

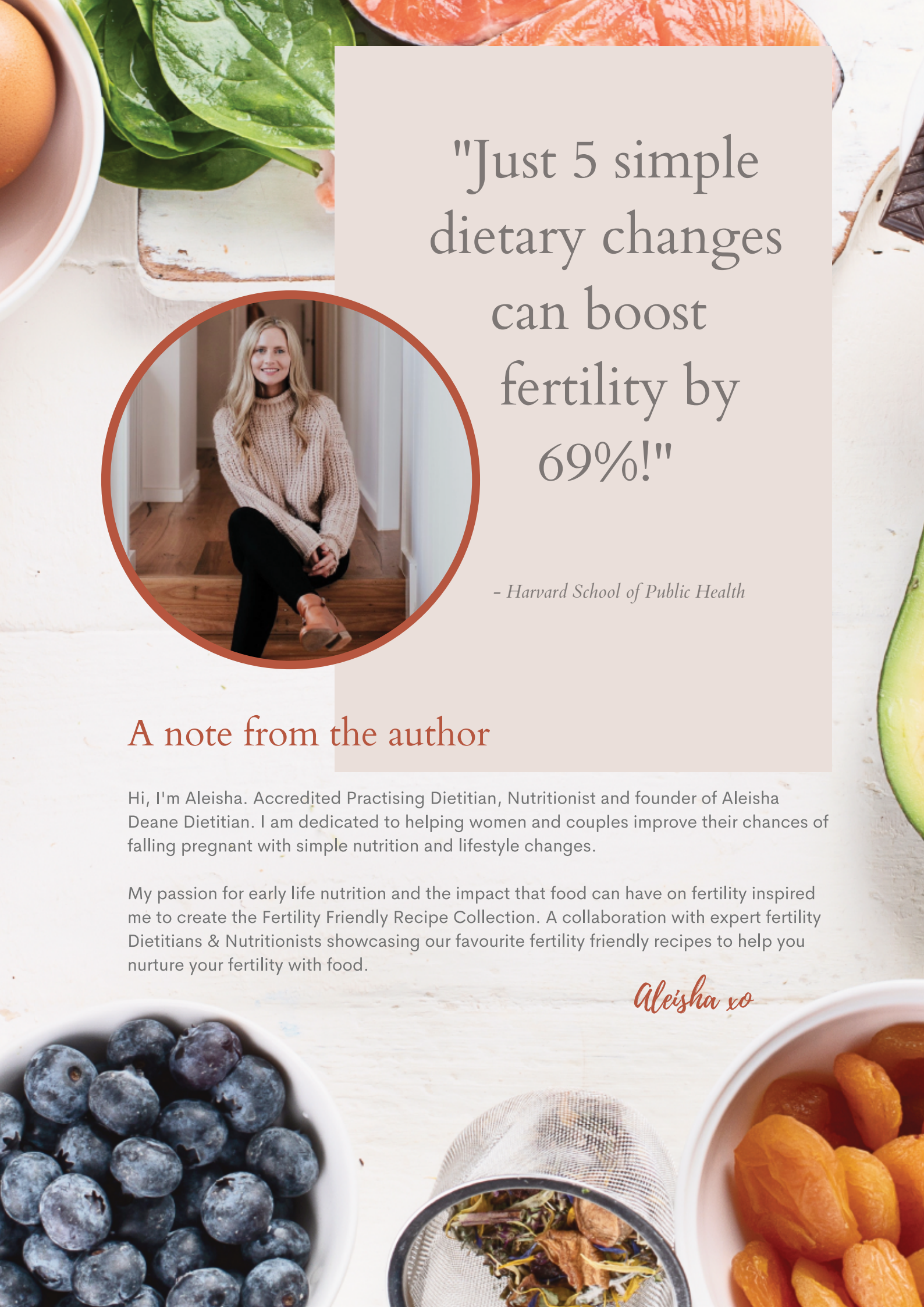


Fertility Friendly *Recipe Collection*

Nurture your fertility with food. A collaboration with expert fertility Dietitians & Nutritionists showcasing our favourite fertility friendly recipes.

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"Just 5 simple
dietary changes
can boost
fertility by
69%!"

- Harvard School of Public Health

A note from the author

Hi, I'm Aleisha. Accredited Practising Dietitian, Nutritionist and founder of Aleisha Deane Dietitian. I am dedicated to helping women and couples improve their chances of falling pregnant with simple nutrition and lifestyle changes.

My passion for early life nutrition and the impact that food can have on fertility inspired me to create the Fertility Friendly Recipe Collection. A collaboration with expert fertility Dietitians & Nutritionists showcasing our favourite fertility friendly recipes to help you nurture your fertility with food.

Aleisha xo



Recipes

A-Z

Apricot & Fig Granola

Ingredients:

2 tablespoons chia seeds
 1/3 cup water
 3/4 cup whole oats
 3/4 cup raw buckwheat
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1/2 cup almonds
 1/4 cup sunflower seeds
 1/4 pepitas (pumpkin seeds)
 1/3 cup maple syrup
 1 tablespoon ABC (almond, brazil, cashew) nut butter
 1/3 cup dried figs* chopped
 1/3 cup dried apricots* chopped
 2 tablespoons desiccated coconut*

*For dried fruit, choose naturally dried with no added sugar. The ingredients list should be minimal – e.g. figs, water.

Method:

1. Preheat oven to 160 degrees Celsius (fan forced). Line a rectangular baking tin with baking paper.
2. Add chia seeds to water in a small bowl. Stir and leave to soak.
3. Add all other dry ingredients together in a bowl.
4. In a separate bowl, mix the maple syrup and ABC butter together. Add chia mixture. Stir to combine.
5. Combine wet ingredients to dry ingredients. Stir to combine, making sure everything is spread through evenly.
6. Transfer mixture to your pre-prepared baking tin. Flatten the mixture evenly into the base of the tin.
7. Bake in the oven for 30 minute or until golden-brown.
8. Allow to cool and place in fridge (still in the baking tin) for a few hours or overnight.
9. Remove from fridge. Break apart the mixture and place in a food processor. Blend to your desired consistency – it will only need 15-30 seconds.
10. You can then place this in an air tight container and store in the fridge or pantry – whichever you prefer!
11. Serving suggestion – 1/4-1/2 a cup with yogurt and berries!



Heya! My name is Laura. I am a Women's Health dietitian specialising in menstrual cycle regulation, fertility, hormone imbalances and PCOS. I love helping women to become the healthiest, happiest and most confident versions of themselves. xx
 My instagram is: @laura_ballantyne



Banana Oat Muffins

Makes 12 muffins

Ingredients:

1 cup wholemeal self-raising flour
1 cup self-raising flour
1 cup rolled oats
1 large egg
2 large bananas, mashed with fork
1/3 cup Greek yoghurt
1/2 cup lightly packed brown sugar
2 tbs honey
1/4 cup extra virgin olive oil
3/4 cup full-cream milk
2 tsp cinnamon
1 1/2 tsp vanilla paste (or extract)
Pinch of salt

Method:

1. Preheat oven to 180°C (fan forced)
2. Lightly oil muffin tray and set aside (alternatively use muffin wrappers).
3. Combine all ingredients in a large bowl and stir until well combined.
4. Spoon mixture into muffin tray, allowing enough room for muffins to rise.
5. Sprinkle extra oats over the top.
6. Bake for 20 minutes, or until lightly golden and inserted skewer comes out clean.
7. Transfer to a wire rack to cool.



Hello! I'm Kat, a women's health and fertility nutritionist that's all about happy bellies for happy babies. The Fertility Nutrition Hub is a space for you and your partner to explore evidence-based advice on how to optimise your fertility and diet and conceive naturally. Say goodbye to Dr. Google and your third aunt's advice, I'm here to walk and talk you through research-driven, tried-and-tested fertility diet plans. Empowering both women and men worldwide to boost their fertility through online courses and personalised counselling. You can find Kat @fertilitynutritionhub



Basil Chicken Pasta

Serves 5 Preparation time 10 mins Cooking time 30mins | 3 serves of vegetables per serving

Ingredients:

500g chicken breast
3 garlic cloves
1 onion
½ cup chopped basil
½ cup mixed seeds / nuts (we used 2Tbs pine nuts, 2Tbs sunflower seeds, 2Tbs pepitas, 1Tbs chia seeds)
2 Tbs olive oil and an extra 1 Tbs olive oil
2Tbs parmesan cheese
250g pasta
300g frozen peas
300g frozen beans

Method:

1. In a medium pot, boil pasta for 7 minutes. In the meantime, in a microwave proof dish, microwave the frozen vegetables for 5 minutes.
2. In a large pan, add 2Tbs olive oil and sauté the onion with the garlic.
3. Add the chicken, seed and nut mix and basil and cook for 15 minutes on medium heat.
4. Stir through microwaved vegetables and cook for further 5 minutes or until cooked through.
5. Remove from heat and stir through parmesan.



Georgia Fassoulidis is an Accredited Practising Dietitian and PhD candidate specialising in Fertility Nutrition. She has helped hundreds of couples with infertility by optimising their diets for conception and fertility treatments like IVF, ICSI and IUI. She established FertilEteam, a specialised fertility practice offering services in Geelong and online. Find her on Instagram @fertilEteam @nutrition.prescription and www.fertilEteam.com.au



Beetroot Feta and Quinoa Salad

Serves 3-4

Salads are an easy and quick way to utilise the fresh produce you already have. You can modify the nutritional content of a salad by adding common pantry foods like quinoa, rice and tinned foods (e.g. beetroot or chickpeas). You can mix and match almost anything into this salad combination to meet the Healthy Plate model. When using a meal planner, you can incorporate this recipe idea to use up leftover quinoa or chicken from the night before. We've selected vegetables with a range of colours and antioxidants for fertility.

Ingredients:

2 cups cooked quinoa, buckwheat groats, and rice (used 2 parts quinoa : 1 part buckwheat groats : 1 part rice, or 1 cup total uncooked)
Cooked beetroot (or 1x 400g tinned baby beets when beetroot is not in season)
60g Feta cheese
Seasonal salad vegetables. We used yellow capsicum, spinach leaves, cherry tomatoes – aim for two handfuls of vegetables per person
200-300 grams lean cooked chicken or another protein food (alternatives include eggs, salmon or rinsed and drained chickpeas)
50g Walnuts (3-4 per person)
4 tablespoons Pumpkin Seeds
4 tablespoons Sunflower Seeds
Extra Virgin Olive Oil

Method:

1. Cook the quinoa, rice, and buckwheat groats in a rice cooker, or with 2-2.5 cups boiling water on a stove top simmering for 20 minutes on a low heat until all the water is absorbed, and the rice is cooked.
2. Cut up salad vegetables and aiming for around two handfuls per person. Toast the sunflower seeds, pumpkin seeds, and walnuts gently under the grill for a few minutes, or until they are gently browning in colour.
3. Assemble: We added the spinach leaves and quinoa/rice on the bottom, topped with cherry tomatoes, capsicum, the beetroot. Add the cooked chicken and crumble the feta cheese on top. Lastly sprinkle the nuts, seeds and add a drizzle of extra virgin olive oil. Eat and enjoy!



Sarah-Jane Simpson B.Sc., PGDipDiet, NZRD.

Sarah-Jane has worked as a New Zealand Registered Dietitian optimising the nutrition of mothers and babies for over 10 years in both public and private settings. Sarah-Jane is passionate about nutrition in the first 1000 days and uses evidence-based practice in dietetics to provide patient-centred dietary interventions.

Instagram: @aucklandfamilynutrition Website: www.aucklandfamilynutrition.co.nz



Berry Nice Smoothie

Makes 1 cup | Prep time: 1 min | Total time: 3 mins

Ingredients:

1/2 cup frozen berries

1/2 cup milk

1/4 cup chobani yoghurt (plain)

3 tbsp protein powder (i.e Beneprotein) – optional

Method:

1. Blend all ingredients together until smooth.
2. Notes: Dissolve protein powder in milk before blending. Add more milk if the mixture is too thick



Claire Ward is a Accredited Practising Dietitian based in the Central West NSW. Claire has over 20 years of experience and is owner and of Ward Nutrition in Orange, Bathurst and Dubbo. She has a special interest in women's health and improving body composition for weight loss, sports nutrition or fertility. You can find Claire @wardnutrition



Broccoli, Butter bean & Quinoa Muffins

Serves: 6 (1 muffin = 1 serve)

Ingredients:

1 small broccoli
 ½ cup rolled oat
 ½ raw quinoa
 1 can of butter beans
 1 tbsp extra virgin olive oil
 4 eggs
 Pepper, salt and oregano

Method:

1. Add the broccoli (uncooked) into a food processor. Cut it until achieving like a rice consistency.
2. In the meantime, cook in a pot the quinoa with 1 cup of water (Boiling it).
3. Add the cooked quinoa into that food processor with the broccoli and the rest of the ingredients.
4. Blitz until uniform in consistency.
5. Shape into muffins shape (using a silicone baking cupcake mold) or whatever shape of your choice (you can shape into a simple balls). Then place in the fridge for 30 minutes to set.
6. Heat oven to 200C and put the muffins in to cook them for about 30 mins.



My name is Sara Alcalá. I am Dietitian- nutritionist from Barcelona, however I am currently living in Sydney. My passion for nutrition and living a healthy lifestyle led me to study and complete my Bachelor of Health Science and my specialization in Nutrition for fertility. I love playing with food, create new recipe and help people with my nutrition knowledge to find the best version of themselves and live their best quality of life. My Instagram is @saraadietitian and it is all about providing based science nutrition advice for a general population. I tend to post about nutrition, easy recipes, yoga and self- love and confidence.



Carrot Cake Oats

Kick start your day with this delicious, nutrient packed, fertility friendly breakfast! This brekkie is packed with dietary fibre, protein, healthy fats, iron, B vitamins, zinc, calcium, omega 3s, antioxidants and much much more!

Ingredients:

⅓ cup raw oats
1 cup milk
½ carrot (grated)
1tsp cinnamon
1tbsp chopped brazil nuts
1tbsp chopped pecan nuts
1tsp chia seeds
1tsp flax seeds
1tsp maple syrup
Handful of berries

Method:

1. Combine the oats, milk, and grated carrot in a saucepan and bring to boil
2. Stir and reduce heat to medium.
3. Once the milk is absorbed and the oats is cooked stir through the cinnamon and remove the saucepan from the heat.
4. Dish up in your favourite bowl and top with the chopped nuts, seeds, maple syrup and berries.
5. Enjoy your nourishing breakfast!



Hi, I'm Ronell Schoeman, A women's health Dietitian with a special interest in fertility and pregnancy. Currently based in Karratha, WA, but seeing clients Australia wide via Telehealth. Follow me @bloom.dietetics to find out more and to get in touch!



Chilli Turmeric Eggs

Serves 1

Ingredients:

2 large eggs, lightly whisked
¼ tsp chilli flakes
½ tsp turmeric powder
1 tbs extra virgin olive oil
1 cup baby spinach, roughly chopped

Method:

1. Heat oil in pan. Add chilli flakes and turmeric and stir for one minute or until fragrant.
2. Add eggs to pan and use egg flip or spatula to continuously move eggs until almost set.
3. Add baby spinach and stir for another minute or until wilted.
4. Serve with a pinch of salt and plenty of black pepper.



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Chocolate Chickpea Cookies

Ingredients:

1 can chickpeas, drained
1/2 cup brown sugar
2 tbsp cocoa powder
1 tsp vanilla extract
1/2 cup nut butter of choice
1 tbsp. olive oil

Method:

1. Blend all ingredients together in a food processor until combined.
2. Pop into a bowl and add 1/2 cup goodies of choice such as nuts, chopped dates or chocolate chunks.
3. Roll into small balls and flatted with a fork onto a lined baking tray. Bake at 180C for 10-12 minutes.



Sara Widdowson is a Dietitian and women's health specialist who teaches women to celebrate hormones. She works with women virtually and in person at her clinic in Christchurch, New Zealand. Apart from helping clients with their goals her other loves are being a fur mum, long blacks and running! You can find Sara @yourmonthly



Colourful Chickpea Salad

Ingredients:

240g cooked chickpeas (~ 1 can rinsed and drained – if using canned aim for BPA free if possible)

A couple of big handfuls of spinach – chopped

½ cucumber, diced

1 red capsicum, chopped

½ red onion, diced

2 tbsps. chopped parsley

40g Feta – crumbled

Optional: 1 tbsp hummus

Dressing:

2 tablespoons of Extra Virgin Olive Oil

2 tablespoons of white-wine vinegar (or lemon juice works too)

1 tbsp lemon juice 1 tsp honey

1/2 tsp cumin

1 pinch salt

Method:

1. Add chickpeas, chopped spinach, capsicum, cucumber, red onion, parsley to a big salad bowl.
2. Combine all dressing ingredients and whisk thoroughly, tasting and adjusting seasoning as needed.
3. Add dressing to the salad and mix well (if meal prepping leave the dressing off until just before serving).
4. Top with crumbed-fetta and a dollop of hummus, if using



Wendy is an Accredited Practicing Dietitian, specialising in fertility, pregnancy and postnatal nutrition, as well as women's health, hormonal and reproductive concerns. As a mum herself, having been through her own fertility and pregnancy journey, Wendy is passionate about helping other women nourish themselves and give their babies the best possible start to life. You can find Wendy @wendy_fedele_dietitian www.wendyfedeledietitian.com.au



Crustless Salmon & Ricotta Quiches

Makes 12 mini quiches or one large quiche
Serves 4 – 6

As well as being delicious and super easy to make, these mini quiches are a great lunch choice as they're packed with fertility nutrients like folate, marine omega-3s, choline and vitamin B12.

Ingredients:

10 eggs
1 1/2 cups milk
1 tsp salt
100g ricotta
100g smoked salmon, torn roughly
1 cup kale, torn into pieces
1/4 red onion, finely diced
100g cherry tomatoes, halved
4-5 basil leaves, finely sliced

Method:

1. Preheat the oven to 180 C and grease a muffin tray, pie dish or baking tray, well.
2. Whisk the eggs, milk and salt together.
3. Pour the egg mix into the tray and top with veggies, salmon and spoonfuls of ricotta.
4. Bake for about 20 minutes for mini quiches or about 45 minutes for one large quiche, or until a knife poked into the centre comes out clean.



Amara created Foodbaby after her own struggles to start a family. Rather than a traditional consulting practice, she uses technology to help you regain control of your fertility through online courses, workshops and resources. You can find Amara @foodbabyfertility



Easy-Bake Fruit & Seed Oat Bar

Makes: 12 bars Preparation: 10 minutes

Cook time: 20–25 minutes

The perfect nutritious and delicious snack using sesame and sunflower seeds to boost fibre, vitamin E and healthy fats and with added natural sweetness from the bananas and the dried figs.

Ingredients:

3 cups of rolled oats (300gr)
100g soft dried figs finely chopped
60g sunflower seeds
60g sesame seeds
1 tbs ground cinnamon
4 medium ripe bananas
3 tbs of milk (45ml) any type

Method:

1. Preheat the oven to 160 C fan (350 F).
2. Line a 20cm x 20cm square tin with baking parchment paper
3. In a big bowl, add oats, dried figs (I finely chopped these using scissors to save time), sunflower and sesame seeds (you can use ground if you prefer) and cinnamon. Mix thoroughly so that everything is distributed well.
4. In another bowl, mashed the bananas really well– this should be easy if they really soft and ripe.
5. Add the mashed bananas into the big bowl and mix well, so that all the dry ingredients get some moisture. Then add the milk and mix again really well.
6. Fill the baking tin with the mix and press well into the corners with the back of the spoon, making sure it is all levelled.
7. Bake in the oven for 20–25 minutes until firm on the top and a little golden brown.
8. Take out of the oven and leave it to cool for 10 minutes. After that, cut the mixture into 12 equal sized bars and leave it to cool completely on a wire rack.



Katie is a registered dietitian with over 17 years experience in the health service, academia and private practice. Her mission is to advise individuals and families like you about food and nutrition, so that you can lead a healthful life. You can find more about Katie at www.sensiblenutritionalsolutions.com



Fruity Bliss Balls

Prep time: 10 mins. Makes 14 medium balls (1 serve = 1 ball)

Ingredients:

Base recipe:

½ cup of fresh dates, pitted

½ cup of mixed nuts (roasted or raw)

½ cup of rolled oats

½ cup of paleo mix

¼ cup desiccated coconut

2 tbsp of water

+ 1/2 cup frozen or fresh fruit of choice

Method:

1. Combine all the ingredients into a food processor and blend until a mixture forms.

2. Roll mixture into balls.

3. Coat half with coconut or your choice of coating (optional).

4. Store in an airtight container in the fridge or freezer.

Note: my favourite combo is frozen mango with macadamia nuts (tastes just like a mango weis bar!)

Variations:

Original – Leave out frozen or fresh fruit.

Nut free – Swap mixed nuts for mixed seeds and choose a paleo mix without nuts.

Choc – Add 1 tbsp of cacao or cocoa.

Peanut butter choc – Add 1 tbsp of cacao or cocoa and 1 tbsp peanut butter.

Higher protein – Add 1-2 scoops of protein powder.



Hi, I'm Aleisha. Accredited Practising Dietitian, Nutritionist and founder of Aleisha Deane Dietitian. I am dedicated to helping women and couples improve their chances of falling pregnant with simple nutrition and lifestyle changes. I provide online support through my 8 week Nurture Your Fertility Package for fertility and pregnancy nutrition, cycle health and women's health conditions. You can find me at @aleishadeane.dietitian



Homemade Pesto

Makes 2 serves

Ingredients:

1 cup spinach
1-2 cup fresh basil
1/4-1/2 cup extra virgin olive oil
1 garlic clove, crushed
1/2 cup parmesan cheese
1/4 cup pumpkin seeds
1/2 cup pine nuts
1/2 small avocado
Juice of one small lemon
Salt & pepper

Method:

1. Combine all ingredients in a food processor and blitz until smooth and creamy.
2. Store in the fridge in a small container/jar or freeze into icecube trays or a snap lock bag to use for later.
3. Add to your favourite dishes for a boost of flavour! Try with pastas, salads and as a dip with veggie sticks.



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Lentil Pesto Pasta

Serves: 2-3 | Preparation time: 10 min | Cooking time: 30 min

Ingredients:

1 box red lentil pasta
3 tbsp basil pesto of choice
splash of milk of choice
1 cup cherry tomatoes
1-2 cups baby spinach leaves
1/2 cup sliced button mushrooms
3/4 cup cherry bocconcini
basil leaves
2x100g salmon fillets

Method:

1. Preheat your oven to 180 degrees C and bring water to the boil in a large pot for the pasta.
2. When water is boiling, put the pasta in and cook according to the box.
3. Season salmon with salt/pepper and a squeeze of lemon juice and bake for ~12 minutes or to your liking.
4. Once pasta is cooked, drain most of the water out and stir through the pesto and splash of milk.
5. Throw in all the vegetables + cheese. Top with the cooked salmon and basil and enjoy!



Kaylee from Grow Nutrition is an Accredited Practising Dietitian and PhD candidate in Sydney, Australia who is specialising in pregnancy and postpartum nutrition. Kaylee has both research and practice experience in this field, and is focusing her PhD on preventing heart disease amongst women who experienced hypertensive pregnancies. Nutrition throughout the perinatal period can have a long-lasting impact on the health of both mum and her baby, so Kaylee is committed to providing high quality, evidence based nutrition education to this exciting population. You can find Kaylee @grownutrition.au



Mediterranean Egg Cups

Serves: 6 (1 serve is two egg cups) Preparation time: 10 mins Cooking time: 20–25 mins
More than 1 serve of vegetables per serving

Ingredients:

8 eggs
1/2 cup finely sliced mushrooms
1 red capsicum, finely diced
1 yellow capsicum, finely diced
1 large carrot, grated
1 large zucchini, grated
1/4 cup sliced olives
1 spring onion, sliced
50g diced feta cheese
2Tbs olive oil
2Tbs self-raising wholemeal flour
1Tbs fresh oregano, roughly chopped or 2tsp dried

Method:

1. Preheat the oven to 200°C (180°C fan forced).
2. Prepare the vegetables: Grate, slice and chop.
3. Whisk eggs with 2Tbs water. Mix all ingredients together.
4. Prepare muffin pan – place baking paper in each well or brush with olive oil.
5. Evenly pour mixture into each well Bake for 20–25 minutes, or until firm and golden



Georgia Fassoulidis is an Accredited Practising Dietitian and PhD candidate specialising in Fertility Nutrition. She has helped hundreds of couples with infertility by optimising their diets for conception and fertility treatments like IVF, ICSI and IUI. She established FertilEteam, a specialised fertility practice offering services in Geelong and online. Find her on Instagram @fertilEteam @nutrition.prescription and www.fertilEteam.com.au



Mid-Week Salmon Tacos

Serves 2

Ingredients:

2 x120g salmon fillets, skin on
 2 tsp taco seasoning
 A pinch of chilli flakes (optional)
 2 tsp olive oil, plus extra to drizzle
 1 tomato
 1/2 small cucumber
 1/2 red capsicum
 1/2 cup fairly finely chopped pineapple
 1/4 small red onion
 1 lime, halved
 1 avocado
 1 Tbs finely chopped coriander
 1/2 tsp ground cumin
 Salt and pepper to season
 4x mini tortilla wraps
 Coriander and lime wedges to serve

Method:

1. Preheat the oven to 180 degrees celsius. Place the salmon fillets, taco seasoning, chilli flakes (if using) and 2 tsp olive oil in a bowl and mix to coat the fish.
2. Place the coated fish fillets skin side down on a lined baking tray, and place in the oven for 13-15 minutes, or until cooked through.
3. Once the fish is cooked roughly cut/flake into bite sized pieces.
4. Meanwhile, dice the tomato, cucumber and capsicum and finely dice the red onion. Place these in a small bowl with the chopped pineapple, squeeze the juice of half a lime, drizzle with olive oil and season with salt and pepper.
5. Scoop the flesh out of the avocado, and mash roughly in a small bowl. Add the finely chopped coriander, cumin, the juice of the other half of the lime and a salt and pepper to taste. Mix to a rough guacamole consistency.
6. To serve, warm the tortillas, then top each tortilla with a dollop of guacamole, some fish pieces and the tomato mixture. Top with fresh coriander and a squeeze of lime juice.



Lauren is an Accredited Practicing Dietitian working for Eatsense private practice on the Central Coast in NSW. She specializes in paediatric nutrition, fertility and pregnancy nutrition and loves working with clients and their families to achieve their health and wellbeing goals. You can find Lauren @simple.fresh.nourish



One Pan Mediterranean Chicken

Prep time: 15 mins Cooking time: 45 mins

Ingredients:

6 Skinless chicken thighs (approx. 750g)
Sea salt & pepper to taste
400g diced tomatoes
2 Tbsp extra virgin olive oil
1/2 cup pitted olives
1 small red onion, sliced
4 garlic cloves
2 Tbsp capers
2 Tbsp anchovy paste
2 Tbsp fresh thyme

Method:

1. Preheat oven to 180 degrees (C).
2. Heat a large, oven-safe skillet, add oil and chicken thighs, sprinkle with salt and pepper to taste. Sear until golden on both sides. Set chicken aside on a plate.
3. In the same skillet, add the sliced onions, chopped garlic and anchovy and sautee for 1 minute. Add the olives, diced tomatoes and thyme. Cover with a lid and let it simmer for 10 minutes.
4. Place the chicken over the sauce in your skillet, cover with a lid and bake at for 45 minutes, or just until the chicken is cooked through.
5. Sprinkle with fresh thyme. Serve with a side such as freekah or quinoa.



Emily is a Perth-based Dietitian with over 15 years' experience helping clients achieve their goals. She became interested in Fertility nutrition after being told in her late 30's she had low AMH. She invested her time researching how she could use nutrition to effectively improve egg quality and boost her fertility in the shortest possible timeframe. Within 6 months she was pregnant naturally with no intervention and now has a happy, healthy little boy to show for it. She is passionate about educating women how they can do the same. You can find Emily @fertility.nutritionist



Raspberry, Apple and Chia Crumble

Serves 4

Method:

1. Pre-heat oven to 170°C conventional
2. In a blender mix the crumble ingredients: oats, cinnamon, sugar, butter until the mixture becomes combined and crumbly.
3. Peel (optional) and cut apples into wedges. Add to saucepan and cover with water, simmer in a saucepan for 10 – 15 minutes. Drain water and add frozen raspberries. Mix and add to ovenproof dish.
4. Spread the crumble mixture over the top of the raspberry apple mixture. Bake for 20–30 minutes until apples are cooked.
5. Serve while hot with minted Greek yoghurt or vanilla ice-cream.

Ingredients:

1 cup frozen raspberries
2-4 apples, peeled, grated (can leave skins on – optional)
Crumble 1 tsp cinnamon
½ cup chia seeds
¾ cup wholegrain rolled oats
¼ cup soft brown sugar
1-2 tbs butter



Hi, I'm Claudia Vavasour, a highly qualified NZ registered Dietitian Nutritionist with more than eight years of nutrition & dietetic experience across a range of NZ health care settings. If you are struggling to conceive, unsure of how to manage your pregnancy health, or battling women-specific health challenges like PCOS, I am here to help. I provide science-based nutrition treatment specialising in preconception fertility, the optimisation of fertility treatment, pregnancy, postpartum and women's health. You can find Claudia @fertility_nutrition_dietitian



Roasted Pumpkin, Sweet Potato and Butter Bean Soup

Ingredients:

½ medium pumpkin, skin off, diced
 2 large sweet potato, cleaned with skin on, diced
 1 large onion, sliced
 1 x 400g can butter beans, drained
 6 cups chicken or vegetable stock
 4 garlic cloves, chopped
 2 tsp curry powder
 2 tsp turmeric powder
 1 cup Greek yoghurt
 3 tbs extra virgin olive oil

Method:

1. Preheat oven to 200°C (fan forced)
2. Use half the oil to coat the pumpkin and sweet potato and bake until golden and cooked through. (Note: You can omit this step and cook these in the stock, but roasting them add so much extra flavour)
3. Heat remainder of oil in large saucepan and add onion. Sauté until soft and translucent.
4. Add garlic, curry powder and turmeric powder. Cook for one minute or until fragrant.
5. Add pumpkin, sweet potato and butter beans and stir until coated in oil and spices.
6. Add stock and bring to a gentle simmer for 10 – 15 minutes. Turn off heat.
7. Using a stick blender, blend until smooth.
8. Stir in Greek yoghurt and ground black pepper. Season with salt if needed.



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Salmon & Tuna Patties

Ingredients:

2 tins (180g) of spring water tuna drained OR 1 larger tin (210g) of red salmon drained (keep the soft bones in there for a source of calcium!)

1/2 cup oat flour (blend oats for 20 secs until a flour consistency forms).

1/4 tsp minced garlic

1/2 tsp salt

1 tbsp lemon juice

1 egg

1 heaped tbs parsley, finely chopped

1 heaped tbsp shallots, finely chopped

1/4 cup grated carrot (squeeze in hands to remove any excess liquid)

1/4 finely chopped onion

Method:

1. Mix everything in a bowl together and form into balls.
2. Lightly fry in olive oil or bake in the oven.
3. Each side needs about 7 mins or so to crisp well.
4. Store in the fridge for the week or double the recipe and keep in the freezer for later!



Hi, I'm Jules, qualified nutritionist, health coach and full time foodie. My mission is to help people unlock the healthiest versions of themselves, replacing a short term mindset with a sustainable life long approach! I believe in the power of adopting a holistic view to health, impacted by what we eat, what we think, how we move and how we treat our bodies. You can find Jules @wholesomelyhungry



Spiced Chia Jam

Ingredients:

150g frozen mixed berries
2 Medjool dates, chopped
Juice of 1 orange
Juice of 1 lemon
1 tsp cinnamon
1 tsp ginger powder or grated fresh ginger
½ cup water
2 Tbsp chia seeds
2 Tbsp linseed
2 Tbsp mixed seeds (sunflower, pepita etc)

Method:

1. Put frozen berries, chopped date, orange juice, lemon juice, cinnamon, ginger and water into a saucepan and mix.
2. Bring to a gentle simmer (without boiling) and squish the berries and dates with the back of a spatula. Simmer for 10 minutes.
3. Stir in the chia seeds, mixed seeds and simmer until the mixture thickens (2-3 minutes). Take off the heat to let it cool. As it cools, it will thicken into a beautiful jammy consistency.
4. Serve for breakfast on wholegrain toast with peanut butter or stir through a warm bowl of porridge. For a delicious sweet and creamy snack, add to your favourite Greek yoghurt.
5. Store jam for up to 1 week in the fridge.



Christie is a qualified prenatal and gut health dietitian on a mission to empower women with the knowledge, skills and tools to nurture their body and family from the inside out. Christie works in partnership with Nutrition Plus to provide her clients with the most up-to-date research and clinical advancements in women's health and early life nutrition. You can find Christie @endometriosis.dietitian



Super Sperm Smoothie

This smoothie is designed for the male members of the baby making team. We know how hard it can be to get them on board sometimes! This super quick recipe contains omega 3 fats, vitamin C, vitamin E, selenium, folate and zinc all of which are important nutrients for healthy sperm! It makes a great breakfast recipe or a good on the go snack!

Ingredients:

1 Cup Mango
1 Cup Rock melon
½ Cup Strawberries
1 Cup Baby Spinach
½ Cup Oats
1 tbsp Chia Seeds
1 tbsp ground flaxseed
1 tbsp peanut butter
½ cup plain Greek yogurt
¾ cup of almond milk

Method:

1. Place all ingredients into a blender and pulse until smooth!
2. Drink as a smoothie or reduce the almond milk for a thicker consistency and serve as a smoothie bowl topped with crushed walnuts!



I'm Jeanette Blandford! My Instagram handle is @earlylifedietetics. I'm an Accredited Practicing Dietitian and a mother of 2 crazy young boys. My areas of interest include starting first foods and picky / toddler eating!



Tahini Sea Salt Choc Chip Cookies

Prep time: 10 minutes Cook time: 10 minutes. Makes 15–16 cookies

These cookies are a fusion between the quintessential chocolate chip cookie and halawa (or halva)... doesn't get much better than that! It's a sure crowd pleaser too, getting the family tick of approval. To make things even better, they are ready in a flash and have some fertility goodness from the nuts and tahini to boot, being rich in protein, healthy fats, vitamin E and fibre. Tahini, the star of this recipe provides a good source of calcium and iron too which most women need more of! It's also egg free and can easily be made vegan by substituting honey for maple syrup. To make nut free, use ground sunflower seeds or you could try using spelt flour.

Ingredients:

- 1 c almond meal
- ¼ tsp baking powder
- ½ c hulled tahini
- ¼ c honey
- 1 tsp vanilla extract
- ½ c (75g) chopped dark chocolate or choc chips
- ¼ tsp sea salt and extra for sprinkling

Method:

1. Preheat oven to 165 degrees c and line a large baking tray with baking paper
2. Mix wet and dry ingredients in a bowl, then add chocolate and mix again
3. Drop teaspoons of the cookie dough onto the baking tray and flatten lightly with a spoon.
4. Bake for 8–10 mins or until golden but still soft. Keep cookies on the tray for a few minutes to settle and sprinkle with extra sea salt, then transfer to a cooling rack to cook before serving



Mariam is an Accredited Practising Dietitian and Nutritionist (BSc, Master NutrDiet) focusing women's health, fertility, preconception–postnatal nutrition and eating disorders. She helps women and couples make sustainable changes to improve their fertility, improve pregnancy outcomes and the health of their child, and improve their relationship with food. She is also a coffee and nature lover, and you can find her chasing sunrises and sunsets outside of work. Mariam Metwally, APD @tayyibnutrition | tayyibnutrition@gmail.com



Tofu Pad Thai

Ingredients:

680g firm tofu, diced
Canola oil spray
2 tablespoons crunchy peanut butter
2 tablespoons sweet chilli sauce
1 lemon, juiced
1 head broccoli, cut into florets
Handful bean sprouts
½ red capsicum, diced
10 snow pea, roughly chopped
5 button mushrooms, roughly chopped
1 cup baby corn, diced
1 head bok choy, roughly chopped
1 packet dried Pad Thai rice noodles
2 sprigs fresh coriander
Peanuts, for garnish

Method:

1. Put noodles into a bowl and cover with boiling water. Set aside.
2. Put the tofu in a wok on high heat. Add the peanut butter, sweet chilli sauce and lemon juice.
3. Add the vegetables and mix through the sauce until coated.
4. Cook for 5 minutes, until the bok choy is wilted.
5. Drain noodles and add to tofu and vegetables.
6. Garnish with fresh coriander and a handful of peanuts.



Melanie McGrice is a fertility and prenatal dietitian that helps couples to boost their fertility and have healthy pregnancies through the power of good food. Melanie is the founder of Nutrition Plus clinics, author of The Pregnancy Weight Plan and creator of Nourish with Melanie YouTube channel. You can find Melanie @melaniemcgrice & @nutritionplus



Tuna Pasta Salad

Serves 4 | Prep Time: 10 min | Cooking Time: 10 min

Ingredients:

500 g whole wheat pasta 370 g tinned tuna, drained
2 carrots, peeled and grated 1 red capsicum, diced
1/2 green capsicum diced
1 cup frozen peas,
Extra virgin olive oil
1 tbsp whole egg mayonnaise Optional:
1 small red onion diced
100 g feta crumbled
1/2 avocado, diced

Method:

1. Boil pasta as per pack instructions, drain and dress in olive oil.
2. In the meantime, blanch frozen peas in a small saucepan in some boiling water for 3 minutes, drain then set aside.
3. Add tuna, chopped veggies, and peas.
4. Mix through with some cracked black pepper and a 1 tbsp mayonnaise.
5. Serve hot or cold!



Hi! I am Stefanie Valakas, also known as @the_dietologist. I am recognised as a leading women's health & fertility dietitian and nutritionist in Australia. Helping women and couples through online consultations. As an Accredited Practising Dietitian and Nutritionist, I help couples who are trying to conceive upgrade their diet and lifestyle to improve their chances of conceiving and having a healthy baby. I help women facing issues such as PCOS, endometriosis, hypothalamic amenorrhoea, thyroid issues, early menopause and men with poor sperm quality.



Vanilla Overnight Oats

Makes 1 serve

Ingredients:

1/3 cup raw rolled oats
1/3 cup plain greek yoghurt
1-2 tbsp milk
1 tsp chia seeds
1/4 tsp vanilla essence OR 2 tsp Uplift Foods (optional)
Sprinkle of toasted coconut flakes

Raspberry chia jam (makes 3-4 serves)
125g punnet or 1 cup of fresh or frozen raspberries
1 tbsp chia seeds
Squeeze of 1/2 small lemon
Sweetener of choice (sugar, honey, maple etc)

Method:

Overnight oats:

1. Mix and let soak overnight in the fridge.
2. To serve, top with extra spoon of greek yoghurt, 2-3 tbsp raspberry chia jam & coconut flakes.

Chia jam:

3. Put raspberries in a small saucepan over medium heat, stirring for 5 minutes until juices are released.
4. Roughly smoosh with wooden spoon to desired consistency.
5. Add chia and squeeze of lemon, stir and take off heat to let cool completely. Add sweetener to taste.

Notes: Jam will keep in the fridge for a week.



Leah is an Accredited Practising Dietitian with over five years of private practice experience. Leah is interested in all things women's health, but maintains a strong focus on hormone disturbances, such as PCOS, endometriosis and thyroid disease, as well as pregnancy and fertility nutrition. You can find Leah @balancenutrition_



Vegetarian Moroccan Inspired Tagine

This dish is incredibly flavour packed, a perfect winter warmer which can be adapted to suit whichever vegetables you have on hand. It's jam packed with vegetables, chickpeas, extra virgin olive oil and spices, making it an excellent dish to support fertility and gut health with ample plant fibre and antioxidant, anti-inflammatory properties. Pair with basmati rice and you have a really nourishing and satisfying meal.

Ingredients:

1/2 butternut pumpkin, chopped
 1 head broccoli florets
 2 carrots, sliced
 1 capsicum (colour of choice), chopped
 1 can chickpeas, rinsed and drained
 2 heaped Tbs tomato paste
 1 heaped Tbs Turkish capsicum (or more tomato paste)
 2 heaped Tsp harissa (or 2 slices red chillies)
 Small bunch parsley, finely chopped
 1/2 preserved lemon, cubed (sub lemon juice and zest)
 Spices:
 1/2 tsp 7 spices or baharat, 2 tsp cumin, 1 tsp sumac,
 ~1/2 tsp each cinnamon and paprika
 Boiling water
 Garlic infused Extra virgin olive oil (EVOO) (or regular EVOO + sliced garlic) and regular EVOO to drizzle
 Cooked basmati rice, to serve.

Method:

1. In a large baking dish, combine vegetables.
2. Mixed pastes and spices in a bowl and add boiling water to mix to a thick sauce, roughly 600ml.
3. Drizzle in generously the EVOOs.
4. Cover with foil and bake in a preheated oven at 250c for 1 hr and 10-20 mins or until the carrot and pumpkin are soft.
5. Remove the foil in the last 30 mins or so to get nice colouration.
6. Serve with cooked basmati rice



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Wholegrain Strawberry French Toast

Serves 1 (or 2 smaller serves)

This delicious breakfast is a great source of lots of key fertility nutrients – whole grains, fibre, protein, choline, folate and zinc!

Ingredients:

1 egg
2 tbsp any milk (cows milk or dairy free)
2 slices wholegrain bread
¼ tsp vanilla extract
Pinch cinnamon
4–6 strawberries, sliced (depending on size of the berries)
2 tsp maple syrup or honey
2 tsp pumpkin seeds
Olive oil, for cooking

Method:

1. Whisk together the egg, milk, vanilla and cinnamon in a shallow bowl.
2. Heat a non-stick pan up to a medium heat and add 1 tsp olive oil.
3. Dip a slice of bread in the egg mixture, soak for 10–15 seconds then flip and soak the other side. Pan fry the soaked bread for approximately 2 minutes on each side or until golden brown.
4. Repeat with the second slice of bread, adding more olive oil to the pan if necessary. Serve with sliced strawberries, maple syrup and pumpkin seeds.



Monique is an accredited nutritionist who runs an online nutrition practice, consulting with clients worldwide. A multitasking mother of twin toddlers, she takes a practical and realistic approach to fertility nutrition and has a special interest in hypothalamic amenorrhea recovery and nutrition support for IVF. You can find Monique @moniquecormacknutrition





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