave it out, or use acai powder instead.



Golden Turmeric Latte

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Ginger (grated)
1/2 cup Unsweetened Almond Milk (Vanilla)
1/2 tsp Turmeric (powder)
1 1/2 tsps Raw Honey
1/4 tsp Cinnamon
3/4 tsp Coconut Oil

DIRECTIONS

- 01 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

NOTES

USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

VEGAN

Use maple syrup to sweeten instead of honey.

NUTRITIONAL BENEFITS

Turmeric is an anti-inflammatory and anti-oxidant rich food. It helps to fight inflammation due to free-radicals, which cause damage to our cells. Adding this spice into your diet is an easy way to increase the health of your eggs.

NO TIME TO COOK?

Simply buy an almond milk turmeric latte from get this latte at your local juice or coffee shop, just make sure to avoid any added sugars/sweeteners.



Blueberry Kale Salad

3 SERVINGS 20 MINUTES



INGREDIENTS

5 cups Kale Leaves (chopped)
1/2 Cucumber (chopped)
2 stalks Celery (chopped)
1 cup Blueberries
1 Beet (peeled and spiralized)
1/4 cup Pumpkin Seeds
1/4 cup Extra Virgin Olive Oil
1 1/2 Lemon (medium, juiced)
1/2 tsp Dijon Mustard
1/2 tsp Sea Salt
1/8 tsp Black Pepper

DIRECTIONS

- 01 In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
- 02 In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
- 03 Before serving, pour dressing over the salad and toss well. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 4 days.

MORE PROTEIN

Add a salmon fillet, grilled chicken breast, or lentils.

MORE CARBS

Add cooked quinoa.



Shrimp, Kale & Quinoa Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- Sea Salt & Black Pepper (to taste)
- 1/2 lb Shrimp (peeled, deveined)
- 1 tsp Cumin
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 tbsps Apple Cider Vinegar
- 3/4 tsp Maple Syrup
- 5 cups Kale Leaves (stems removed and chopped)
- 1 Carrot (medium, grated or sliced)

DIRECTIONS

- 01 Boil quinoa and water in a saucepan over high heat. Reduce to a simmer and cover with a lid for 13 - 15 minutes. Season with salt and pepper, and fluff with a fork. Set aside.
- 02 Meanwhile, coat the shrimp with cumin, salt and pepper. Heat 1/4 of the olive oil in a pan over medium-high heat. Add the shrimp and cook for about 3-5 minutes, flipping halfway.
- 03 In a large salad bowl, whisk together the vinegar, maple syrup and remaining olive oil.
- 04 Add the kale and carrot, and massage in the vinaigrette. Add the cooked quinoa and shrimp and toss until thoroughly combined. Divide onto plates and enjoy!

NOTES

NO SHRIMP

Use chicken, chickpeas, tofu or tempeh instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.



Kale Salad with Roasted Red Pepper Dressing

2 SERVINGS 15 MINUTES



INGREDIENTS

120 grams Roasted Red Peppers (from the jar)
1/4 cup Basil Leaves
1 Garlic (clove, small)
2 tbsps Lemon Juice
1/2 tsp Sea Salt
1/4 cup Extra Virgin Olive Oil (divided)
8 cups Kale Leaves (chopped)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Sliced Almonds

DIRECTIONS

- 01 To a food processor, add the roasted red pepper, fresh basil, garlic, lemon juice, salt and half of the olive oil. Blend for 15 seconds until mostly smooth. Scrape down the sides of the bowl, then while the food processor is running stream in the remaining olive oil.
- 02 In a large mixing bowl, add the chopped kale. Pour half of the dressing over top of the kale and massage the leaves for about a minute or until the kale is wilted and tender.
- 03 Divide the kale evenly onto plates and top each plate equally with tomatoes and almonds. Drizzle salad with remaining dressing. Enjoy!

NOTES

NUT-FREE

Use sunflower seeds instead of almonds.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.



Carrots & Guacamole

1 SERVING 5 MINUTES



INGREDIENTS

- 2 Carrot (medium)
- 1/2 Avocado
- 1/2 Lime (juiced)
- 1/8 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Vanilla Chia Pudding with Berries

3 SERVINGS 3 HOURS



INGREDIENTS

1 1/3 cups Lite Coconut Milk (canned)
1 tbsp Maple Syrup
2 tsps Vanilla Extract
1/2 cup Chia Seeds
1 cup Blueberries
1 cup Strawberries

DIRECTIONS

- 01 In a medium-sized bowl, whisk together the coconut milk, maple syrup, and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
- 02 Divide the chia pudding between bowls or containers and top with blueberries and strawberries. Enjoy!

NOTES

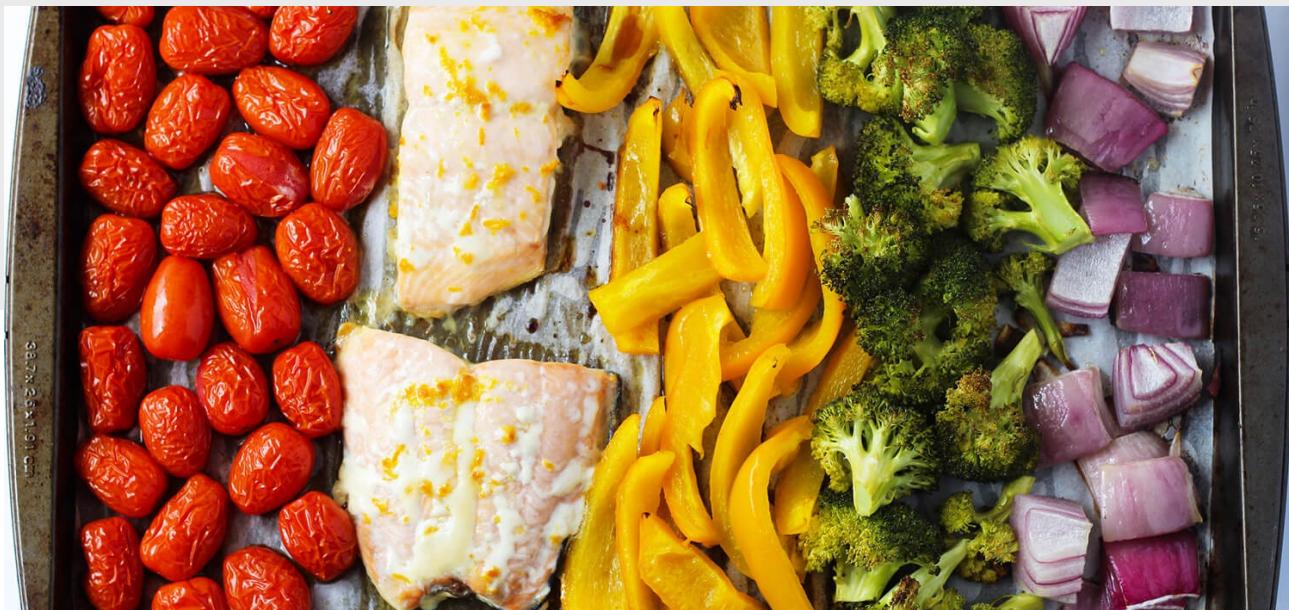
STORAGE

Keeps well in an airtight container in the fridge for up to 5 days.



One Pan Salmon with Rainbow Veggies

2 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Cherry Tomatoes
10 ozs Salmon Fillet
1 Yellow Bell Pepper (sliced)
2 cups Broccoli (chopped into small florets)
1/2 cup Red Onion (sliced into chunks)
2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Coconut Aminos
1/2 Navel Orange (zested and juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
- 02 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 03 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 04 Divide between plates and enjoy!

NOTES

MORE CARBS

Serve with rice or quinoa.

VEGAN

Use tofu steaks or roasted chickpeas instead of salmon.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.



Rainbow Chopped Salad Jars

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1/3 cup Tahini
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Water
- 3 cups Chickpeas (cooked, from the can)
- 1 cup Cherry Tomatoes
- 1 cup Matchstick Carrots
- 1 Yellow Bell Pepper (chopped)
- 3 cups Purple Cabbage (chopped)

DIRECTIONS

- 01 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 02 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 03 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for up to 4 days.

NO TAHINI

Use a nut butter or sunflower seed butter instead.



One Pan Roasted Edamame & Broccoli Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

2 1/2 cups Broccoli (chopped into florets)
1/2 cup Frozen Edamame (shelled)
1/2 cup Walnuts
2 tbsps Avocado Oil (divided)
1/4 tsp Sea Salt
1 1/2 tsps Almond Butter
1 1/2 tsps Apple Cider Vinegar

DIRECTIONS

- 01 Preheat oven to 450F and line baking sheet with foil.
- 02 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 03 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 04 Drizzle desired amount of dressing over top of the salad and serve.

NOTES

NO WALNUTS

Use cashews, almonds or pecans instead.

NUT-FREE

Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

NO AVOCADO OIL

Use extra virgin olive oil or melted coconut oil instead.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.





I hope you enjoy the challenge!

For any questions, comments or to learn more about working together please feel free to contact me at
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