



# Fertility

Meal Plan



## What to Expect in This Guide?

When you're trying to fall pregnant, it's essential that you eat a nutritious diet rich in micronutrients such as folate, iodine and selenium. Choose low GI carbohydrates and include plenty of healthy oils from foods such as nuts and fish. Nutrition Plus has put together this meal plan to help you get the nutrition that you need to optimise your fertility. Please don't feel like you have to follow it in order, but instead choose any breakfast, any morning tea, any lunch etc.

Remember, Nutrition Plus is here for you every step of the way, to cheer you on and answer questions.

# What is a serving?



You will see from the meal plan, healthy eating is about variety, diverse textures and amazing flavours. If you feel deprived, you'll get bored pretty quickly.

As the meal plan suggests, there is plenty of opportunity for flexibility and food substitution to suit your own personal preferences. However, it is important to substitute foods with options from the same core food group. This is to ensure that you are meeting all of the nutrients that you require. The following table provides you with a few examples of foods that fit into each.

To ensure that you are getting all of the nutrients that you require, it is important to eat enough from each of these food groups. The following table shows the recommended number of serves from each of these core food groups, however depending upon your height, weight, metabolism and physical activity levels, you may require a little more or less of some groups. If you're unsure, make an appointment for a personalised consultation with a dietitian. The information below should be used as a guide only!

# Eating Options...

FOOD GROUP	DAILY SERVES	SAMPLE SERVES (EQUIV 1 SERVE)
Grains & cereals	3 - 6 serves	<ul style="list-style-type: none"> <li>• 1 40g slice bread</li> <li>• ½ medium 40g flat bread</li> <li>• 1/2 medium bread roll</li> <li>• 3 (35g) crispbreads</li> <li>• 1 small English muffin (35g)</li> <li>• 1/2 cup cooked rice/pasta/noodles</li> <li>• 40g raw rice/pasta/noodles/quinoa/polenta/bulgur/barley/ semolina</li> <li>• 1/2 cup (120g) cooked porridge</li> <li>• 2/3 cup (30g) breakfast cereal flakes</li> <li>• 1/3 cup (30g) natural muesli/oats</li> <li>• 2 breakfast wheat biscuits</li> </ul>
Low starch vegetables	4 serves	<ul style="list-style-type: none"> <li>• 75g vegetables</li> <li>• ½ cup cooked vegetables eg. broccoli, carrot, asparagus, bokchoy</li> <li>• 1 cup salad vegetables eg. lettuce, snow peas, celery</li> </ul>
Starchy vegetables	1 serve	<ul style="list-style-type: none"> <li>• ½ cup cooked legumes</li> <li>• ½ cup sweet corn</li> <li>• ½ medium potato/sweet potato/taro/cassava</li> </ul>
Fruit	2 serves	<ul style="list-style-type: none"> <li>• 150g fresh fruit</li> <li>• 1 medium piece of fruit eg. apple, banana, orange</li> <li>• 2 small pieces eg. apricots, kiwifruit</li> <li>• 1 cup canned fruit</li> <li>• ½ cup (125ml) no added sugar juice</li> <li>• 4 dried apricots</li> <li>• 1 ½ tbsp sultanas</li> </ul>
Dairy and dairy alternatives	2.5 serves	<ul style="list-style-type: none"> <li>• 1 cup (250ml) cow/goat/rice/soy/almond milk</li> <li>• ½ cup evaporated milk</li> <li>• 2 slices (40g) cheese</li> <li>• ¾ cup (200g) yoghurt</li> <li>• 1 cup (250ml) custard</li> <li>• ½ cup (120ml) ricotta</li> </ul>
Meat, fish, poultry, eggs, nuts, legumes	2.5 serves	<ul style="list-style-type: none"> <li>• 65g cooked (100g raw) meat, veal, pork, goat or kangaroo</li> <li>• ½ cup lean mince</li> <li>• 2 small chops</li> <li>• 2 slices roast meat</li> <li>• 80g cooked (100g raw) poultry</li> <li>• 100g cooked (115g raw) fish</li> <li>• 1 small fish fillet</li> <li>• 3 fish fingers</li> <li>• a small can tuna/salmon</li> <li>• 1 cup (150g) canned/cooked legumes</li> <li>• 170g tofu</li> <li>• 4 prawns</li> <li>• 2 eggs</li> <li>• 30g (1 tbsp) nuts or seeds</li> </ul>
Healthy oils	1-2 serves	<ul style="list-style-type: none"> <li>• 1 tsp oil</li> <li>• 7 seconds oil spray</li> <li>• 1 tsp margarine</li> <li>• 1 tsp avocado</li> </ul>

# Day 1

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## Breakfast

1 serve grain / ½ serve dairy  
30g muesli topped with ½ cup milk

## Morning Tea

1 serve fruit  
1 small banana

## Lunch

2 servings of grains / 1 serve low starch vegetable / 1 serve of meat or meat alternative

Corn beef sandwich made with 2 slices wholegrain bread, 65g corn beef, 1 tsp fruit relish and salad

## Afternoon Tea

1 serve dairy / 1 serve fruit  
Small latte and a medium apple

## Dinner

1 serve starchy vegetable / 3 serves low starch vegetables / 1.5 servings of meat or meat alternatives / 1 serve healthy fat  
Chilli cashew chicken stir fry (recipe at end)

## Supper

1 serve dairy  
250ml glass milk



# Day 2

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## Breakfast

1 serve grain / ½ serve dairy  
2 wheat biscuits topped with ½ cup milk

## Morning Tea

1 serve fruit  
1 medium pear

## Lunch

2 servings of grains / 1 serve low starch vegetable / 1 serve of  
meat or meat alternative  
Zucchini slice and brown rice salad (recipe at end)

## Afternoon Tea

1 serve dairy / 1 serve fruit  
Chocolate soy milk made with 1 cup soy milk and 1 tsp  
chocolate topping and a punnet of blueberries

## Dinner

1 serve starchy vegetable / 3 serves low starch vegetables /  
1.5 servings of meat or meat alternatives / 1 serve healthy fat  
Salmon steak with spinach, bean shoots and potato (recipe at  
end)

## Supper

1 serve dairy  
40g cheese



# Day 3

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## Breakfast

1 serve grain / ½ serve dairy

1 wholemeal English muffin topped with slices of tomato & 40g feta

## Morning Tea

1 serve fruit

1 medium apple



## Lunch

2 servings of grains / 1 serve low starch vegetable / 1 serve of meat or meat alternative

Pesto chicken wrap made with 65g lean diced chicken breast, 1 tsp pesto and green salad including baby spinach leaves, grated carrot and diced mushroom wrapped in a wholemeal pita wrap

## Afternoon Tea

1 serve dairy / 1 serve fruit

Fruit kebab made by threading strawberries, kiwi and rockmelon onto a bamboo stick with yoghurt dip

## Dinner

1 serve starchy vegetable / 3 serves low starch vegetables / 1.5 servings of meat or meat alternatives / 1 serve healthy fat  
Lemon & Rosemary Chicken with Vegetables (recipe at end)

## Supper

1 serve dairy

Small tub Greek yoghurt



# Day 4



## Breakfast

1 serve grain / ½ serve dairy

½ cup cooked porridge made with 30g oats and ½ cup milk

## Morning Tea

1 serve fruit

1 punnet strawberries

## Lunch

2 servings of grains / 1 serve low starch vegetable / 1 serve of meat or meat alternative

Lamb and couscous salad made from 65g cold, cooked lamb, ½ cup cooked couscous and ½ cup cooked vegetables such as diced eggplant, capsicum, snowpeas, pumpkin, fresh rosemary and tzatziki dressing

## Afternoon Tea

1 serve dairy / 1 serve fruit

Iced coffee made using 1 cup milk poured over ice blocks and 1 tsp coffee and 1 cup fresh fruit salad

## Dinner

1 serve starchy vegetable / 3 serves low starch vegetables / 1.5 servings of meat or meat alternatives / 1 serve healthy fat  
Mushroom and spinach omelette and green salad (recipes at end)

## Supper

1 serve dairy

250ml glass calcium fortified soy milk

# Day 5

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## Breakfast

1 serve grain / ½ serve dairy

2/3 cup (30g) wheat cereal flakes topped with ½ cup milk

## Morning Tea

1 serve fruit

4 dried apricot halves

## Lunch

2 servings of grains / 1 serve low starch vegetable / 1 serve of meat or meat alternative

Turkey sandwich made with 2 slices wholegrain bread, 65g lean turkey breast, a handful of baby spinach leaves and 1 tsp cranberry sauce

## Afternoon Tea

1 serve dairy / 1 serve fruit

Spinach and ricotta dip with vegetable sticks and 30g of dried fruit

## Dinner

1 serve starchy vegetable / 3 serves low starch vegetables / 1.5 servings of meat or meat alternatives / 1 serve healthy fat

Teriyaki beef with sesame greens (recipes at end)

## Supper

1 serve dairy

Small tub flavoured yoghurt



# Day 6

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## Breakfast

1 serve grain / ½ serve dairy

Bircher muesli made using 30g muesli and 100g yoghurt

## Morning Tea

1 serve fruit

1 large mandarin

## Lunch

2 servings of grains / 1 serve low starch vegetable /

1 serve of meat or meat alternative

Vegie patties (recipe at end) and 1 cup side salad such as rocket leaves, croutons, snow peas, slices of cucumber, fresh coriander and a vinaigrette of olive oil and balsamic vinegar

## Afternoon Tea

1 serve dairy / 1 serve fruit

Banana smoothie made by blending 1 banana with 1 cup of milk

## Dinner

1 serve starchy vegetable / 3 serves low starch vegetables /

1.5 servings of meat or meat alternatives / 1 serve healthy fat

Fish with Ratatouille and Chickpea Mash (recipes at end)

## Supper

1 serve dairy

Celery sticks filled with ricotta cheese



# Day 7

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## Breakfast

1 serve grain / ½ serve dairy

2 slices of fruit toast each spread with 1 tbsp (30g) ricotta

## Morning Tea

1 serve fruit

2 medium kiwi fruit

## Lunch

2 servings of grains / 1 serve low starch vegetable / 1 serve of meat or meat alternative

Dry crackers each topped with 2 slices smoked salmon, sliced tomato and cucumber, cracked pepper and fresh basil leaves

## Afternoon Tea

1 serve dairy / 1 serve fruit

Fruit parfait made by boiling 1 punnet strawberries over a low heat, then layering over vanilla yoghurt

## Dinner

1 serve starchy vegetable / 3 serves low starch vegetables / 1.5 servings of meat or meat alternatives (1 serve healthy fat)

Five spice chicken and vegetables (see recipes at end)

## Supper

1 serve dairy

250ml drinking yoghurt



# Entire Week Meal Plan

	SERVING	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	<ul style="list-style-type: none"> <li>• 1 grain</li> <li>• 0.5 dairy</li> </ul>	30g muesli topped with ½ cup milk	2 wheat biscuits topped with ½ cup milk	1 wholemeal English muffin topped with slices of tomato and 40g feta	½ cup cooked porridge made with 30g oats and ½ cup milk	2/3 cup (30g) wheat cereal flakes topped with ½ cup milk	Bircher muesli made using 30g muesli and 100g yoghurt	2 slices of fruit toast each spread with 1 tbsps (30g) ricotta
Morning tea	<ul style="list-style-type: none"> <li>• 1 fruit</li> </ul>	1 small banana	1 medium pear	1 medium apple	1 punnet strawberries	4 dried apricot halves	1 large mandarin	2 medium kiwi fruit
Lunch	<ul style="list-style-type: none"> <li>• 2 grains</li> <li>• 1 low starch vegetable</li> <li>• 1 protein</li> </ul>	Corn beef sandwich made with 2 slices wholegrain bread, 65g corn beef, 1 tsp fruit relish and salad	Zucchini slice and brown rice salad (recipe below)	Pesto chicken wrap made with 65g lean diced chicken breast, 1 tsp pesto and green salad including baby spinach, grated carrot and diced mushrooms wrapped in a wholemeal pita wrap	Lamb and couscous salad made from 65g cold, cooked lamb, ½ cup cooked couscous and ½ cup cooked vegetables such as diced eggplant, capsicum, pumpkin, fresh rosemary and tzatziki dressing	Turkey sandwich made with 2 slices wholegrain bread, 65g lean turkey breast, baby spinach leaves and 1 tsp cranberry sauce	Vegie patties (recipe below) and 1 cup side salad such as rocket leaves, croutons, snow peas, cucumber, fresh coriander and a vinaigrette	Dry crackers each topped with 2 slices smoked salmon, sliced tomato and cucumber, cracked pepper and fresh basil leaves
Afternoon tea	<ul style="list-style-type: none"> <li>• 1 dairy</li> <li>• 1 fruit</li> </ul>	Small latte and medium apple	Chocolate soy milk made with 1 cup soy milk and 1 tsp chocolate topping and punnet of blueberries	Fruit kebab made with threading strawberries, kiwi and rockmelon onto a bamboo stick with yoghurt dip	Iced coffee made using 1 cup milk poured over ice blocks and 1 tsp coffee and 1 cup fresh fruit salad	Spinach and ricotta dip with vegetables sticks and 30g of dried fruit	Banana smoothie made by blending 1 banana with 1 cup low fat milk	Fruit parfait made by boiling 1 punnet strawberries over a low heat, then layering over vanilla yoghurt
Dinner	<ul style="list-style-type: none"> <li>• 1 starchy vegetable</li> <li>• 3 low starch vegetables</li> <li>• 1.5 proteins</li> <li>• 1 good fat</li> </ul>	Chilli cashew chicken stir-fry (recipe below)	Salmon steak with spinach, bean shoots and potato (recipe below)	Lemon and Rosemary Chicken with vegetables (recipe below)	Mushroom and spinach omelette and green salad (recipe below)	Teriyaki Beef with sesame green (recipe below)	Fish with ratatouille and chickpea mash (recipe below)	Five spice chicken and vegetables (recipe below)
Supper	<ul style="list-style-type: none"> <li>• 1 dairy</li> </ul>	250ml glass milk	40g cheese	Small tub Greek yoghurt	250ml glass calcium fortified soy milk	Small tub flavoured yoghurt	Celery sticks filled with ricotta cheese	250ml drinking yoghurt

# Actions to take!



To help cut down your consumption of sugar, squeeze your own fruit juice at home. If you're on the go and need a quick option, check the label on commercial juices to make sure there's no added sugar in the ingredients list.

Portion sizes in Australia have been slowly creeping upwards, with the average Aussie dinner plate now 36% larger than it was in 1960. Ensure that you measure your portion sizes. Grandma's vintage china set could come in handy here!



Special occasion foods like biscuits, cured meats, hot chips and pizza can be enjoyed in moderation but limit your intake to three serves a week.

Alcohol is Australia's most popular 'discretionary' treat and is very high in kilojoules. Remember to count alcohol within your treat food budget of three serves per week and measure your serving sizes. A 'serve' of wine is only 100ml.



Low-starch veggies are an excellent choice for snacktime if you're still hungry. Why not try hummus with some carrot/celery sticks and a handful of cherry tomatoes?

Make sure that you drink plenty of water. If you're finding plain tap water a bit boring, switching to tea, coffee and sparkling water can liven things up a bit. Infusing drinking water with fruits or mint can also make water more exciting.

# Cashew Chilli Chicken Stir Fry

**Serves:** 2

- 1 tablespoon soy sauce
- 1 tablespoon soft brown sugar
- 1 garlic clove, finely diced
- 3cm piece fresh ginger, finely diced
- Squeeze of lemon juice
- 1 tablespoon oyster sauce
- 1/2 red chilli, finely diced
- 2 x 100g chicken breast fillets, diced
- 2 teaspoons sesame oil
- 1 tablespoon raw cashew nuts
- 1 small brown onion, diced
- 60g green beans
- 1/2 small red capsicum, diced
- 1 bunch bok choy, roughly chopped
- 1 bunch broccolini, roughly chopped
- 1 cup baby corn
- 1/4 cup Thai basil leaves, torn
- 8 stems coriander, roughly chopped to serve

**Method:**

- Put the soy sauce, sugar, garlic, ginger, oyster sauce, lemon juice and chilli in a bowl and stir to combine. Place the chicken in a plastic freezer bag, tip in the sauce and leave to marinate for a few hours.
- Add the oil to a wok and swirl to coat. Heat the wok over high heat until hot and stir-fry the cashews for 3-4 minutes, or until toasted. Remove from the wok and transfer to a plate. Add the chicken to the wok and stir-fry for 1-2 minutes, or until browned. Reserve leftover marinade.
- Add the onion, beans, capsicum, bok choy, corn and broccolini. Stir-fry for 1 minute or until the beans and broccolini are bright green and tender. Add remaining marinade. Stir-fry for 1-2 minutes. Add the cashews and basil and toss to combine. Garnish with fresh coriander and serve.

# Salmon with Spinach & Potatoes

**Serves:** 2

- 4 chat potatoes, washed
- 1 handful bean sprouts
- 1 bunch spinach, stalk trimmed and shredded
- 1 teaspoon olive oil
- 2 x 110g salmon fillets
- 1 teaspoon pepper
- 1 clove garlic, crushed
- 2 teaspoons lemon juice
- 2 teaspoons soy sauce
- 1 teaspoon sesame oil

**Method:**

- Steam the potatoes in a microwave for 8 minutes. Wash the spinach and cook in a saucepan over medium heat for a few minutes, covered, until starting to wilt. Transfer to a colander and squeeze out excess moisture.
- Heat a non-stick frying pan over medium heat and cook the salmon for about 2 minutes on each side. Remove from the pan and cover with foil to keep warm.
- Heat the olive oil in a large, non-stick pan or wok. Stir in the garlic, then add the bean shoots and spinach. Season with pepper. Transfer to a plate, top with the salmon and garnish with the potatoes.
- Combine lemon juice, soy sauce and sesame oil in a bowl. Spoon over the salmon and spinach and serve immediately.

# Lemon & Rosemary Chicken with Vegetables

## Serves: 2

- Juice of 1 lemon
- 2 teaspoons olive oil
- 1 rosemary sprig, roughly chopped
- 2x 100g skinless chicken breast fillet
- 4 small chat potatoes, washed
- 1 bunch baby carrots, leaves trimmed
- 10 snow peas, trimmed
- 4 baby corn cobs, chopped
- 1 bunch asparagus, woody end trimmed
- 1 bunch broccolini, ends trimmed

## Method:

- Mix together the rosemary, olive oil and lemon juice and marinate the chicken breast for a minimum of 30 minutes. Dry-fry in a non-stick pan until cooked through. Retain the remaining marinade.
- Prick the potatoes and place in a bowl with 1 tablespoon water. Cover and heat in the microwave for 8 minutes.
- Place the carrots, snow peas, baby corn, broccolini and asparagus in another bowl with 1 tablespoon water and microwave for 1 minute.
- Serve and pour remaining lemon juice marinade over the vegetables and chicken.

# Mushroom & Spinach Omelette with Green Salad

## Serves: 1

- 2 eggs
- Canola oil spray
- 1 mushroom, finely diced
- 2 cups baby spinach leaves
- Handful of snow peas, trimmed
- 75g corn kernels, drained
- 1/2 cucumber, sliced
- Bunch coriander, chopped
- 1 teaspoon balsamic vinegar
- 1 teaspoon olive oil

## Method:

- Crack the eggs into a mixing bowl and beat well with a fork.
- Spray a small, non-stick frying pan with canola oil, then add mushrooms and half a dozen baby spinach leaves (save the rest for the salad). Toss over medium heat until spinach has wilted.
- Pour eggs into the pan and distribute evenly across the base of the pan.
- Meanwhile add baby spinach leaves, snow peas, corn kernels, cucumber and fresh coriander into a bowl. Add olive oil and balsamic vinegar and toss.
- When omelette appears firm and cooked, use a spatula to lift the omelette from the pan.
- Serve on a plate with salad on the side.

# Teriyaki Beef with Sesame Greens

## Serves: 2

- 4 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon ginger, peeled and grated
- 1 clove garlic, diced
- 200g lean beef rump
- 1 bunch spring onions, diced
- 1 handful of snow peas, trimmed
- 1 bunch choy sum, with end cut off and leaves separated and washed
- 1 floret of broccoli, chopped
- 1 handful green beans, trimmed
- 1 teaspoon sesame seeds
- 1 teaspoon sesame oil
- 1 1/2 teaspoons extra virgin olive oil

## Method:

- Place the soy sauce, honey, ginger and garlic in a large saucepan over medium-high heat. Bring to the boil then remove from the heat.
- Press the steak into the marinade and set aside for 10 minutes, flipping the steak and stirring around after 5 minutes to coat the other side. Prepare the sesame greens while the steak is marinating.
- Put a full kettle on to boil. Wash and slice the spring onions, choy sum, snow peas, broccoli and beans and place in a heatproof bowl. Cover with boiling water and set aside until ready to dress.
- Remove the steak from the marinade, leaving the marinade in the pot. Heat large frying pan over medium-high heat. Cook the steak for 3 minutes on each side for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside for 5 minutes to rest.
- Drain the greens, ensuring all excess water is removed. Toss in a bowl with the sesame seeds and oil and 1 teaspoon soy sauce. Keep warm until ready to serve.
- Bring the marinade in the pan to a boil, then reduce the heat and simmer for 2-3 minutes, or until reduced by a third.
- Thinly slice the steak and serve with the greens drizzled with the sauce.

# Fish, Ratatouille & Chickpea Mash

## Serves: 2

- 2 teaspoons olive oil
- 1 brown onion, diced
- 1 green capsicum, diced
- 1 red capsicum, diced
- 1 garlic clove, crushed
- 1 punnet cherry tomatoes, halved
- 2 teaspoons balsamic vinegar
- 1 tablespoon torn basil leaves
- 1 x 150g can chickpeas, drained
- 1 teaspoon cumin seeds, ground with a mortar and pestle
- 2 x 120g white fish fillets (bass, ling, snapper or blue eye)

## Method:

- To make the ratatouille, heat the oil in a large saucepan over medium-high heat. Add the onion, capsicums and garlic and cook for 4 minutes, or until softened. Add the tomatoes and vinegar and cook for 6-8 minutes, stirring occasionally until the mixture is pulpy. Remove from the heat, stir through the basil, cover and keep warm.
- Fill a saucepan with water and bring to the boil. Add chickpeas and simmer for 10 minutes. Drain and mash with cumin.
- Place the fish in a non-stick frying pan and cook for 3 minutes on each side, or until golden and cooked through. Serve on top of the chickpea mash and top with ratatouille.

# Five Spice Chicken & Vegetables

## Serves: 2

- 2 x 100g chicken breast fillet, diced
- 2 teaspoons Chinese five-spice powder
- 1 baby wombok, sliced
- 1 bunch choy cum, sliced
- 1 bunch broccolini, ends removed
- 1 bunch spring onions, sliced
- 1 garlic clove, finely diced
- 3cm piece ginger, finely diced
- 1 teaspoon soy sauce
- 1 teaspoon oyster sauce
- 1 teaspoon peanut oil
- 1 teaspoon sesame oil
- 4 chat potatoes, washed

## Method:

- Put the chicken in a bowl and stir through the five-spice powder.
- Put the wombok, choy sum, broccolini, spring onion, garlic, ginger, soy sauce and oyster sauce in a large saucepan and cover and steam over medium-high heat for 5 minutes. Remove the lid and cook for a further 5 minutes, stirring. Remove from the heat and cover to keep warm.
- Pierce potatoes and steam in microwave for 8 minutes.
- Heat a non-stick frying pan over medium-high heat. Add the oils and fry the chicken for 7-8 minutes or until cooked through, ensuring the chicken caramelises and chars a little. Serve with vegetables.