

FERTILITY DIET PLAN

DAY	BREAKFAST	LUNCH	SNACK	DINNER
	Can be split into breakfast and midmorning snack	Have Vegetables more than rice	If you crave for tea or coffee, you can have 1 cup	Try to complete dinner before 7 pm
MON	<ul style="list-style-type: none"> • 3 WALNUTS 5 ALMONDS SOAKED • 2-3 STEAMED IDLIES WITH CORIANDER OR TOMATO CHUTNEY • 1 SMALL CUP OF PAPAYA 	<ul style="list-style-type: none"> • 1 CUP OF BROWN RICE • SAMBAR • RASAM • CARROT AND BEANS PORIYAL • 1 SMALL CUP OF CURD 	<ul style="list-style-type: none"> • BOILED SPROUT SALAD • TENDER COCONUT WATER 	<ul style="list-style-type: none"> • 2 RAGI DOSA WITH PUDINA CHUTNEY • 1 CUP OF MILK (TRY TO AVOID SUGAR)
TUE	<ul style="list-style-type: none"> • 3 WALNUTS 5 ALMONDS SOAKED • 2 MOONG DHAL DOSA WITH COCONUT CHUTNEY • 1 SMALL CUP APPLE 	<ul style="list-style-type: none"> • 1 CUP OF BROWN RICE • BLACK CHICKPEAS CURRY/ FISH CURRY/CHICKEN CURRY • 200 ML BUTTER MILK 	<ul style="list-style-type: none"> • ROASTED CHICKPEAS OR ORANGES 	<ul style="list-style-type: none"> • MILLET UPMA WITH VEGETABLES • 1 CUP OF MILK (TRY TO AVOID SUGAR)
WED	<ul style="list-style-type: none"> • 3 WALNUTS 5 ALMONDS SOAKED • 1 CUP WHEAT UPMA • 2 EGG WHITES • 1 SMALL CUP ORANGE 	<ul style="list-style-type: none"> • 2 ROTIS • 1 CUP DHAL • LADIES FINGER PORIYAL • 1 SMALL CUP OF CURD RICE 	<ul style="list-style-type: none"> • BOILED SWEET POTATOES OR POMOGANATE 	<ul style="list-style-type: none"> • CHAPPATHI WITH BLACK CHANNA/ MEAL MAKER CURRY/CHICKEN STIR FRY • 1 CUP OF MILK (TRY TO AVOID SUGAR)
THU	<ul style="list-style-type: none"> • 2 VEGETABLE UTHAAPPAM WITH TOMATO CHUTNEY • 1 CUP OF BOLIED VEGETABLES (BROCCOLI, CAPSICUM) 	<ul style="list-style-type: none"> • VEGETABLE PULAO • CUCUMBER RAITA • 2 EGG WHITE • VEGETABLE SOUP 	<ul style="list-style-type: none"> • DATES OR NUTS OR DRY FRUITS 	<ul style="list-style-type: none"> • RAGI DOSA • COCONUT/ TOMATO CHUTNEY • 1 CUP OF MILK (TRY TO AVOID SUGAR)
FRI	<ul style="list-style-type: none"> • 2 WALNUTS AND 3 ALMONDS SOAKED • 2 RAGI IDLI WITH COCONUT CHUTNEY • 1 SMALL CUP OF BOILED SPROUTS • 1 SMALL CUP OF POMOGANATE 	<ul style="list-style-type: none"> • 1 CUP OF BROWN RICE • PANNEER /MUTTON/CHICKEN GRAVY • CARROT CUCUMBER RAITA 	<ul style="list-style-type: none"> • BOILED SPROUTS 	<ul style="list-style-type: none"> • DHAL KICHDI • PANNEER STIR FRY • 1 CUP OF MILK (TRY TO AVOID SUGAR)
SAT	<ul style="list-style-type: none"> • 2 RAGI DOSA WITH PUDINA CHUTNEY • 3 DATES 3 ALMONDS • 1 SMALL BANANA 	<ul style="list-style-type: none"> • 1 CUP OF BROWN RICE • FISH CURRY/ SAMBAR • 2 ROTIS 	<ul style="list-style-type: none"> • ROASTED PUMPKIN SEEDS OR FLAX SEEDS 	<ul style="list-style-type: none"> • CHAPPATHI • PANNEER CURRY • CHICKEN SOUP/VEGETABLE SOUP
SUN	<ul style="list-style-type: none"> • MILLET UPMA WITH VEGETABLES • 1 CUP BOILED VEGETABLES LIKE CARROT, CUCUMBER, BEETROOT • 2 EGG WHITES 	<ul style="list-style-type: none"> • 1 CUP CHICKEN/ MUTTON BRIYANI • OR BROWN RICE AND PRAWN/ PANNEER CURRY • CUCUMBER/ONION RAITA 	<ul style="list-style-type: none"> • MIXED DRY FRUITS AND NUTS 	<ul style="list-style-type: none"> • PLAIN DOSA • SAMBAR/TOMATO/CO CONUT CHUTNEY • 1 CUP OF MILK (TRY TO AVOID SUGAR)

DOS:

- Focus on Whole Foods: Choose unprocessed, fresh ingredients like vegetables, fruits, lentils, whole grains, nuts, and seeds.
- Healthy Fats: Include healthy fats like coconut oil, sesame oil, nuts, and seeds in moderation for hormone balance.
- Sprouted Foods: Sprouts are rich in vitamins, minerals, and antioxidants. Include sprouted moong dal, lentils, or fenugreek seeds in your diet.
- Fertility-Boosting Nutrients: Emphasize foods rich in folic acid (green leafy vegetables), iron (lentils, spinach), zinc (nuts, seeds), omega-3 fatty acids (fish), and vitamin D (eggs, sunlight exposure).
- Stay Hydrated: Drink plenty of water throughout the day to support overall health and egg quality.
- Cook at Home: This allows you to control ingredients and portion sizes.
- Manage Stress: Chronic stress can impact fertility. Practice yoga, meditation, or deep breathing exercises.
- Regular Exercise: Moderate exercise like brisk walking or swimming can improve overall health and fertility.

Don'ts:

- Limit Refined Carbs: Reduce sugary drinks, white bread, white rice, and processed foods that can cause blood sugar spikes and hormonal imbalances.
- Trans Fats: Avoid trans fats found in fried foods, packaged snacks, and processed baked goods.
- Excessive Caffeine: Limit caffeine intake to 1-2 cups of coffee or tea per day.
- Alcohol: Excessive alcohol consumption can negatively impact fertility. Moderate your intake or consider abstaining completely.
- Smoking: Smoking harms both male and female fertility.

Remember: This is a general guideline. Consult a doctor or registered dietitian for personalized advice based on your specific needs and health conditions.

General Tips:

- Drink plenty of water throughout the day.
- Use healthy cooking oils like coconut or sesame.
- Include fresh fruits in your snacks.
- Feel free to adjust portion sizes based on your needs.



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DISCLAIMER

The provided diet plan is a general guideline and may not be suitable for everyone. Individual dietary needs can vary based on factors such as age, weight, activity level, and underlying health conditions. Before making any significant changes to your diet, it is strongly recommended to consult with a registered dietitian or healthcare professional who can provide personalized advice tailored to your specific needs and circumstances.

Additionally, please note that this diet plan may not be appropriate if you have allergies or intolerances to certain foods. Always prioritize your health and well-being and consult with a qualified professional for personalized guidance.

If you need specific nutrition guidance book a free nutrition consultation with us. **Whatsapp 9940270499**