

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fresh fruit salad with full fat natural yoghurt, flaked almonds / ground seeds	Whole wheat no added sugar cereal e.g. Shredded Wheat, ground linseeds and 1 piece fruit	No-added sugar muesli with berries or 1 chopped apple	1 boiled egg, 1 slice wholegrain / rye bread & 1 piece fruit	No-added sugar muesli with berries or sliced pear	2 poached eggs with smoked salmon, tomato and 1 slice rye or 100% wholegrain bread	2 egg omelette with tomato, spinach, mushroom and goats cheese
a.m Snack	1 Ryvita spread with a little peanut / almond butter	Small portion fresh fruit salad with natural full fat yoghurt	Veg sticks with hummus	Pear / plum with 3 – 4 Brazil nuts	Apple / kiwi with palmful mixed seeds	Handful berries and palmful of pumpkin seeds	Mandarin with 7 – 10 almonds
Lunch	Easy minestrone soup (recipe)	Healthier chicken Kiev (recipe) with mixed salad	Easy minestrone soup (recipe)	Wholegrain pitta with red pesto, goats cheese, rocket and cucumber	Wholegrain pitta filled with hummus / smoked mackerel and mixed salad	Choose from 'lunch ideas' recipe sheet	Open rye sandwich with smoked salmon, avocado and cucumber
p.m. Snack	Apple and palmful walnuts halves (approx. 7)	2 oatcakes with peanut/ almond butter	Pear / orange & palmful almonds (approx. 7)	Mug of easy minestrone soup (recipe)	1 – 2 wholegrain rice cakes with goats cheese and cucumber	2 oatcakes with hummus	1 Ryvita with peanut / almond butter & ½ banana / plum
Dinner	Healthier chicken Kiev (recipe) with steamed broccoli & asparagus, 2 new potatoes	Cod fillet spread with red pesto, roast for 12 minutes, steamed vegetables & wholegrain rice	2 egg omelette with large mixed salad	Chicken breast / fish fillet baked with dried herbs & lemon juice, steamed vegetables, 1 small potato	Oven roast salmon, steamed broccoli and carrots, wholegrain couscous / wholegrain rice	Better than takeaway Thai curry (recipe) with wholegrain rice	Roast vegetables (recipe) with ½ can chickpeas and red pesto

Top tip this week: Eat nuts & seeds

Nuts and seeds are valuable sources of healthy fats, some protein and minerals. Try to include a wide variety as they each have their own unique health benefits. For example, just one Brazil nut provides your daily requirement for fertility-boosting selenium; pumpkin seeds and walnuts contain omega 3 and 6 essential fats to support fertility. Watch your portion size as nuts and seeds are relatively high in calories. 1 palmful is a portion.

Better than takeaway Thai curry

Serves 4

Preparation time 15 minutes, cooking time 15 minutes

Ingredients:

- 400ml can coconut milk (use a brand free from additives e.g. Thai Gold, widely available)
- 2 tsp red or green curry paste (use a good brand like Thai Gold)
- 2 tsp fish sauce
- 250ml vegetable stock (use stock powder or cube e.g. Marigold or Kallo added to water)
- Large handful broccoli florets
- Large handful carrots, finely chopped into batons
- Large handful sugar-snap / mangetout peas
- Large handful beansprouts
- 2 large or 4 small salmon fillets, skinned and sliced
- 2 tbsp. cashew nuts, lightly toasted
- 2 tbsp. fresh coriander, finely chopped (optional)

Directions:

1. Place the coconut milk in a large saucepan or wok and heat up to near boiling
2. Add the curry paste and cook for 3 minutes, stirring regularly
3. Add the fish sauce and stock and cook for a further 2 minutes
4. Add all the vegetables except the sugar-snap / mangetout peas and beansprouts and cook for a further 2 minutes
5. Add the salmon pieces and sugar-snap / mangetout peas and cook for 3-4 minutes until fish is cooked through
6. Stir in the beansprouts and cashew nuts, sprinkle with coriander and serve immediately with wholegrain noodles or wholegrain rice

This tasty curry is rich in antioxidants and omega 3 to support fertility. Use whatever vegetables you have at hand, just cut into roughly similar sized pieces. This dish can also be made with chicken. Cut 2 large free range or organic chicken fillets into thin slices and add at step 3 with the fish sauce and stock. For a vegetarian version, use firm tofu cut into cubes.

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Easy Minestrone Soup

Serves 6

Preparation time 10 minutes, cooking time 16 minutes

Ingredients:

1 large onion
2 large carrots
5 sticks celery
1 courgette
1 tbsp. olive oil
2 cloves garlic, crushed
Pinch dried chilli (optional)
Large pinch dried oregano / thyme
1 can chopped tomatoes
100g wholegrain pasta (use shapes e.g. fusilli or spaghetti broken into pieces)
1.5 L vegetable stock
1 can cannellini / butter beans
½ head green cabbage, shredded (or replace with other greens e.g. kale)
Green pesto to serve (optional)

Directions:

1. Place onion, carrots, celery, courgette in a food processor and chop into small pieces (or chop by hand)
2. Heat olive oil in a large saucepan and gently sauté the chopped vegetables, garlic and chilli for 5 minutes
3. Add the tomatoes, pasta, stock, bring to the boil and simmer for 7 minutes
4. Add the beans and cabbage and cook for a further 4 minutes or until pasta is cooked
5. Serve each bowl drizzled with a tsp pesto if desired

This filling soup makes a great lunch or light dinner full of fertility-boosting antioxidants. If not using straight away then stop after step 3, add the beans and keep the soup in an airtight container in the fridge for up to 4 days. Add shredded cabbage or other greens when reheating.

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Healthier chicken Kiev

Serves 2

Preparation time 15 minutes, cooking time 25 minutes

Ingredients:

- 2 small free range or organic chicken breasts
- 1 - 2 tbsp. ricotta cheese (or use soft goat's cheese)
- 1 garlic clove, crushed
- 1 tbsp. fresh parsley, finely chopped
- 1 egg, beaten in a bowl
- ½ cup ground almonds
- ½ cup wholegrain bread crumbs
- Spray olive oil
- Salt and pepper

Directions:

1. Preheat oven to 200°C and lightly oil a baking tray
2. Make a slit in the side of each chicken breast to make a pocket. Be careful not to cut all the way through
3. Mix together the cheese, garlic and parsley to form a paste and place ½ the mixture in each pocket. Secure the pocket with a tooth pick
4. Mix together the ground almonds and breadcrumbs and season well
5. Dip each fillet in the egg and then in the almond-breadcrumb mixture and place on baking tray
6. Spray top of coated fillet lightly with olive oil and bake in over for 20 – 25 minutes until chicken is cooked through and filling is starting to leak out
7. Serve with steamed vegetables or a large salad and new potatoes

When buying chicken, buy the best quality you can afford. Free range chickens have access to the outdoors where they can forage and usually have lower saturated fat and higher mineral levels than caged chicken. For a fish option, simply place 2 fillets of fish e.g. cod on a baking tray or oven-proof dish. Top each fillet with the cheese mixture and sprinkle with a little of the almond – breadcrumb mixture. Bake for 12 – 15 minutes or until fish is cooked through.

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Roast vegetables

Preparation time 15 minutes, cooking time 45 minutes

½ - 1 cup cooked vegetables = 1 portion. Aim for 5 portions of a variety of vegetables daily

Ingredients:

- 4 red onions
- 2 courgettes
- 2 red peppers
- 2 yellow peppers
- 1 aubergine
- 1 punnet cherry tomatoes
- 1 fennel bulb (optional)
- 2 tbsp. olive oil

Or use other seasonal vegetables. Broccoli, cauliflower and butternut squash also work well.

Directions:

1. Preheat oven to 180°C
2. Cut all vegetables into similar sized pieces or wedges, place in a bowl, season and toss in olive oil
3. Spread vegetables out on baking trays and roast for 30 – 45 minutes until roast but not charred. It is important to avoid overcrowding the tray as vegetables will steam rather than roast

Economical and easy to prepare, roast vegetables can form the basis of a variety of different healthy meal options and are a great source of fibre and vitamins. If time is short, or it is out of season, use frozen pre-roast vegetables but check no other ingredients have been added.

Ideas to use roast vegetables (individual portions)

- Heat portion roast vegetables with ½ can chickpeas and portion of wholegrain rice. Drizzle with pesto
- Mediterranean fish/chicken: Place portion roast vegetables in a frying pan. Add ½ tin tomatoes and place fillet of fish / chicken on top. Cover and cook on stove until fish / chicken is cooked. For vegetarian version, top vegetables with ½ can butterbeans and a little crumbled feta
- For lunch, toast a wholegrain pitta. Spread inside with hummus and fill with roast vegetables
- Veg chilli: gently fry crushed clove garlic in 2 tsp olive oil. Add ½ tsp cumin, ½ tsp smoked paprika, ½ can chopped tomatoes, ½ can mixed beans, ½ - 1 can roast vegetables. Cook for 15 minutes, sprinkle with fresh coriander and serve with wholegrain rice or small baked sweet potato

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