

10 Fertility Meal & Snack Ideas

Use these ideas to make meal planning easier and reduce decision fatigue. Swap ingredients for your preferences, but aim for protein, healthy fats, and colourful vegetables in each meal.

Breakfast Ideas



Greek Yogurt & Berries & Seeds

- Protein + antioxidants + omega-3s
- *Optional:* drizzle of raw honey

Savoury Eggs & Veggies

- Scrambled or poached eggs with spinach, tomatoes, and avocado
- Quick, nutrient-dense, supports hormone health



Overnight Oats with Nut Butter & Fruit

- Rolled oats soaked overnight in milk or plant milk
- Add 1 tbsp nut butter + berries or banana slices

Snack Ideas



Veggie Sticks & Hummus

- Carrots, cucumber, celery, capsicum

Greens & Protein

- Spinach, frozen berries, banana, and protein powder or Greek yogurt
- Add chia seeds or flax for extra omega-3s



Mixed Nuts & Seeds

- Almonds, walnuts, pumpkin, sunflower seeds

Lunch & Dinner Ideas



Quinoa Salad with Chickpeas & Veggies

- Toss with olive oil, lemon juice, and fresh herbs

Grilled Salmon + Roasted Veggies

- Serve with roasted sweet potatoes or cauliflower



Chicken Stir-Fry with Brown Rice & Veggies

- Use olive or avocado oil; light soy sauce or tamari

Lentil & Vegetable Soup

- Make a batch to freeze for quick meals



Quick Tips

Here are some simple swaps that make your meals more fertility-friendly.

- Use **olive or avocado oil** instead of vegetable oil.
- Swap white rice for **brown rice, quinoa, or buckwheat**.
- Add a handful of **leafy greens** to smoothies or omelettes.
- Choose **whole fruit** over fruit juice.