

## 7 day Fertility Recipe planner Angela Heap ©2021

Eat plenty of foods that are rich in omega 3 fatty acids will help you to have stores for your brain. I've highlighted in **blue** foods that are rich in **omega 3 fatty acids**.

Calcium and vitamin D help to grow strong bones and teeth I've highlighted in **Purple** foods that are rich in **calcium** and in **yellow** foods that are rich in **vitamin D**. **Green** foods are high in Magnesium.

You'll need to have plenty of iron-rich foods. Iron helps you to make red blood. I've highlighted in **red** foods that contain **iron**.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Salmon and grilled mushrooms, broccoli,	Chia pudding with <b>tigernut milk</b> + Blackberry + Bluberries	<b>Sweet potato</b> , <b>fennel</b> add <b>chicken</b> and mushrooms frittata	<b>Chicken sausage</b> <b>chard &amp; pak choi</b> and mushroom	Chia pudding with tigernut milk + Blackberry + Blueberries	Swede, turnip Brussels shredded and cooked + 2 egg onto	Grilled mushroom broccoli/pakchoi & <b>chicken sausage</b>
<b>Snack</b>	apples, blackberries, pears (try not to have snack though as better to leave gaps)						
<b>Lunch</b>	<b>Cauliflower Soup</b>	<b>Paleo eggs</b> <b>Benedict chard</b> <b>make sure sausages gluten free!</b>	Chicken salad with Chicory cucumber basil dressing	<b>Or paleo chicken wrap</b>	<b>Roast chicken salad</b>	<b>Cauliflower Soup</b>	<b>Roast beef</b> or chicken 4 veg ( kale) sweet potato
<b>Snack</b>	apple , blackberries, pears,						
<b>Dinner</b>	<b>Coconut Coriander chicken</b> with cabbage and as veg and cauliflower rice	Low histamine <b>Lasagna with salad</b>	<b>Pad Thai. Omit pepper, soy sauce and peanuts</b>	<b>salmon</b> add <b>home made pesto</b> on top <b>cook for 15 mins</b> 3 veg	<b>Coconut curry quinoa</b>	<b>Coconut Coriander chicken</b> with cabbage and as veg and cauliflower rice	<b>Basil Pesto and pasta</b>