The 21 Day Fertility Diet Challenge

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Chapter 1
Introduction to the 21 Day Fertility Diet Challenge and the Important 5
Welcome to the 21 Day Fertility Diet Challenge. I created this challenge as a way to get you jump started on a healthy fertility diet. Diet plays a HUGE role when it comes to fertility, overcoming fertility issues and preparing for a healthy pregnancy. What you eat can either work in your favor or not.

We have had over 4,000 participants in the Fertility Diet Challenge to date. This challenge has become so popular because of how simple it is and how powerful the effects are. The focus is not on what you should not be eating, but instead we focus on adding 5 simple things to your existing diet, regardless of where you are starting. As time passes during the challenge your taste buds begin to naturally change, helping you to crave healthier foods and a natural transition to healthier eating begins. You begin to be more in-tune with your body and how the foods you are eating make you feel. You begin to experience energy levels you have not had in years, your hair begins to look better, your nails grow faster and stronger. All of these things are great side effects from the Fertility Diet Challenge. But most importantly, you are providing your body with the ingredients it needs to be healthy, build healthier cells, protect your eggs and help your body heal from hormonal imbalances and other fertility issues.

Diet plays such a big role when it comes to fertility. Here are some specific examples of how diet impacts fertility:

**Sperm Health**

One of the nutrients that are vital for sperm health is Zinc, but did you know that zinc is also one of the nutrients most people are deficient in. Zinc is responsible for protecting DNA, cell-division as well as testosterone production. Men who have low testosterone levels have all been found to also be deficient in zinc.

The problem with zinc is that it is a vital nutrient found in rich soils. Most food grown today is grown in poor soil conditions. Zinc is also sensitive to heat and can be damaged if cooked. So is best to eat zinc rich foods raw.
Pesticides, herbicides, hormones

Over the last 30 years sperm counts have declined. This decline began at the same time that herbicides, pesticides and hormones began to be used in the food system. Studies have shown that pesticides, herbicides and the hormones found in animal foods can reduce sperm count and health. By making sure you eat organic foods you can avoid this particular situation.

Endometriosis

Studies have shown that there is a connection between red meat consumption and endometriosis. The study, published in the August 2004 issue of Human Reproduction also showed that eating a diet high in fruit and vegetables may reduce the risk of developing the condition.

What did the study show about eating red meat?

In general, endometriosis affects around 1-15% of women of childbearing age.

The study showed that women who ate beef or other red meat seven times a week or more were 100% more likely to have endometriosis than women who ate red meat three times a week or less.

Women who ate ham three or more times per week were 80% more likely to have endometriosis than those who ate it less than once a week.

What did the study show about eating fruit and vegetables?

Women who ate green vegetables 13 times or more per week (roughly twice a day) were 70% less likely to have endometriosis than those who green vegetables less than six times per week.

Women who ate fresh fruit 14 times or more per week (at least twice a day) were 40% less likely to have endometriosis than those who ate fruit and vegetables less than six times per week.

This study gives some insight to the importance of an abundance of fruits and vegetables in the diet for endometriosis.
**PCOS**

The number one solution to helping with PCOS is diet. Whether you are an alternative health practitioner or medical practitioner, we all agree. Diet is the most important step someone can take to overcoming PCOS and getting pregnant. PCOS is completely diet related. I am not going to get into all the details here (you can check out NaturalFertilityInfo.com for more in-depth information on a PCOS diet), but know that the *Fertility Diet Challenge* is the perfect direction to move towards if you are experiencing PCOS.

**Egg Health**

Another benefit from eating healthy is that your body is constantly making new cells, everything your body uses to make new cells comes from the foods that you eat. This may have an impact on the health of your eggs. So you want to make sure you are eating foods rich in antioxidants, vitamins, minerals and phytonutrients. The food that you eat today is going to be the building blocks for your child. Eat with intention and eat well.

There are many more examples but you get the point :)

**Take the 21 Day Fertility Diet Challenge**

As we have discussed, when it comes to boosting fertility and making the lifestyle changes that make a BIG difference - it is the steps you take on a daily basis, every day, that make the biggest impact. This is how everyday decisions can add up to something amazing.

One of the most impact-full steps you can take on your fertility path is to eat a healthy fertility diet. So to make this fun and help you reach your amazing goal of a healthy pregnancy and parenthood we have created the *21 Day Fertility Diet Challenge*. This is how it works...

The challenge is for 21 days. During these 21 days you ADD these 5 things to your current diet EVERY SINGLE DAY. We call these the **Important 5**. I say add because these will not be the only foods that you eat. You will want to continue eating the foods/diet you currently eat, but making sure to fit these 5 things in every day. For more detailed examples take a look at our *Menus and Meal Planning Guide*. 
1. Drink 1 quart of water first thing in the morning. You can add squeezed lemon to this if you would like.

2. Drink 1 fertility smoothie every day. The fertility smoothie should contain at least one fertility superfood (maca, UltraGreens, royal jelly, etc.)

3. Eat one big green salad per day.

4. Eat one dark leafy vegetable every day. Swiss chard, kale, spinach, etc.

5. Drink one green juice every day. (If you are not able to get a juicer you can replace this step with one serving of UltraGreens or another organic greens supplement everyday.)

Now let’s go into greater depth with each one of the Important 5...
Chapter 2
Water
Drink 1 Quart of Water First Thing in the Morning

One of the first steps, and most important during the 21 Day Fertility Diet Challenge is to drink 1 quart of water upon rising. Our bodies are primarily made up of water, this includes the cells and tissues that make up your reproductive system. Keeping yourself hydrated and supporting the body in its cleansing efforts by starting your day with a quart of water upon rising is one of the best things you can do for your health, pre-conception and during pregnancy.

How much water should you drink a day?

It takes about 2 quarts or more a day to maintain our water needs. I find drinking a big glass first thing in the morning allows me to get half of my water needs met for the day, plus it is a great way to flush the body after a night of no water consumption, detoxifying and rebuilding.

Which type of water is best... filtered, tapped or bottled?

It is best to drink spring water or filtered water, reverse osmosis being my first choice. Tap water has been found to contain pesticides (which have a huge negative impact on fertility), heavy metals, chlorine & other contaminants. Another option is to use Brita filters or another; they can be purchased at a reasonable price at any home store.
What about bottled water?

Avoid bottled as much as you can. There are a couple of reasons I am so against bottled water. Yes, it seems convenient, but the plastic that the bottles are made from can leach xenohormones into the water. Xenohormones are chemicals that mimic hormones in the body. Consuming water everyday that is laced with xenohormones can impact your hormonal balance.

Plastic bottles are also causing a ton of waste and pollution to our oceans. We want to have a wonderful planet for our children to grow up in and bottled water is not helping. A wonderful solution is to have a reusable water bottle that is made from stainless steel or glass.

7 tips for drinking more water

1. Prepare your water for the day ahead of time.
2. Carry your water with you everywhere you go.
3. Add lemons or limes to your water to make it taste better.
4. Add cucumber slices or mint leaves to your water for fun flavors.
5. Be present to the miracle that water is and what it does for you.
6. Grow to learn the ‘taste’ of water. Learning to love water is a mental learning process, just like anything you are exposed to repeatedly.
7. As you drink water feel and imagine the purity of it, feel it actively cleansing your body and hydrating your system.
But Hethir, I don't want to go to the bathroom all the time...

I hear this one a lot and yes at the beginning when you are drinking more water than you used to, you will be going to the bathroom more. This is a good thing, how else is your body going to flush itself throughout the day! After a while you will begin to better absorb the water you drink and not have to go so frequently.

So go grab a glass of water and enjoy!
Drink a Fertility Smoothie Every Day

If you were to be a guest in my house for a couple of days you would quickly begin to realize what some of my favorite foods and ways of eating them are. Your day would start with one of my favorite meals on the planet... SMOOTHIES! These smoothies would not just be some fruit and juice blended together, they would be robust, yummy meals packed with nutrition and flavor. Yes, they may be a funny color, but it doesn’t matter after you take your first taste :)

One of the Important 5 is drinking a smoothie everyday. This is such an important part of the Fertility Diet Challenge for many reasons...

1. Smoothies are an easy, simple, fast way to get fantastic nutrition that tastes yummy!

2. Anyone can make a smoothie, just put the ingredients in and blend.

3. By drinking a smoothie every day you can get fertility superfoods into your diet and have to take less pills.

4. You can share them with your partner.

5. Smoothies are easy to digest and your body is able to absorb more nutrients because they have been “pre-digested” through blending.

All you need in order to make a smoothie is a blender and some foods. Fertility smoothies provide everyone of the following components in the highest quality possible, with the least amount of effort.
Nutritional Benefits of Drinking Fertility Smoothies Daily

1. Antioxidants

Antioxidants are extremely important for the couple that are trying to conceive. Cells within the body, and more specifically the reproductive system, are constantly being attacked by free radicals. Free radicals are created from toxins, stress, pesticides, illness, over-exercising, too much sun... and the list goes on. The important thing to know is that free radicals can damage cells and the DNA within cells. This can impact fertility on many levels. It may impact the health and integrity of the egg (ova), the sperm, the cells of the uterus, ovaries, thyroid, pituitary, etc. In turn this can cause those organs and cells to not function properly or not be healthy enough to perform their job.

Antioxidants on the other hand help to protect the body from free radicals by “deactivating” the free radicals so they can no longer do harm. Now something important to understand is that there are many different types of antioxidants that protect different areas of the cells. So a wide variety of antioxidants are needed on a daily basis. Through eating a wide variety of whole foods the body is able to receive an abundance of antioxidants. Eating a smoothie a day makes this easy to do.

In one smoothie you are able to include a huge variety of antioxidants in their most absorbable form.

2. Minerals and vitamins

There are many minerals and vitamins that are necessary for healthy fertility and a balanced cycle. Zinc, calcium, selenium, Vitamin E, A, C and D, Folic Acid, Iron and many more nutrients play a vital role to support the monthly cycle of menstruation and ovulation. A deficiency of these nutrients can impact your fertility. A diet rich in a wide range of whole foods can help to supply you with all of these vital nutrients. Smoothies make it easy to get a wide range of whole foods in a convenient and tasty form. In addition, since smoothies are liquid, the nutrients are easier to absorb during digestion.
3. Fiber

Fiber is an essential part of every healthy diet and is essential for healthy hormonal balance. Fiber has many actions in the body, but specifically for fertility fiber helps the body to get rid of excess hormones. It works like a broom helping to clear hormones out of the body. Fiber is also important for helping to move foods through the digestive process and keeping the blood sugar levels balanced.

Balanced blood sugar levels are important for everyone’s fertility, not just women with PCOS. When the blood sugar levels spike repeatedly on a daily basis the body reacts to this like an emergency and goes into a fight or flight response. This pattern occurring repeatedly can cause hormonal imbalance due to the stress hormones being released constantly. This in turn can create issues with ovulation, uterine lining, menstruation and sperm health. The foods that are used in smoothies are naturally rich in fiber.

4. Fertility Superfoods

Fertility superfoods are amazing. They make it easy to get a large amount of nutrients and fertility tonics in a small dosage. Superfoods are foods that are nutrient dense, supplying a ton of nutrition in a small package. Some fertility superfoods can also specifically nourish the endocrine system or promote egg health. By adding superfoods to your smoothies you are able to take your nutrition and health to the next level, again in an easy to drink form.
Seven Fertility Superfoods you should know about:

Maca

Maca is a wonderful superfood from Peru that helps to balance the hormones, increase egg health, increase sperm count and sperm health while also being a tonic for the endocrine system. Maca also helps increase progesterone if the body is low in this important hormone. Maca comes in capsules, powder and tincture. It can be taken every day of the month. Click here to get Maca or for more details.

Royal Jelly

Royal jelly is another fertility specific superfood which may help increase egg health, quality of egg, and general fertility. Royal jelly is the food that is fed to the queen bee when she is maturing. She goes on to live 6 years and lays up to 2000 eggs per day. Most bees live less than two months.

Royal Jelly is rich in vitamins, A, B, C, D, and E. It is also contains minerals including calcium and iron, all of the essential amino acids and also has antibacterial and immune stimulating properties. Royal jelly comes in capsules or in a base of honey which can be added to smoothies. It can be taken every day of the cycle. Click Royal Jelly or for more details.

Bee Propolis and Bee Pollen

Bee propolis and bee pollen are two additional fertility super foods from our friend the bee. These foods are rich in nutrients. Bee pollen contains 50% more protein than beef and is rich in every vitamin and mineral. Bee propolis is a powerful immune system stimulant and inflammation aid. It also helps women who have endometriosis. Bee propolis and Bee Pollen are available in capsules or in a base of honey. They can be taken every day of the cycle.

Whey protein powder

While we all know that protein is essential for a healthy diet, many women do not get enough protein in their daily diet. In the fertility diet, it is essential to have protein with each meal so blood sugar levels stay balanced.
This can be hard on a person’s daily lifestyle, so I suggest using a protein powder. It is not easy to find a protein powder that is acceptable with a healthy fertility diet. All protein sources should be organic or raised without hormones and antibiotics, and the protein source should never be soy. Fertilica Whey does not contain sugars, dyes, or artificial ingredients. This has been essential for helping many women stick to their fertility diet. Another tasty fertility friendly protein powder is hemp. Click here to get Whey powder or for more details.

Spirulina, Wheat Grass, and Leafy Green Vegetables

UltraGreens is a Superfood blend that contains a mixture of leafy greens, wheat grass, spirulina, barley grass, and nourishing herbs which help to supply the body with nutrients, minerals, vitamins, enzymes, and chlorophyll. UltraGreens makes it easy to get your greens every day. UltraGreens is available in powder form and is the best tasting super green food available. Click here to get UltraGreens or for more details.

Pumpkin Seeds (zinc, iron, omega 3)

Zinc, an important mineral for fertility, is actually one of the nutrients most Americans are deficient in. Zinc is used in many processes of the body; specifically for fertility zinc is used to create genetic material. So, it is important for sperm health, testosterone levels, the immune system, and healthy DNA. It also helps to protect sperm from chromosomal damage. The richest source of zinc is oysters, but some easy to find-and-eat sources are raw pumpkin seeds and sesame seeds (look for tahini sesame seed butter, as well).

Walnuts (omega 3)

Omega 3 essential fatty acids are needed for healthy hormone production as well as healthy brain development for your growing baby. Fish is a great source, as are chia seeds, but an easy to find source of omega 3 is raw walnuts. Did you know that 1/4 cup of raw walnuts contains about 2,270 mg of Omega 3 fatty acids! Walnuts can easily be consumed as fresh made walnut milk, on top of fruit or as a snack. Make sure to purchase raw walnuts, as heat damages the essential fatty acids.
Tips for Making Great Smoothies

Create a meal

To make a smoothie that “sticks-to-you” add a whole grain (such as cooked quinoa or raw oatmeal) and protein (whey, hemp) to any of the recipes.

Add your supplements to your smoothies

You can open capsules and add them to your smoothies so you do not have to take so many pills in a day. Watch out for doing this with herbs or strong tasting supplements as they may ruin the smoothie.

Use fresh fruit

Fresh fruit tastes better and is generally more ripe by the time you use it than frozen fruit. Frozen fruit is fine to use, but I find fresh fruit digests better.

Try adding spinach or kale

By adding spinach or kale to your smoothies not only are you able to get one of the important 5 knocked off your list, but you can’t taste it. This is a great way to sneak greens into your diet.

Make enough for your man

Even if this is the only thing you can get him to eat, do it. Any nutrition is better. Also make sure to have some maca in there.

Always add a fertility superfood to your smoothie

Fertility superfoods are a great way to maximize the nutrition of your smoothies. Don’t go a day without one.
Smoothies Ingredients List

Apples

Apples have the second highest level of antioxidants of any other commonly consumed fruit in the United States (cranberries are #1). They also contain a ton of phytochemicals, including quercetin.

Apricots

A great source of vitamin A, potassium and beta-carotene, Apricots are one of the dietary staples of the Hunza people (folks from the Himalayas that live long and stay healthy).

Blueberries

This memory protecting food contains antioxidants and anti-inflammatory compounds. Blueberries are the highest scoring fruit of all time on the ORAC rating — this means they are extremely high in antioxidants and photochemicals. These wonderful berries were also found to be the best fruit at inhibiting cancer promoting enzymes.

Cantaloupe

Rich in beta-carotene and potassium. Beta carotene is well known to protect against cell damage. Cantaloupe makes a great smoothie.

Grapefruit

Studies published in the Journal of Medicinal Food showed the grapefruits may help to improve insulin resistance. This means they can be helpful for women with PCOS and with weight loss. Grapefruits are also packed with enzymes, reduce cholesterol and contain compounds that inhibit the the development of cancer.
Grapes

Grapes contain protective antioxidants to help to protect against DNA-damaging free radicals. They also contain a compound called resveratrol which has been shown to be one of the best anti-aging substances around. Grapes also contain a powerful antioxidant that helps to protect the body from environmental stress and pollution. Make sure to buy these organic as imported grapes were on the list of top 12 foods contaminated with pesticides.

Citrus

Citrus fruits such as oranges, lemons, tangerines, etc. are rich in vitamin C, contain anti-inflammatory compounds and have been shown to reduce bad cholesterol and increase good cholesterol. Lemon are highest in vitamin C and the most detoxifying out of all the citrus fruits. Grapefruit are great for weight loss, vitamin C, calcium and phosphorus. Oranges are rich in vitamin C as well as B complex vitamins, zinc, potassium and phosphorus. Orange juice needs to be consumed right away for the best benefits. This is one juice that I do not strain the pulp from.

Papaya

Papaya juice is such a treat and tastes fantastic! Papaya contains papain, an enzyme that helps to break down or digest protein. It also has anti-inflammatory properties. This may be very beneficial for women who have endometriosis, scar tissue or blocked fallopian tubes as the enzymes in the papaya may also break down the protein making up the tissue that these imbalances create.

They are also high in vitamin A and C. Papayas are low on the list of pesticide contamination, so you can buy these organic or conventional.

Pineapple

Rich in bromelain, pineapple is densely packed with proteolytic enzymes which break down amino acid bonds in protein. Like papaya, pineapple may be helpful in breaking down scar tissue found in blocked tubes and endometriosis tissue. Its impact on blood sugar is low and it is high in manganese and vitamin C. I love to make ginger pineapple shooters. Pineapples made the list of the 12 foods LEAST contaminated with pesticides.
Strawberries

Packed with antioxidants, strawberries also contain calcium, potassium, magnesium, phosphorus and vitamin C. These are best bought organic as they are on the top 12 list for pesticide contamination.

Watermelon

A wonderfully refreshing juice. You can juice the entire fruit, rind and all as long as it is organic. Watermelon is abundant in lycopene, beta-carotene, and is a low glycemic food. Wonderful for weight loss.

Pears

I love juicing with pears. Rich in potassium, lutein and magnesium, pears make a great addition to a green drink, adding a little sweetness. Make sure to buy these organic as they are on the top 12 list for pesticide contamination.

Dates

Dates are a great way to add sweetness to a smoothie. They add a great flavor without using processed sugars. Make sure to remove the pits before throwing them into the blender.

Oatmeal

Oatmeal is a great addition to a smoothie as it adds important whole carbohydrates and fiber. This helps the smoothie to stick to you for a while. Rolled oats work great for smoothies.

Hemp Seeds

Hemp seeds are currently one of my favorite foods. They are rich in essential fatty acids, protein, and fiber. I add hemp seeds to my smoothies almost every day because of how nutritious they are as well as how creamy they make the smoothie. You can find hemp seeds at your local health food store or online.
Quinoa

Quinoa is a super seed which is prepared like a grain. It is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Quinoa is available in white or red (I love the red because of how pretty it looks when cooked) at your local health food stores. It can also be purchased online.

Quinoa is rich in protein, manganese, magnesium (listen up migraine sufferers), and iron. It also contains all 9 essential amino acids.

Vanilla beans

Vanilla beans or the extract can add amazing flavor to your fertility smoothies and nut milks. If using the bean use one inch per 2 person recipe. If you are using the extract use 1/2-1 teaspoon per 2 person smoothie.

Yogurt

Organic yogurt is one of the few dairy products I am a supporter of. It contains beneficial bacteria which aid in its digestion as well as supporting your immune system. Make sure to eat only organic yogurt, as conventional dairy contains hormones and has been fed GMO feed.

Spinach & Kale

Spinach and kale are some of the most nutritious foods on the planet. Packed with folic acid, iron, zinc and antioxidants, they are a must in every fertility diet. Steamed or raw spinach and kale can be used in so many ways. You can eat it as a steamed side vegetable, add it to soups, or raw you can put it in smoothies (you can’t even taste it) or make it the base of your salads. A day does not go by that I do not eat spinach or kale when they are in season.

How to cook quinoa

To cook the quinoa, combine 1 part grain to 2 parts water in a pot. Bring to a boil, reduce, cover and let simmer for 15 minutes. I like to make a batch, have it with dinner and make enough so I have leftovers for my breakfast smoothie.
Liquids to add to your smoothies

- **Nut Milks** (refer to our “Other Milks” page for how-to and recipes)

- **Fresh pressed juice** (refer to the Juicing chapter)

- **Coconut water**

- **Water**

- **Herbal tea** (cool or refrigerated)

What You Will NOT Find in Our Fertility Smoothie recipes...

**Processed sugars, syrups, artificial flavors**

No need for these. The fruit in our smoothie recipes provide more than enough sweetness. The reason you want to avoid processed sugars in your smoothies and entire diet is because they lack the fiber that would allow them to enter the blood stream slowly. Instead when you eat processed sugars they cause your blood sugar levels to spike, causing issues with hormones, health and inflammation.

**Homogenized milk**

You won’t find homogenized or pasteurized milk or any dairy milk in our fertility smoothie recipes. Homogenizing and pasteurizing milk change the milk’s molecular structure. In addition hormones and antibiotics given to the cows can pass on to you. If you do want to consume milk it is best in its raw form or at least organic, in small amounts. In our recipes we trade out cow’s milk with nut milks, fresh juices or water.

**Soy milk**

Processed soy products should be avoided due to their estrogen mimicking properties. If you need a replacement check out one of our nut milk recipes and include those in your smoothies.
Soy protein

While protein powder is a great ingredient to add to your smoothies, we do not promote or suggest that soy protein be used for the same reasons as soy milk. Some great alternatives are whey protein (from clean cows that don’t have antibiotics or hormones), hemp protein or rice protein.
Chapter 4
Big Green Salads
One Big Green Salad Per Day

One of the Important 5 is to eat a salad everyday. Eating a diet high in vegetables is important for fertility for many reasons. Raw fruits and vegetables contain antioxidants, vitamins and minerals that help to nourish your eggs, support hormonal balance, cleanse the blood and provide the ingredients for healthy cells. A salad a day is what really can help keep the fertility doctor away ;)

When I say eat a salad a day, I am not talking about eating a small side salad that consists of iceberg and a tomato. I am saying that one of your main meals everyday should be a big salad. This salad can include many different ingredients (I will list some ideas below) but needs to include a ton of veggies first and foremost.

10 Keys to Creating Amazing Salads

1. **Use beautiful serving bowls** — Having a beautiful large serving bowl and personal bowls for eating your salads makes the experience special and beautiful. My favorite bowls are made from bamboo or ceramic. It is worth the investment to eat from a beautiful bowl.

2. **Make your own dressings** — Salad dressings can make or break a salad. Most dressings in the store are filled with sugar, soy and preservatives. Making your own dressings at home is inexpensive, fast and the end product is AMAZING. I look forward to my salads when they are topped with a raspberry vinaigrette made with real raspberries or that balsamic dressing I just love. PLUS when making your own dressings you are able to put essential fatty acids (which are so important for hormone balance) into your dressings, making them SUPER nutritious for fertility.

3. **Make your salad into a piece of art** — When I make our salads I like to place the vegetables in beautiful patterns and make the overall salad a work of art. Play with different types of cuts and colors of vegetables.
4. **Try cutting your vegetables in different ways** — You can grate, chop, slice, dice, mince and do many other things to your vegetables to create different textures. For example I like to chop up my kale in the food processor, this creates a finely cut kale, making it easier to eat and gives it another texture. This can be done with carrots, you can chop, dice or grate carrots and they all give your mouth a different sensation.

5. **Always put a treat in your salads** — I like to always put a treat on my salads so I can fish around for them and have fun while I am eating my salads. What I consider treats in my salad are:
   - raisins
   - dried cranberries
   - organic & raw grated or diced cheese
   - pumpkin seeds
   - honey glazed raw walnuts
   - sauerkraut
   - pieces of fruit (like apples, pineapple or mandarin oranges)
   - olives

6. **Make extra** — It is best for both men and women to be eating salads daily, so make enough for the both of you, but also make sure to make extra so you can have your salad already made for tomorrow or as an addition to your next meal.

7. **Try new vegetables** — When you see or discover a new vegetable try it out in your salad. Any vegetable can be eaten in a salad. Experiment and move beyond the regular veggies you are used to.

8. **Think Rainbow** — When making your salad think of trying to get as many colors of the rainbow in as you can. Make your salad a fiesta of colors; purple, red, green, yellow, pink, orange, blue, etc. By getting a wide variety of colors in your salads you are providing your body with a wide range of nutrients, antioxidants, vitamins, minerals and healing compounds.
9. **Sprouts are your friend** — Sprouts are super dense in nutrition but are also inexpensive, especially if you grow your own. Sprouts can be added to any salad as well as being the main ingredient of the salad themselves. There are many different types of sprouts to chose from such as:

- mung bean
- alfalfa
- radish (spicy)
- sunflower (my favorite)
- lentil
- daikon
- pea
- clover

I am going to share with you one of the least expensive and easiest ways to get really nutritious foods into your fertility diet... through sprouting. Sprouting can be done in your home; all you need is clean water, sprout seeds, a container to sprout in (more on this later) and a strainer. But before we get to the 'how-to', I want to share with you the tremendous benefits of eating sprouts.

Sprouts are the germinated seed of a plant. They are basically baby plants; but because they have just begun to grow, they are packed with nutrients in a little package. There are many types of sprouts you can eat such as:

- Alfalfa
- Clover
- Mung
- Lentil
- Garbanzo
- Broccoli
- Radish
- Wheat
- Quinoa
- Barley
- Arugula
- Cress
- Garlic
- Peanuts
- Sunflower
- Pumpkin
- Mustard
While you should eat a wide variety of sprouts since they are all incredibly nutritious, there are some that may be particularly beneficial for a fertility diet:

- **Clover** — When full grown, clover is an herb that is used to help regulate hormones, promote a healthy uterus and is rich in iron.

- **Broccoli** — One of the friendliest fertility foods (as are all veggies in the brassica family) because it helps the body to get rid of excess estrogens. Other brassica sprouts are cabbage, mustard, arugula, kale, radish and turnips.

- **Pumpkin** — This would be a perfect sprout for men as pumpkins are rich in zinc, a mineral necessary for healthy fertility and sperm health. (just so you know, pumpkin seeds do not "sprout" leaves like other plants, instead they swell and may have a small tail emerging from the tip)

You can purchase sprouts online or at your local health food store. A great place online is [www.SproutPeople.org](http://www.SproutPeople.org). They have a great selection.

### How to Sprout

Sprouting is so easy and inexpensive that everyone should do it. Here are instructions on sprouting...

1. Put sprouts in a jar. Add 2-3x as much water as there are seeds. Stir.

2. Leave 8-12 hours to soak.

3. Rinse seeds. I like to use a mesh strainer that has tight threading, so even little seeds do not slip through. Rinse a couple of times.

4. After you are done rinsing, make sure all of the water is out of the seeds. This will make sure your sprouts do not mold.

5. Place your sprouts in the container they will sprout in. This is the area that you have some options. There are many different containers you can use for sprouting from glass mason jars, strainers, nylon stockings, hemp sprout bags, etc. There are even sprout machines you can purchase. But to get started I suggest a strainer or glass mason jars with a mesh lid. The container must allow the sprouts to have constant circulation and drainage.
6. Once you have picked out your container, pour the sprouts into it and let them sit.

7. I rinse them whenever I am in the kitchen.

8. Sprouting time is different for each sprout, but sprouts will generally be ready in 3-7 days depending on the type. Sprouted nuts are ready in a minimum of 8 hours.

9. When your sprouts are ready, rinse and strain; then store in the fridge once they are dry.

You can get seed specific instructions here. (www.sproutpeople.org/sprouts/grow/instructions.html)

Now that you have a ton of sprouts, how do you use them?

You can eat them...
• on top of salads
• as salads themselves
• added to soups
• in smoothies
• juice them
• add to sandwiches
• add to casseroles
• put into wraps or burritos
• or any other creative way you can come up with :)

I like to take handfuls of them and eat them straight or dipped in salad dressing. The options are endless. Give them a try; they all have different flavors and nutritional benefits.

If you need additional recipe ideas make sure to check out these sprout recipes. (www.sproutpeople.org/recipes.html)
10. **Make a Salad Box** — Everyone is busy and a lot of times we use that as an excuse to not eat healthy. Well, I have a remedy for those of you who are super busy. It is called a salad box. Basically you prepare your own salad bar (one that fits in your fridge) so when you get home or are preparing to go to work you put together a salad in less than 3 minutes.

Click here to watch a video on how to make a salad box...

**Ingredients you can use for your salads**

<table>
<thead>
<tr>
<th>Base</th>
<th>Mixed baby greensa</th>
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</thead>
<tbody>
<tr>
<td>Leafy Greens</td>
<td>Collards</td>
</tr>
<tr>
<td>Kale</td>
<td>Bibb lettuce</td>
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<tr>
<td>Spinach</td>
<td>Red leaf</td>
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<tr>
<td>Romain lettuce</td>
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</tbody>
</table>

**Toppings**

<table>
<thead>
<tr>
<th>Red, yellow or green peppers</th>
<th>Beet</th>
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</thead>
<tbody>
<tr>
<td>Tomatoes</td>
<td>Beans</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Zucchini</td>
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<tr>
<td>Sprouts</td>
<td>Avocado</td>
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<tr>
<td>Green onions</td>
<td>Mango</td>
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<tr>
<td>Red onions</td>
<td>Apple</td>
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<td>Radishes</td>
<td>Figs</td>
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<tr>
<td>Broccoli</td>
<td>Clementines</td>
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<tr>
<td>Brussel sprouts</td>
<td>Oranges</td>
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<tr>
<td>Cilantro</td>
<td>Grapes</td>
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<td>Corn</td>
<td>Pineapple</td>
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<td>Parsley</td>
<td>Strawberry</td>
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<tr>
<td>Cabbage</td>
<td>Raisins</td>
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<tr>
<td>Celery</td>
<td>Craisins®</td>
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<tr>
<td>Carrot</td>
<td>Pomegranate seeds</td>
</tr>
</tbody>
</table>
Nuts and seeds

macadamia
almond
sunflower

I like to eat raw nuts only, and soak them overnight then rinse and store in the fridge to use.
Chapter 5

Dark Leafy Vegetables
Eat One Dark Green Leafy Vegetable Every Day

Dark leafy green vegetables are some of the most nutrient dense foods on the planet. Dark leafy greens include:

- Broccoli
- Brussels Sprouts
- Kale
- Collards
- Swiss Chard
- Spinach
- Bok Choy

Dark leafy green vegetables are rich in vital minerals, vitamins, antioxidants, fiber, and chlorophyll. They can be eaten raw or cooked, but make sure to eat them raw at least half the time as cooking depletes the vitamins and antioxidants, especially the ones important for fertility such as zinc, vitamin C and folate.

Important Nutrients Found in Dark Leafy Vegetables

(DIM) Indol 3

Greens such as broccoli, Brussels sprouts, and cabbage contain a compound which helps the body to get rid of excess “bad” estrogen. These types of greens should be eaten at least 3 times a week, with the leafy greens making up the rest of the weeks greens. Foods rich in DIM are cabbage, kale, broccoli and Brussels sprouts.

Folic Acid

Folic acid is very important for proper development of your child. You should be eating folic acid while you are preparing for conception, because the baby will need this nutrient before you are even able to get a positive pregnancy test. Folic acid is found in dark leafy veggies as well as lentils and beans.
Iron

Studies have shown that women who do not get sufficient amounts of iron may suffer anovulation (lack of ovulation) and possibly poor egg health, which can inhibit pregnancy at a rate 60% higher than those with sufficient iron stores in their blood.

Increasing the iron in your diet can make all the difference (eating beets, spinach, beans, pumpkin seeds, molasses, asparagus). Make sure to also include foods that help the absorption of iron like oranges, strawberries, broccoli, tomatoes and green peppers. Animal protein is another great source of iron. Just make sure it is free-range, grass-fed or organic.

Fiber

Fiber helps the body to get rid of excess estrogens, acting like a broom in the body. Fiber also helps your body to get rid of excrement and keeps you regular. This too is important for hormonal health.

Calcium

Dark leafy greens are rich in calcium. Think about it... what do cows eat? Grass. They then turn that grass into calcium rich milk. By eating greens you are eating a great source of calcium as well as other minerals which are necessary for the calcium to be absorbed.

Vitamin C

Did you know that greens have vitamin C? Vitamin C is important for the absorption of iron and helping to protect the cells from free-radical damage amongst many other important functions in the body.
Chapter 6

Juicing
Drink One Green Juice Every Day

As part of the 21 Day Natural Fertility Diet you should be drinking one fresh green juice a day (16-32oz) or if you are not able to purchase a juicer at this time, using a green foods supplement like Fertilica UltraGreens works as well.

Juicing for Fertility

For years I have been educating and sharing with people how they can boost their fertility naturally. No matter what the situation is, diet is always important. When it comes to fertility and turning around an imbalance, a big shift needs to happen and large amounts of raw fruits and vegetables can help to support the body in that healing. Juicing is also the easiest way to get a large amount of easy to assimilate, fast nutrition. Juicing is a treasure for every woman and man who is preparing for conception and pregnancy. Plus, it is super easy to do.

When people ask me what the most important dietary change someone can make when trying to boost their fertility is, I have to say it is juicing and smoothies. Liquid nutrition makes it so much easier to get the amount of these nutrient dense foods into your body. Regardless of what your diet is like right now, juicing can help to make you healthier, reduce cravings for less healthy foods and make you feel fabulous.

Juicing is one of the absolute best things you can do for your health during preconception, pregnancy and breastfeeding.
What are some of the health benefits of juicing?

In the body our cells are constantly dying and being created over and over again. Everything in the body is made up of cells. The uterus, blood, fallopian tubes, eggs, ovaries, and on and on are made from cells. When our body is creating these cells it is pulling from the foods that you eat for its building blocks. If you are eating fresh, whole foods and lots of them, then your body is going to have the ingredients it needs to produce healthy, vibrant cells. If you are eating processed foods, processed sugars and chemicals, that is what your body has to work with and will not be able to build healthy cells.

“There is no question whatever about the fact that we are exactly what we eat. There is no other way in which the cells and tissues of our body can be replenished, except from what we eat and drink, and REPLENISHMENT is the great law of life.”

— Norman Walker

By drinking fresh juices daily you are providing your body an abundance of absorbable nutrients for healing, rebuilding and functioning at an optimal level. Greens, fruits and vegetables are the most nutritious food for us on the planet. Juicing allows us to access nourishment in great quantities and in an extremely absorbable form.

There are so many health benefits to juicing. Personally I have seen a big difference in my mood, my hair is growing faster and healthier, I have a ton of energy and my immune system is great. Some of the fertility health benefits that may be realized are:

- balancing effect on cycle
- balancing of hormones
- increased egg health
- healthier blood flow to the uterus
- cleansing of the liver and blood
- hydration to the body
- reversal of common fertility issues
How to Juice

Now that you have learned about all of the great reasons to juice, we are going to cover how to create these wonderful juices. Juicing is really easy, and the better the equipment you have the easier it is. Here is a step-by-step guide to juicing...

1. **Buy organic produce.** Organic produce is the best as it does not contain harmful pesticides, herbicides, etc. These toxins have been shown to impact fertility in both men and women. Studies have also shown that they impact the fertility and DNA of the fetus. Organic produce has also been shown to have more nutrients due to the sustainable and nourishing farming practices organic farmers follow.

2. **Chop up the produce that you are going to juice.** Only prepare the produce that you are going to use immediately, as nutrients begin to fade as soon as the produce has been cut and exposed to oxygen. Every juicer/blender is different. Cut your produce to a size that will allow it to fit through the feed hole. If you are using a Breville 800 (one of my favorite juicers) you will not need to cut up the produce.

3. **Place all produce into a bowl near your juicer.**

4. **Make sure your cups that will catch the juice and pulp are in place.**

5. **Begin juicing!**

6. **(optional) Strain juice.** After I have juiced, I like to strain my juice through a nut milk bag or strainer so all of the pulp/fiber is removed from the juice. This allows the juice to be digested really quickly and easily. If you have a juicer that is producing wet pulp, make sure to squeeze the pulp as there can be a lot juice in there. This step takes a couple of minutes more, but you can sometimes get a lot more juice out.

7. **Compost juice pulp.** Juice pulp is the best ingredient for your compost pile. It breaks down very fast and makes excellent soil.

8. **Drink your juice.** If you need to make some juice for the entire day (you are going to work, or will be away from home) store extra juice in a glass container with a lid and refrigerate it. Juice will stay good for one day as long as it is in the dark and refrigerated. But it is best consumed right away if possible.
Juicing with a juicer

The Breville 800 is my favorite all around juicer. It is easy to use and clean. Because it has a 3” opening for veggies and fruits, I am able to put whole apples, celery bunches, cucumbers, carrots, etc. This makes making the juice very easy and quick with little prep time needed. This is also the best juicer if you have little ones around as it makes juice fast, can be done with one hand and washes easily.

My other favorite juice is the Hurom Slow Juicer. The Hurom can juice vegetables, dark leafy greens, fruit, wheatgrass and even can make frozen fruit into “ice cream”. This juicer is better for those of you who drink a lot of dark greens and want to also make wheatgrass.

To get a high quality juicer can cost more than the regular juicers you find at the store, but the commercial juicers found at Wal-Mart and Target cannot juice greens and wastes juice because the pulp that comes out is usually still wet. If this is all you can afford, you can squeeze the pulp in the nut milk bag and get the juice out from it. I found my Breville 800 on Amazon at a good price.

Greens are one of the most important (if not the most important) food for us to be juicing. Leafy green vegetables like Swiss chard, spinach and kale provide abundant amounts of minerals, protein, enzymes and so much more. In a typical day one may eat greens but when you are juicing, you can get a huge amount of greens. You can drink a lot more greens than you could possibly eat. This is beneficial because green leafy vegetables contain minerals which are so important to our health and help to alkalize the body.

Juicing with a Blender

Another option for creating nourishing juices is to use a blender. You would do this by chopping up all of the fruits and vegetables and putting them into the blender. Add a couple of inches of water (just enough to get everything moving). Blend all of the foods together and strain through a nut milk bag. You must strain it or you will be drinking a fiber drink. If you do not have a nut milk bag, you can use a clean panty hose, cut it below the knee and use this to strain the pulp thorough. Works great.

Using a blender is more time consuming than using a juicer but if your only choice is a blender due to economic situations, it is better than nothing and works well. The best two blenders currently available are the Vita-Mix and Blendtec blenders. I love my Blendtec; I use it at least once a day, every day.
Part 2
Fertility Diet Challenge Recipes
Fertility Diet Challenge Recipes

In the following section you will find recipes for each of the Important 5 (minus water). I have shared 21 recipes for each category so you can try a new recipe every single day and the fertility diet challenge will never be boring or taste dull.

Enjoy!
Menu and Meal Planning Guide
Menu and Meal Planning Guide

To help give you some ideas for how to incorporate the Important 5 into your day, below are some menu ideas. Remember, the Important 5 are to be added to your current diet; they are not the only foods you eat all day. Just make sure you get the Important 5 in, regardless of the other foods you eat.

**Tip:** Plan your day starting with the Important 5 and add whole grains and protein foods to your menu.

1. Drink 1 quart of water first thing in the morning.

2. Drink 1 fertility smoothie every day. The fertility smoothie should contain at least one fertility superfood (maca, spirulina, UltraGreens, royal jelly, etc.)

3. Eat one big green salad per day.

4. Eat one dark leafy vegetable every day. Swiss chard, kale, spinach, etc.

5. Drink one green juice every day. (If you are not able to get a juicer you can replace this step with one serving of UltraGreens or another organic greens supplement everyday.)
Menu #1

AM: Drink 1 quart of water with a lemon squirted in it. (#1)
Breakfast: Smoothie with blueberries, banana, oats, water, maca. (#2)
Snack: Your choice. I like fruit with some nuts.
Lunch: Big salad with romaine, peppers, tomatoes, avocado, strawberries, green onions, nuts and raw cheese. (#3)
Snack: Celery and hummus with green juice. (#5)
Dinner: Broccoli with Quinoa and choice of protein. (#4)

Menu #2

AM: Drink 1 quart of water with a lemon squirted in it. (#1)
Breakfast: Oats with fruit and nuts.
Snack: Fertility Smoothie with Banana, spinach, strawberries, fresh squeezed orange juice. (#2 & #4)
Lunch: Kale side salad with sandwich (your choice of fillings) on whole grain bread. (#4)
Snack: Green Juice. (#5)
Dinner: Big salad with spinach, avocado, strawberries, barley and hard boiled eggs. (#3)

Menu #3

AM: Drink 1 quart of water with a lemon squirted in it. (#1)
Breakfast: Large green juice with spinach, celery, apples, ginger. (#5)
Snack: Fertility smoothie with mango, strawberry, banana, maca, spinach. (#2 & #4)
Lunch: Large salad with romaine, black beans, corn, raw cheese shredded, cabbage, red onion (add chicken if you like). (#3)
Snack: Fruit and nuts.
Dinner: Whatever you want ;)

Bonus "Get-er-done" Menu #4

AM: Drink 1 quart of water with a lemon squirted in it. (#1)
Breakfast: Smoothie with spinach, blueberries, strawberry, fresh OJ, maca. (#2 & #4)
Snack: Ultragreens mixed with juice. (#5)
Lunch: Big salad. (#3)

The rest of the day is up to you, you got the Important 5 done by lunchtime.

*Remember that the above menu ideas are just suggestions. Tailor them to your style of eating.*
**Tips:**

- Add leafy greens to your smoothies. This will count as your dark green of the day (#4) and (#2) plus the taste can not be detected (spinach is best for this).

- Plan your day ahead of time. Know how you are planning on getting the Important 5 tomorrow.

- Busy day tomorrow, plan and pack your foods ahead of time.

- Always be prepared, then when you are hungry you don’t go after whatever is around.

- Make a Salad Box once a week to save time.

- Prepare your quart of water the evening before you go to bed. Cover and place next to you on your bedside table. Drink directly upon waking :) 

- Have healthy snacks easily available and ready to grab and go.

- Always have a healthy food bar or two in your purse. In my bag you will find Lara Bars, Nutiva Bars, and Raw Crunch Bars.
Part 3
Recipes
Fertility Smoothie Recipes
Fertility Smoothie Recipes

- Hempy Treat
- Blueberry “Milk” Shake
- Orange Aloe Healer
- Anti-Inflammatory Smoothie
- Banana Chocolate Bliss
- Enzyme Rich Colada
- Cherry Vanilla Bliss
- Maui Wowi
- Berry Berry Bo Berry
- Nutty Meal Smoothie
- Blueberry Cashew Crumble
- Blood Builder Smoothie
- Coconut Mint Green Monster
- Costa Rican Smoothie
- Popeye’s Smoothie
- Wild Green Smoothie
- Parsley Love
- Simply Green
- Iron Tonic
- Refreshing Green Smoothie
- Green Surprise

* Add one serving of your fertility superfoods to the recipes below.

Strawberry Fields

1 1/2 cups strawberries
1 banana
1 1/2 cups fresh orange juice
1 teaspoon lemon peel
1 teaspoon raw coconut oil

Put all ingredients into a blender and blend well. If you do not have a juicer to make the orange juice you can add a whole peeled orange with 1 cup of water instead. Coconut oil contains EFAs which are very important for hormonal production and balance.
Hempy Treat

1-2 tablespoons hemp protein powder
1 1/2 cups fresh orange juice
1 banana
1 cup blueberries
1,000mg maca powder

Put all ingredients into the blender and blend well. Hemp protein powder can be replaced with another type of protein powder. Hemp provides essential fatty acids, fiber, protein, and amino acids.

Blueberry "Milk" Shake

2 cups of almond milk (click here for instructions)
2 bananas
1 cup blueberries
3 dates, pitted or 1 tablespoon of honey
1/2 teaspoon vanilla extract

Blend until smooth and enjoy. You can also add some ice or frozen bananas if you want to make your "milk" shake thicker. Almond milk can be replaced with hemp milk.
Orange Aloe Healer

3" fresh aloe vera flesh
1 orange
1/4 cup soaked goji berries
3 dates, pitted or 1 tablespoon of honey
Water as needed

Blend until smooth. When using fresh aloe vera make sure to use only the inside gel from the aloe vera plant. Avoid the bright yellow gel near the skin of the plant. Aloe vera is very good at detoxifying and soothing the body.

Anti-Inflammatory Smoothie

1 cup water
2 cups papaya, diced
1 cup pineapple, diced
3 dates, pitted or 1 tablespoon of honey
1 serving green superfood

Blend all ingredients until smooth. Using a green superfood blend, like UltraGreens makes it easy to get a wide variety of greens into your smoothies without having to buy a bunch of different greens powders.
**Banana Chocolate Bliss**

1 banana  
1 cup fresh almond milk  
2 tablespoons chocolate powder  
3 dates, pitted or 1 tablespoon of honey  
1 serving green superfood  
1/2 teaspoon vanilla extract  
1,000mg maca powder  

Blend together and enjoy! Try using frozen bananas in your smoothies and it will give it a smooth, creamy consistency. The chocolate powder in this recipe could be raw or toasted. Raw will have more antioxidants intact.

**Enzyme Rich Colada**

1/2 of a ripe pineapple  
2 tablespoons and up cilantro (amount to taste)  
1 cup of water  
ice  

Cut a pineapple in half and take the skin off. Include the core of the pineapple as this is one of the best parts. Pineapple is rich in bromelain and enzyme that helps to dissolve old protein deposits/tissues in the body. I first had this smoothie when I was in Costa Rica and have been blending cilantro into my smoothies ever since.
Cherry Vanilla Bliss

1 banana, frozen and broken into pieces
1/2 cup cherries, pitted (fresh or frozen)
1 cup almond milk (click here for instructions)
2 tablespoons cocoa powder (preferably raw)
1/2 teaspoon vanilla or 1 small piece of vanilla bean

Blend all of the ingredients together. You can also make walnut milk which tastes great with this smoothie.

Maui Wowi

1 banana
1/2 cup of celery juice
1 cup of mangos, fresh or frozen
1/2 cup of papayas
1 serving green superfood
1/2 cup water
ice

Blend fruits and juice together. Add water and ice to achieve desired consistency.
Berry Berry Bo Berry...

1 banana
1/2 cup blueberries
1/2 cup strawberries
1/2 cup blackberries
1 1/2 cup of orange juice or water
1,000mg maca powder
600mg royal jelly

Blend together and enjoy.

Nutty Meal Smoothie

1/4 cup hemp seeds
1/4 cup almonds, raw and soaked
1 banana
1/2 cup strawberries
3 dates, pitted or 1 tablespoon of honey
1 - 1 1/2 cups of water

Blend and enjoy! This smoothie will stick with you for a while and has a thicker consistency. Make sure to blend this one longer than most. The nuts will break down in the blender and your stomach better if soaked overnight before blending.
Blueberry Cashew Crumble

1/2 cup blueberries, fresh or frozen
1/4 cup cashews (unsalted and raw)
3 dates, pitted or 1 tablespoon of honey
1/2 teaspoon vanilla or 1 small piece of vanilla bean
1 cup water

Place all ingredients in the blender and blend until smooth. Cashews make this smoothie creamy while supplying important EFAs.

Blood Builder Smoothie

1 1/2 cups orange juice, freshly pressed
2 tablespoons pumpkin seeds (raw and soaked)
1 tablespoon hemp seeds
1 banana
1/2 cup cherries
1 serving green superfood

Blend ingredients together. Add water if you would like your smoothie thinner. The vitamin C in the orange juice helps the body to absorb iron and reduce heavy menstruation by strengthening blood capillaries. Pumpkin, cherries and hemp seeds provide iron and greens supply minerals that are so important for blood and menstrual health.
Coconut Mint Green Monster

1 cup coconut water
Handful of green leaf lettuce (romaine is wonderful)
5 - 6 sprigs mint
Juice of 1 lime
1/2 cup coconut meat
3 dates, pitted or 1 tablespoon of honey

Blend ingredients together and enjoy! Coconut contains beneficial essential fats and anti-inflammatory properties.

Costa Rican Smoothie

1 cup Papaya
1 handful Cilantro
1/2 - 1 cup water

While I was in Costa Rica I discovered this smoothie at a restaurant we were eating at. It was one of the best smoothies I have ever had. You could also trade out the papaya for pineapple. If you can't find the fruit fresh replace it with frozen fruit.
Popeye's Smoothie

1 handful of spinach
1/2 cup strawberries
1 banana
1/4 cup hemp seeds
1/2 - 1 cup water

This is a simple, tasty smoothie. Great one to start with if you are not sure about putting greens into your smoothies. The vitamin C in the strawberries help the iron to be absorbed from the spinach.

Wild Green Smoothie

2 cups chickweed, lambsquarters or spinach
1 banana
1 mango
2 cups water

If you recognize any of these nutritious weeds try them out in your smoothie. If chickweed and lambsquarters are foreign to you, replace them with spinach.
Parsley Love

1 bunch parsley
2 mangoes
2 cups water

Simple parsley recipe. Parsley is rich in vitamin K, C, A, folic acid and iron. It also contains compounds which are known to neutralize carcinogens. It has also been found to help increase the antioxidant capacity of the blood. This is helpful when you are trying to get all of these great nutrients to your eggs.

Simply Green

8 leaves of romaine lettuce
5 cups watermelon
1 cup water

This is a refreshing smoothie that provides nutrients in a tasty smoothie. Romaine is packed with nutrients including vitamin K, A, C, Folic Acid, and iron. Watermelon contains electrolytes and antioxidants. This is a great smoothie on a hot day.
Iron Tonic

1/2 cup Cherries
1/2 cup red grapes
1 handful of spinach
1/2 - 1 cup water

This smoothie is rich in whole food iron and antioxidants. Spinach is packed with vitamin K, A, manganese, folic acid, magnesium, iron, vitamin C, calcium, potassium and the list goes on forever. Spinach is one of the easiest greens to add to a smoothie. The leaves blend easily and you can't even taste it in the smoothie.

Refreshing Green Smoothie

8 leaves of romaine lettuce
1/2 honeydew mellon
2 cups water

Another refreshing smoothie that is quick to make, easy to digest and filled to the brim with nutrition.
Green Surprise

1/2 cup pineapple
1/2 cup strawberries
2 leaves of kale (take the spine off)

Oh boy I sure do love everything in this smoothie. Pineapple is generously filled with manganese, vitamin C and enzymes. It has potential anti-inflammatory effects which women with PCOS and endometriosis will find helpful. It also aids in digestion. Kale lends its detoxification properties to this smoothie, supporting the body in getting rid of harmful compounds.
Fresh Vegetable Juices
Fresh Vegetable Juices

- Abundance Juice
- Happy Juice
- Laughter Juice
- Energizing Juice
- Love Juice
- Balancing Juice
- Jolly Juice
- Relaxation Juice
- Blessings Juice
- Gratitude Juice
- Loveliness Juice
- Vibrant Juice
- Super Juice
- Radiance Juice
- Adventure Juice
- Detoxifying Juice
- Ecstatic Juice
- Beautiful Juice
- Living to the Fullest Juice
- Sexy Juice
- Empowered Juice

Abundance Juice

4 apples
4 stalks celery
1 handful spinach
1 jalapeno or pinch cayenne

Happy Juice

4 apples
4 stalks celery
1 inch ginger
Laughter Juice

2 apples
4 stalks celery
1 inch ginger
1 handful spinach

Energizing Juice

4 carrots
4 stalks celery
1 bell pepper

Love Juice

2 med. beets
4 carrots
2 apples
1 inch ginger

Balancing Juice

1 cucumber
4 stalks celery
handful parsley
1 apple
**Jolly Juice**

- 1/2 head red cabbage
- 1 apple
- 2 stalks celery
- 2 kale leaves
- 2 carrots

**Relaxation Juice**

- 3 tomatoes
- 4 stalks celery
- 1/2 lemon
- 1 red pepper
- 1 cucumber

**Blessings Juice**

- 2 oranges
- 1 apple
- 3 carrots
- 3 stalks celery
- 1 inch ginger
Gratitude Juice

2 apples
4 stick celery
1 tablespoon hemp seed oil

Loveliness Juice

1/2 pineapple
2 handfuls spinach

Vibrant Juice

1/2 pineapple
2 oranges
1c strawberries

Super Juice

4 stalks celery
1 apple
2 handfuls spinach
1 inch ginger
1 bell pepper
Radiance Juice

8 carrots
1 inch ginger

Adventure Juice

2 inch ginger
1/2 pineapple

Detoxifying Juice

1 cucumber
4 stalks celery
1 handful spinach
2 tomatoes

Ecstatic Juice

6 oranges
2 pomegranates
Beautiful Juice

2 beets
beet greens
cucumber

Living to the Fullest Juice

1 bunch romaine
3 stalks celery
1 cucumber
2 apples
1 lemon
1 inch ginger rt

Sexy Juice

1 head romaine
1 apple
1 lemon
1 inch ginger
Empowered Juice

2 apples
4 stalks celery
1/2 bulb fennel
1/2 head romaine
1 cucumber
1 lemon
1 inch ginger
2 cups kale or spinach
Salad Recipes
Salad Recipes

- Isabella's Salad
- Janice's Salad
- Linda's Salad
- Fatima's Refreshing Salad
- Esther's salad
- Lindsey's Rainbow salad
- Maria's Fiesta Salad
- Angelina's Simple Salad
- Jason's Cuban Salad
- Lola's Lively Salad
- Leloo's Cosmic Salad
- Ruth's Salad
- Kristen's Kale Avocado Salad
- Franchesca's Corn and Avocado Salad
- Sara's Spinach Yumness Salad
- Lacie's Lovely Salad
- Coleen's Crisp Salad
- Sandra's Strawberry Avocado Salad
- Pattie's Persimmon Salad
- Cora's Crisp Apple and Cabbage Salad
- Francesca's Fennel & Orange Salad

Isabella's Salad

2 tablespoons carrots, grated
1/2 tomato, chopped
1 stem celery, chopped
1/2 apple, chopped
2 tablespoons red cabbage, shredded/chopped
1/2 avocado, chopped
3 leaves of romaine, chopped
Optional FUN Toppings: raisins, walnuts, hemp seeds, pomegranate seeds, chia seeds, raw cheese

Mix all ingredients together in a beautiful bowl and top with one of our fertility friendly salad dressings.
Janice’s Salad

1 stalk celery, chopped
1 carrot, grated
2 tablespoons green onions, diced
1/2 tomato, chopped
1 handful spinach (if baby spinach leave whole, if large leaf, chopped)
1 large fig, cut into segments
2 tablespoons raw walnuts, chopped
5 olives
1 radish, sliced

Place spinach in a bowl, place other vegetables on top, adding the figs and walnuts on top. Top this with a honey vinaigrette or raspberry balsamic dressing.

Linda’s Salad

1-2 stalks asparagus, chopped
6 fresh string beans, chopped
1 carrot, chopped
1/2 avocado, chopped
2 tablespoons parsley, chopped
1/2c alfalfa sprouts
1 handful spinach leaves (if baby spinach leave whole, if large leaf, chopped)

Place spinach leaves in a bowl and top with the rest of the vegetables. Top with one of the fertility friendly salad dressings.
Fatima’s Refreshing Salad

1 large cucumber, thinly sliced
1 stalk celery, thinly chopped
1 carrot, thinly sliced
1 pinch fresh dill

Mix the vegetables together and top with a lite dressing such as olive oil and lemon, salt and pepper.

Esther’s Salad

1 beet, grated
1 carrot, grated
1 cucumber grated
1/2 apple, grated
1 nori sheet, shredded by hand and mixed into the salad
2 tablespoons raisins
2 tablespoons walnuts

Place all ingredients into a bowl and top with a creamy fertility friendly dressing like the tahini dressing or a light citrus dressing.
**Lindsey’s Rainbow Salad**

1/2 head crisp lettuce, chopped  
1-2 stalks celery, chopped  
2 tablespoons purple cabbage, shredded  
1/2 sweet potato, grated/shredded  
1 carrot, grated  
1/2 red pepper, chopped  
1/4 beet, grated  
5 olives

Place chopped lettuce into a bowl and top with the rest of the ingredients. Top with your favorite fertility friendly dressing.

**Maria’s Fiesta Salad**

1/2 head romaine, chopped  
1/4c corn, fresh cut off the cob is best  
1/2 tomato, chopped  
2 tablespoons red onion, chopped  
2 tablespoons cabbage, grated  
1/3c black beans  
1/2 avocado, chopped  
1/4c pineapple, preferably fresh, chopped

Place romaine in a bowl and top with the other ingredients. Dress this with a sprinkling of olive or hemp oil, the juice from a squeezed lime, salt, pepper and chili powder.
Angelina’s Simple Salad

1/2 head of lettuce, chopped
1 carrot, shredded
1/4c raisins
1/2 apple, grated
3 oz. cottage cheese (optional)
2 tablespoons honey

Place all ingredients on top of the lettuce in a bowl. Drizzle honey on top and enjoy!

Jason’s Cuban Salad

1/2 head lettuce, chopped
1 cucumber, chopped
1 tomato, chopped
1/2 avocado, chopped

Toss all ingredients together in a bowl and top with squeezed lemon juice, olive oil, salt and pepper and garlic powder.
Lola’s Lively Salad

1/2c alfalfa sprouts
1/4c radish sprouts
1/4c strawberries, chopped
1 stalk celery, chopped
1/2 cucumber, sliced
1/2 avocado, chopped

Mix ingredients together and top with your favorite fertility friendly dressing and fun toppings.

Leloo’s Cosmic Salad

2c spinach, chopped
1/2c Kale, chopped
1 stalk celery, chopped
1/2 green apple, chopped
1/2 cucumber, chopped
1/2 green pepper chopped
2 green onions, chopped
2 tablespoons fresh basil, chopped
2 tablespoons fresh dill, chopped
5 green olives
1/2 avocado, chopped

Mix together in a beautiful bowl and serve with your favorite fertility friendly dressing. Your friends will be GREEN with envy ;)}
**Ruth’s Salad**

1 cucumber, shredded  
1 beet, shredded  
2 tablespoons fresh parsley  
3-4 sprigs watercress  
1/2 red pepper, cut thinly  
2 tablespoons raisins  
2 tablespoons hemp seeds; can replace with walnut, or almonds  

Mix together and top with your favorite fertility friendly dressing.

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**Kristin’s Kale Avocado Salad**

1 head of kale, washed, taken from stem and chopped  
1 avocado  
2 tablespoons olive oil (or as needed)  
1 lemon  
1 tomato, chopped  
1/2 large cucumber chopped  
Sea salt  
Garlic Powder  

Put everything together in a bowl and massage with your hands. This makes the kale soften and the flavors mix well. Once the kale is soft, you can eat right away or store in the fridge for later. This is one of my favorite salads of all time :)
Franchesca’s Corn and Avocado Salad

3 ears fresh sweet corn, husked (or 3 cups frozen, thawed)
1/2 cup red onion, diced
1 small avocado, diced
juice of 1/2 lime
1 tablespoon fresh basil, chopped
1/2 teaspoon sea salt
freshly ground pepper to taste

After husking corn, pull out as many corn silks as possible. Combine all ingredients in a large bowl. Serve immediately or allow to marinate. This salad is even better the next day! Serve as a side, with tortilla chips, or as a topping for tacos.

Sara’s Spinach Yumness Salad

1 ear corn, cut kernels off to use in salad
2c spinach
1 radish sliced thinly
1 green onion chopped
1 carrot grated
1/2 an avocado chopped
some cranberries or fresh figs on top

Lemon and olive oil, salt and pepper sprinkled on top for dressing. Toss together and eat :)
Lacie’s Lovely Salad

large handful romaine lettuce or mixed lettuce blend
1 red bell pepper, sliced or diced
1 yellow bell pepper, sliced or diced
1/2c purple cabbage, grated or chopped
3 tablespoons green onions
handful of sprouts
1/3c broccoli, chopped small
1 tomato, chopped
1/2 avocado, chopped
1-2 radish, chopped

Top with your choice of healthy dressing.

Coleen’s Crisp Salad

Handful of romaine or spinach
1/2c fresh snap peas, chopped
1/2c purple cabbage grated or chopped
1/2 cucumber, sliced,
1/2 carrot, sliced
1 radish, sliced

Place in a beautiful bowl and top with your favorite dressing.
Sandra’s Strawberry Avocado Salad

- handful of spinach
- 1c strawberries, sliced
- 1/4c pecans
- 1/2 avocado
- 1/8c Gorgonzola cheese, sprinkled on top

Top with Raspberry vinaigrette. YUM!

Pattie’s Persimmon Salad

- 1/2 small crisp head lettuce
- 2 stalks celery, chopped
- 1 large persimmon; very ripe; cut into sections
- 2-3 oz. Cottage Cheese, organic
- 2 tablespoons walnuts, chopped

Place lettuce into a bowl and top with other ingredients. I like this salad with a light citrus dressing or with no dressing at all.
Cora’s Crisp Apple & Cabbage Salad

1c red cabbage, shredded
1c Napa cabbage, shredded
1c Granny Smith apple, thinly sliced
1 teaspoon lemon juice
1/8c golden raisins, soaked
1/8c raw sunflower seeds

Toss apples in a bowl. Squeeze a little lemon juice on top and mix in to keep apples from browning. Mix rest of vegetables in, toss with dressing and serve.

Francesca’s Fennel & Orange Salad

1/2 head leaf lettuce, chopped
1/2 head radicchio, chopped
1 bulb fennel, sliced
1/4 red onion, sliced
2 oranges; peeled, segmented & chopped
1/4c slivered almonds
Fertility Friendly Salad Dressings
Fertility Friendly Salad Dressings

Making your own salad dressings is so much easier than you would ever think and they taste so much better. Most dressings in the grocery store use cheap oils with little nutritional value. Put some pizzazz and health into your life with these homemade dressings and sauces.

What makes these dressings “fertility friendly”?

The recipes below are nutrient dense salad dressings. The oils that are included in each recipe are rich in Omega 3 fatty acids which are extremely important for hormone production and balance. In addition, the dressings below are void of canola oil (which does not provide many nutrients). Since they are fresh salad dressings they will only last for 3-4 days in the refrigerator.

Salad Dressings

- Fertility Salad Dressings
- Easy Balsamic Salad Dressing
- Creamy Balsamic Vinaigrette
- Healthy Caesar Dressing
- Healthy Ranch Dressing
- Amazing Raspberry Vinaigrette
- At Home Goddess Tahini Dressing
**Easy Balsamic Salad Dressing**

1/8 cup extra virgin olive oil  
1/8 cup hemp seed oil or walnut oil  
1/4 cup balsamic vinegar  
1 teaspoon Herbes de Provence  
1 teaspoon Dijon mustard  
1 clove garlic crushed  
fresh ground pepper to taste

Whisk all ingredients together, toss with green salad and voila!

**Creamy Balsamic Vinaigrette**

2 tablespoons Vegenaise®  
1/4 cup balsamic vinegar  
1 teaspoon Dijon mustard  
1 teaspoon honey  
1/2 cup olive oil (extra virgin)  
1/4 cup hemp seed oil or walnut oil  
1 teaspoon chives (finely minced)  
1 teaspoon parsley (finely chopped)  
salt to taste  
ground pepper to taste

Whisk together balsamic vinegar, chives, Vegenaise, Dijon mustard, parsley, and sugar together in a mixing bowl. Add oils while whisking until all the oil is incorporated. Season with spike and fresh ground black pepper. Store in refrigerator until needed.
Healthy Caesar Dressing

1/8 cup cold-pressed olive oil
1/8 cup walnut or hemp seed oil
2 cloves garlic, chopped
4 medium stalks celery, cut into thirds
1/2 cup water
1/4 cup freshly squeezed lemon juice

Put everything in a blender and blend it up. Tastes great on crispy romaine lettuce.

Healthy Ranch Dressing

1 1/2 cups soaked nuts (cashew or macadamia soaked for 1-2 hours)
3/4 - 1 cup water
3 tablespoons lemon juice (1/2 lemon)
1/3 cup cider vinegar
1/3 cup extra virgin olive oil
3 pitted and soaked dates (makes it easier to blend if they are soaked 1-2 hours)
2 cloves garlic
1 teaspoon garlic powder
3 teaspoons onion powder
1 teaspoon dill
1 tablespoon sea salt
1/2 teaspoon basil

Blend everything in the blender. Then add:
1/4 cup finely minced parsley
another 1/2 t dill, minced
This works great as a dressing or a dip for veggies:)

1/4 cup Nama Shoyu soy sauce
2 tablespoons sweet white miso
5 organic unsulfured dates, pitted
freshly ground pepper to taste
optional: pinch of kelp flakes
Amazing Raspberry Vinaigrette

1 pint of raspberries
2 tablespoons basil chopped
1 tablespoon honey
1/2c balsamic vinegar
1 - 1 1/2c olive oil
salt and pepper to taste

Put raspberries, basil, honey, balsamic vinegar together in the blender and puree. After it is all blended slowly drizzle the oil into the blender while it is running. After using about 1 cup of oil, taste the dressing to see if you need to add more oil. If you like your dressing thinner add a little bit of water while the blender is running to make it thinner.

This is my favorite recipe ever. It stays fresh in the fridge for 3-4 days.

At Home Goddess Tahini Dressing

1/2 cup extra virgin olive oil
3 tablespoon tahini
2 tablespoon cider vinegar
1/2 tablespoon tamari
1/2 tablespoon lemon juice
1 clove garlic, chopped
pinch salt
1 teaspoon parsley, chopped
1 teaspoon chives, chopped
water as desired

Place in a blender and blend or place in a jar with lid and shake until thoroughly mixed.
Dark Leafy Greens Recipes
Dark Leafy Greens Recipes

**Broccoli**
- Steamed/sautéed broccoli with almonds and sesame oil
- Broccoli salad
- Orange broccoli with walnuts
- Broccoli vegetable steam with almonds

**Spinach**
- Spinach salad (raw)
- Steamed spinach
- Spinach blueberry smoothie (raw)
- Spinach sautéed with garlic

**Swiss Chard**
- Red Swiss chard with Garbanzo beans
- Raw rainbow Swiss chard wraps with pecan filling (raw)
- Roasted beets with Swiss chard

**Bok Choy**
- Asian Bok Choy sauté
- Bok Choy miso soup
- Marinated Bok Choy (raw)

**Brussels Sprouts**
- Brussels sprouts slaw with apples, raisins and walnuts
- Steamed brussels sprouts and cauliflower with fresh Parmesan and toasted walnuts
- Brussels sprouts with cashew hemp pesto

**Kale**
- Kale avocado salad (raw)
- Steamed kale
- Kale strawberry smoothie (raw)
Broccoli Recipes

Orange Broccoli with Walnuts

1 tablespoon grape seed oil
1 orange, remove peel in 1” strips with a vegetable peeler
1/4 - 1/2 cup walnuts (or pecans)
2 cups broccoli, bite sized
juice of orange
2 tablespoons tamari or soy sauce
1/2 tablespoon lemon pepper
1/4 - 1/2 tablespoon finely minced fresh ginger
1 clove garlic minced

1. Steam broccoli for 3-5 minutes. Remove and set aside.
2. In a skillet heat the grape seed oil over medium heat. Add garlic, orange peel and nuts. Sauté until the orange peel begins to turn golden on the edges. You have to keep an eye on this so you do not burn the garlic or the orange peel. Should take about 2-3 minutes.
3. Add broccoli and sauté five minutes. While cooking broccoli, sprinkle mixture with the orange juice. After about four minutes, add soy sauce, ginger and lemon pepper.
4. Stir well and serve either hot, warm, or chilled.
Broccoli Vegetable Steam with Almonds

2 large carrots, sliced into rounds
1/2 head cauliflower, sliced into florets
1/2 head broccoli, chopped into florets
1 tablespoon apple cider vinegar
2 teaspoons mustard
2 teaspoons honey
salt and pepper to taste
1/3 cup raw almonds, crushed

1. Steam vegetables for 3-5 minutes.
2. Mix together the apple cider vinegar, mustard, honey and salt and pepper.
3. Place steamed vegetables in a large bowl. Pour the dressing over the top and toss.
4. Toss in the almonds and serve.

Steamed/Sautéed Broccoli with Almonds and Sesame Oil

2 cups broccoli, chopped into bite size pieces and steamed
1 tablespoon toasted sesame oil
tamari or soy sauce to taste
brown rice vinegar to taste
1/2 cup sliced raw almonds, lightly toasted (see below)

1. Steam broccoli for 3-5 minutes.
2. Whisk together tamari, sesame oil, brown rice vinegar, set aside.
3. Spread almond slices on a baking sheet, toast until they turn slightly golden, when done set aside.
4. Place steamed broccoli in a large bowl, pour over liquid mixture toss to coat evenly.
5. Add toasted almonds and toss with broccoli.
This is also delicious with mandarin orange slices or fresh pineapple.
Broccoli Salad

2 lbs. steamed broccoli florets
1 red pepper sliced
1/2 lb. fresh crimini mushrooms, stems removed, sliced
2 cups mung bean sprouts
1/3 cup raw sunflower seeds, shelled

Dressing:
1/3 cup olive oil
1/3 cup white wine vinegar (other vinegar may be used)
1 shallot finely chopped
salt and pepper to taste
juice of 1/4 lemon

Whisk or shake all dressing ingredients until well blended.

1. Steam broccoli for 3-5 min., refrigerate until cold. Do not over-steam, should be slightly tender, not mushy.
2. In a large salad bowl combine chilled broccoli, red pepper slices, mushrooms, sprouts, and sunflower seeds. Toss gently.
3. Pour dressing all over, toss gently again.
Spinach Recipes

Spinach Salad with Strawberries and Blueberries

1 lb. of raw baby spinach, rinsed and torn into pieces
1 quart of fresh strawberries, rinsed, hulled and cut into quarters
1 cup fresh blueberries
1/3 cup sliced almonds, slightly toasted

Dressing:
1/8 cup agave
1/2 cup olive oil
1/4 cup white wine vinegar
1 tablespoon poppy seeds
1 tablespoon minced onion (optional)

1. Combine all ingredients for dressing, whisk until well blended. Cover and refrigerate for 10 minutes.
2. In a large salad bowl lightly toss spinach, strawberries, blueberries and almonds.
3. Pour dressing over salad, lightly toss again. Serve immediately or chill for 15 minutes.
Spinach Salad with Mango, Black Beans and Feta

1 bunch Spinach, washed
1 large or 2 small Mangos, peeled, seed removed and chopped to medium dice
1/2 sweet onion, thinly sliced
1/2 cup crumbled feta (optional)
11/4oz. can black beans, drained/rinsed

Dressing
2 tablespoons lime juice
1 tablespoon champagne or white wine vinegar
5 tablespoons olive oil
1 teaspoon honey or agave
salt and pepper to taste

In a large bowl, toss together spinach, mangoes, onion, black beans and feta.
In a blender place lime juice, olive oil, vinegar and honey. Blend until emulsified. Season with salt and pepper. Toss salad in dressing and serve immediately.

Prep time: 15 minutes
Serves: 4

Spinach Salad with Sun Dried Tomato and Blue Cheese

1 lb. Baby spinach rinsed and dried
3/4 cup sun dried tomatoes, cut into bite size pieces
2 tablespoons sunflower seeds, raw, shelled
1/4 cup blue cheese crumbles (optional, but delicious)
1/2 cup sliced mushrooms

Lightly toss all ingredients in salad bowl. Serve with balsamic vinaigrette.
Spinach Blueberry Smoothie

1 cup fresh spinach
2 cups frozen blueberries
1 banana
1 tablespoon maca powder
1 tablespoon protein powder
1 Date pitted; if you don’t have a date may substitute a little agave
Milk of choice to smooth out; almond, hemp, oat.

Put all ingredients in blender, add milk as needed to smooth out consistency.

Spinach Sautéed with Garlic

1 head of spinach, stems removed, well rinsed, coarsely chopped
1/4 onion finely chopped
4 cloves garlic sliced
2 tablespoon olive oil; more if needed
salt and pepper to taste

1. In a large skillet heat olive oil over medium heat, add onion, garlic, salt and pepper, sauté until onion is translucent and garlic begins to brown.
2. Turn heat to low, add spinach. Sauté until slightly wilted, add more olive oil if needed.

Great simple side dish.

Serves: 2
Steamed Veggies with Spinach

Add spinach to any variety of steamed veggies, you just have to remember it takes different amounts of time to steam different kinds of veggies. For example carrots or broccoli take longer to become tender than spinach. Yams take longer than green beans. Add any variety of veggies to your steamer basket.

1. Adding tougher veggies first, steam longer, then add veggies that take less time.

2. Toward the last minute of steaming cover all the veggies with a thick layer of spinach, cover and steam for minute longer. Check to see if spinach is slightly wilted, if it is blackish and totally droopy you have steamed it too long.

3. Once it is ready remove from heat immediately and serve or place in a bowl, cover to keep warm.

4. Save the water from the steaming veggies for soups, great substitute for liquids in recipes.

Remember to not steam veggies especially leafy greens for too long or you will make them mushy and they lose nutritional value.
Kale Recipes

Kale Avocado Salad

1 head of kale; washed, taken from stem and chopped
1 avocado
2 tablespoons olive oil (or as needed)
1 lemon
1 tomato, chopped
1/2 large cucumber chopped
sea salt
garlic powder

Put everything together in a bowl and massage with your hands. This makes the kale soften and flavors mix well. Once the kale is soft, you can eat right away or store in the fridge for later.

Kale Strawberry Smoothie

1 cup kale, rinsed, stems removed and ripped into pieces small enough to fit in blender
2 cups frozen strawberries
1/2 cup frozen raspberries
1 teaspoon royal jelly
1 tablespoon maca
2 Evening Primrose capsules, poke hole in top and squeeze out oil (optional)
1/2 cup plain yogurt (optional)
milk of choice, almond, rice, hemp, oat, cashew, etc.
a bit of agave or honey to taste

Place all ingredients in blender add desired amount of milk to reach desired consistency. Adding some of the yogurt and liquid first helps to get things mixed up easier.
Steamed Kale

1 large bunch of kale

1. Rinse Kale well, remove stems, coarsely chopped.
2. Put 2 inches of water in a pot, bring to a boil over high heat.
3. Place chopped Kale in steamer basket, place the basket in pot, cover with a tight fitting lid.
4. Reduce heat to medium.
5. Steam for 3-5 minutes.
6. Remove from heat, place in serving bowl, delicious just like that or you may add additional ingredients, see below.

Optionals: Gently toss with any of the following:
- olive oil
- a bit of olive oil mixed with vinegar of choice
- grated carrot
- sesame seeds
- toasted quinoa
- grated Parmesan cheese
- chopped nuts
Swiss Chard Recipes

Red Swiss Chard with Garbanzo Beans

1 bunch red Swiss chard, rinsed well and chopped coarsely
1/2 cup cooked Garbanzo beans, drained and rinsed
1/2 cup cherry tomatoes, halved
1/2 onion chopped
1 clove garlic minced
1 teaspoon red wine vinegar
2 tablespoons olive oil
juice of 1/2 a lemon
salt and pepper to taste

1. In a large skillet heat olive oil over medium heat. Add onion and garlic, sauté until onion is translucent.
2. Add garbanzo beans, stir, cook until beans are all heated. Season with salt and pepper.
3. Add Swiss chard, stir, cook until wilted. Lower heat, add tomatoes, red wine vinegar and lemon juice, stir and heat through. Serve.

Raw Swiss Chard Wraps with Pecan Filling

1/4 cup lime juice
2 tablespoons olive oil
6 large Swiss chard leaves (rainbow is nice)
1/2 cup sprouts
1 cup grated carrot
1/2 cup thin sliced red onion (optional)
1/2 cup thin sliced red pepper
1 small cucumber sliced lengthwise into matchsticks
1 cup raw pecans
1 clove garlic, crushed
1 teaspoon ground cumin
salt and pepper to taste

To prepare the night before:
1. Trim ribs from chard, slice like you would celery. Put leaves in fridge for tomorrow.
2. Place chard ribs, carrot, red pepper, onion, lime juice and olive oil in a bowl, lightly toss and cover, refrigerate to marinate overnight.

Directions for Pecan Filling
1. Soak 1 cup raw pecans overnight at room temperature.
2. Drain pecans, reserve liquid.
3. In a food processor or blender place pecans, 1/4 cup reserved liquid, cumin and garlic. Add desired amount of salt and pepper. Puree until smooth and creamy (may take 2-3 minutes), adding more reserved liquid as needed.

To Prepare Wraps
1. Place a chard leaf on a cutting board. Spread about 2 tablespoons of pecan filling on chard leaf.
2. Spoon marinated mixture, approx. 1/3 cup on top of pecan filling.
3. Top with cucumber and sprouts.
4. Roll chard leaf tightly, tucking sides in, pin with a toothpick.

Keep refrigerated, keeps for up to 2 days. Great idea for a lunch or appetizer, really nice to serve at a party because of the variety of color the rainbow chard provides.
Roasted Beets With Swiss Chard

3 large beets, greens removed, peeled, end removed, cut into 1 inch pieces
2 garlic curls, also known as garlic scapes, chopped
3 cups chopped Swiss chard, torn into bite sized portions
1/4 cup olive oil; 1/2 cup olive oil for dressing
1/4 cup white wine vinegar
salt and pepper to taste

1. Preheat oven to 400 °F. Coat bottom of baking dish with olive oil, put in beets, drizzle and then toss the beets with remaining 1/4 cup of olive oil. Roast the beets for 15-25 minutes or until tender (test with fork, beets should pierce easily, but should not be mushy).

2. In a bowl whisk together, vinegar, 1/2 cup olive oil, salt and pepper. Stir in chopped garlic curls. Set aside.

3. Allow the beets to cool for 5 minutes. Place them in a large serving bowl with chard leaves. Whisk dressing again an pour over beets and chard, mix gently to coat with dressing. Serve.
Bok Choy Recipes

Asian Bok Choy Sauté

1 1/2 lb. Bok Choy
1 teaspoon sesame oil
1 1/2 tablespoons peanut oil (if allergic substitute another oil)
1 tablespoon sesame seeds
2 cloves garlic finely minced or pressed
1 1/2 teaspoon grated fresh ginger
3 - 4 tablespoons vegetable broth
1/2 teaspoon tamari or soy sauce

1. Cut off bottom of Bok Choy, but leave the stems (be sure to just remove the very bottom). Spread Bok Choy leaves apart and rinse well, even the heart. Set aside.

2. Mince garlic and grate ginger, set aside.

3. Whisk in a very small bowl sesame oil, sesame seeds and tamari, set aside.

4. In a cold wok or frying pan add peanut oil, garlic and ginger. Turn burner to medium-high.

5. Stirring every so often cook garlic and ginger, should sizzle. Cook until a golden brown.

6. Once the garlic and ginger are golden brown and smell wonderful, add Bok Choy. Toss over and over until coated with oil.

7. Pour in broth, cover, cook for 1 to 1 1/2 minutes. Remove from heat, drizzle sesame oil mixture over the Bok Choy. Serve!

Serves: 4
Bok Choy Miso Soup

2 tablespoons oil
4 leaves of Bok Choy, rinsed, sliced in 1 inch ribbons including stems
4 cups vegetable broth
1 carrot, thinly sliced
1/2 cup bamboo shoots
2 green onions sliced
1/4 cup sliced mushrooms
1 teaspoon tamari
1 garlic clove crushed
2 tablespoons miso paste
black pepper to taste

1. In a heavy soup pot place oil, turn to medium heat, put in carrots and garlic, sautée until almost tender.

2. Add broth, tamari, and mushrooms, bring to a boil, once boiling reduce heat to low so that soup is simmering, simmer until mushrooms are almost done.

3. Add green onion, Bok Choy, black pepper and bamboo shoots, cook for a few minutes, add miso. Stir until miso is well blended. Add additional sliced shallot for garnish if desired.

Serves: 2
Marinated Bok Choy

5 baby Bok Choy
1/2 cup shredded red cabbage
1/4 cup shredded carrot
1/2 cup cherry tomatoes
2 sliced radishes

Dressing:
1/4 cup sesame oil
2 tablespoons fresh orange juice
2 teaspoons fresh lime or lemon juice
2 tablespoons brown rice vinegar
2 cloves garlic minced or crushed
1/2 teaspoons grated fresh ginger
sesame seeds (optional)

1. Cut bottoms off Bok Choy stems (where they are all attached). Spread leaves apart, rinse well. Pat dry.
2. In a large salad bowl (preferably glass or ceramic) add Bok Choy, tomatoes, carrots, cabbage and radishes.
3. Whisk all ingredients for dressing, add to Bok Choy/veggie mixture, mix until all veggies are coated well. Cover, refrigerate, let marinate 1 hour. Serve. Keeps refrigerated for up to 2 days.
Brussel Sprouts Recipes

When purchasing Brussels Sprouts choose ones that are round and firm, not loose, elongated or squishy.

Brussels Sprouts Slaw with Apples, Raisins and Walnuts

1/2 lb. Brussels sprouts, remove outer layers
1 apple, preferably Honey Crisp or Granny Smith
1/2 cup raisins
1 stalk celery, sliced
2 green onions, white and pale green part only, sliced
2 tablespoons apple cider vinegar
1/4 cup olive oil
1/4 teaspoon sea salt
1 teaspoon Dijon mustard
freshly ground black pepper
1/2 cup walnuts, chopped and lightly toasted

1. Shred the Brussels sprouts in a food processor.
2. Dice apple, peel if using Granny Smith.
3. Thinly slice the green onions and toss with the shredded Brussels sprouts, celery, raisins and apple pieces.
4. In a small bowl whisk the cider vinegar, olive oil, salt and Dijon mustard. Toss the dressing with the salad, season with freshly ground pepper to taste, sprinkle with toasted walnuts. Let stand for 15-20 minutes.

Serves: 4-6
Steamed Brussels Sprouts and Cauliflower with Fresh Parmesan and Toasted Walnuts

1 lb. trimmed Brussels sprouts
3 cups cauliflower florets
1/4 cup chopped walnuts, lightly toasted
1/4 cup fresh grated parmesan cheese
1 tablespoon finely chopped fresh Italian parsley
1 tablespoon olive oil
1 teaspoon fresh lemon juice
salt and pepper to taste

1. Place Brussels sprouts in a steamer basket over 1-2 inches boiling water, steam covered for 10 minutes.
2. Add cauliflower, steam for additional 2 minutes or until tender.
3. While steaming, whisk olive oil, lemon juice, salt and pepper.
4. Drain, transfer Brussels sprouts and cauliflower to a medium bowl. Drizzle with oil mixture.
Brussels Sprouts with Cashew Hemp Pesto

10 Brussels sprouts, outer layers removed, shredded
1/2 pint of cherry tomatoes, rinsed, halved
juice of 1 lemon, reserve half of the juice for the pesto
1 cup raw cashews
1/2 cup fresh parsley, firmly packed
1 cup fresh basil leaves, firmly packed
1 cup olive oil
2 cloves garlic
1 tablespoon hemp seeds
1/4 teaspoon paprika
1/2 teaspoon sea salt
1/2 black pepper

1. Place shredded Brussels sprouts in a large bowl with cherry tomatoes, toss with half of the lemon juice and a bit of salt.

2. Prepare the Pesto

   Place cashews, parsley, basil, olive oil, remaining lemon juice, garlic, hemp seeds, paprika, salt and pepper in a blender or food processor. Blend until smooth, thick and creamy.

3. Scoop out pesto into Brussels sprouts/tomato mixture, stir well to coat evenly. Serve.
Resources
Remember:
Every cell in your body is made from the foods, supplements and herbs you put into your body. This includes your eggs (ovum), uterus, ovaries and soon to be baby.

Tips:
Start your day off healthy and the rest of the day will be a cinch. Have a quart of water upon waking, then a fertility smoothie for breakfast which includes your green drink powder and you have 3 things checked off of your list already.

Add lemon to your water to make it taste great. Or you could make a quart of sun tea with healthful herbs and have that as your morning quart. Some herbs that would be great for this are raspberry leaf, oats and nettle + a pinch of green stevia for sweetness.

Three times a week make sure to include cruciferous vegetables such as broccoli or Brussels sprouts (counts as a dark leafy green) into your diet as they help to support the body in getting rid of excess estrogens.
Interview with FDC Graduate: LaVonde

What has been your fertility story thus far?

15 years ago I had a molar pregnancy. Since that time, I have never tried to conceive. At the age of 35, my husband and I are ready to start trying for children this summer.

What was your diet like before the FDC?

Since about 3 years ago, I stopped eating meat. I eat vegetables, seafood and occasionally cheese. I rarely eat sugar and I only drink water, green drinks and any vegetables or fruits that I juice.

How has your life/health changed since starting the FDC?

Since starting the challenge, I have gotten back into the habit of eating raw foods. I am really bad with breads and this challenge helped me to get creative with fresh live vegetables again. I also forced myself not to use as many frozen vegetables as I used to.

Which of the Important 5 was the hardest?

The hardest was definitely the water. I was never used to consuming that much water first thing in the morning.

How did you overcome this?

Each morning I would pace myself: 12 ounces when my feet hit the floor, 12 ounces immediately after the shower and then the last 8 before putting on my make-up. After a while, I was able to do 24 ounces at once and then the other 8 ounces after my shower.
Which of the Important 5 was your favorite?

The green salad was my favorite. I tried different variations of salads including pressed.

If you could add an Important 6th, what would it be?

I would add a serving of seeds each day i.e. sesame seeds, pumpkin seeds, sunflower seeds or other. These are so healthy and I love them alone or in salads.

What tip would you give to a newbie just starting this challenge?

Just do it! I would tell them to plan out the meals for the entire week, then go to the store and shop only for the items you need. Allow yourself to try 2 new recipes each week. It keeps it fun.

Please share a favorite recipe of yours you used a lot during the FDC...

My favorite recipe I used during the cleanse was Sautéed Greens. Starting with olive oil on medium heat, sauté red, green and/or yellow peppers, onion, garlic and ginger. Once tender, add greens – I use kale and spinach. Sauté only until wilted. Add Braggs herbs, Liquid Aminos, and Lemon. A dash of cayenne is also great too. Yum!
Interview with FDC Graduate: Georgina

Please share your fertility story thus far:

Prior to starting on the FDC, I had resigned myself to going down the interventional IVF route. I had been on the depo injection for 10 years without a break, and came off it when we decided to start a family, and that was 2008. I was aware that other women had problems and it took about 2 years to regain fertility so naturally I was worried. I was pleased when my period arrived in May 2008, and needless to say we started trying. By the end of the year, there was still nothing and I underwent a series of tests. Thankfully, my tubes were fine and my ovaries looked normal, but my hormone levels were apparently very low.

Whilst I was waiting for my referral to the consultant, I started on Vitex, but this shortened my cycles drastically, and quickly decided it was not for me. I bought every book you could think off, and a lot were suggesting charting, temping, etc. and totally avoiding detergents, etc. That was a bit too draconian for me, and when my doctor offered Clomid, I gladly took that. However, the first cycle of Clomid didn't work, then I went on a second where they upped the dose to 100mg. I didn't like this approach as the only thing I could think about day and night was "Am I ovulating" and making love became very mechanical.

We then decided to go on holiday, and we had to take anti-malaria tablets. The ones we took were not advised during pregnancy, so that I thought it was the perfect opportunity for a break. Whilst on holiday in Africa, we ate a lot of organic healthy stuff, as they do not do a lot of food processing, with loads of fruits and green vegetables. The only thing we did wrong was drink loads of fizzy drinks. I didn't trust the water, and fizzy drinks were the safest bet between staying hydrated and catching some nasty bug.

When we got back to the UK, I started thinking about detoxing and that is how I stumbled upon the FDC. My new year's resolution was to eat healthy so this was a perfect fit, with the added possibility of actually getting pregnant. So on January the 1st, I started the FDC.

What was your diet like before the FDC?

Before the FDC, I wasn't too bad with my food as I don't like sugary food which cuts out a lot of processed food for me. I had a very high salt intake, and not from junk food, but the table salt variety. I was not a bread/wheat person so tended to stay away from those, and I wasn't a fan of milk as it gives me stomach cramping. I know it looks fairly healthy, but I was terrible with drinking water and my vegetables. This used to wind DH up, and he resorted to making me eat vegetables by stealth at one point. Even fruits were a rare occurrence in our house, despite 2 beautiful fruit bowls. We tended to have the canned fruit.
How has your life/health changed since starting the FDC?

Since starting the FDC, I have become more conscious of what I am eating. My skin is so much clearer with no spotty outbreaks, my nails are stronger, and I am more alert and raring to go. We also tend to buy more healthy, organic food and I have started eating vegetables again. I am still trying to get around the salads though. The other big benefit is my immune system has improved tremendously - I work in an open plan office, and there has been some cold that has gone around twice, and I am always the last man standing. That is unusual as I usually catch whatever is going around.

Which of the Important 5 was the hardest?

The salad. I had to force myself to eat it. There's something about cold food I don't like. I don't like tomatoes, so it did help to replace them with apples.

How did you overcome this?

Eat the salad first... and adding fruit to it made it more bearable for me.

Which of the Important 5 was your favorite?

The superfoods - maca/royal jelly/spirulina. They energized me and leveled my hormones. However, water in the morning was not my favorite to start off with, but I somehow got weaned off the cordials and fruit juices. I now crave water, that's all I'll have.

If you could add an Important 6th, what would it be?

It's a close one between folic acid and exercise. I guess I was aware that my previous diet did not include loads of opportunities to include folic acid, so I took this together with my superfoods. And I think exercise has the relaxation element to it.
What tip would you give to a newbie just starting this challenge?

I would definitely say its about not concentrating so much on having a baby. I ditched the OPKs, temping, cervical mucus monitoring, etc., you name it and just stuck with keeping track of cycle length. This took the worrying and anxiety out of my schedule, and I just listened to my body. I don't like worrying about things I cannot control. Whilst I could control what went into my body, there was no way I could influence when one of my eggs would mature, then pop out, etc. So I just left it to nature to sort out, and when I let go that's when it happened. I honestly was not expecting, and even bought some sanitary kit.

Please share a favorite recipe of yours you used a lot during the FDC...

My favorite recipe was the Okonomiyaki. It is a Japanese savory pancake and it means your cooked favorites. It consists of a batter high in protein, especially if you use whole wheat flour, and a key component is vegetables, especially salad or something that is leafy green. You then add seafood or whatever meat you like, together with ginger, and a few other bits. If you are vegetarian you just exclude the meat and add more veggies. The original recipe uses yams, which are supposedly good for fertility as well, but I had no access. The pancakes look small, but they are the most filling things you will ever eat.

Here are some links to variations. You don't have to use everything, my favorite is the top one;

http://www.nhk.or.jp/nhkworld/english/tv/kitchen/archives200723.html
Interview with FDC Graduate: Cathryn Attala

After a year and a half of TTC Cathryn Cathryn is now pregnant.

What was your diet like before the FDC?

Before I did the FDC my diet consisted of a lot more refined carbs, red meat and I was not aware of how little fresh fruit and vegetables I was eating on a daily basis.

How has your life/health changed since starting the FDC?

The FDC gave me the health boost that my body and mind needed in order to fall pregnant. Although I no longer follow the diet so regimentally, I am more aware of what goes into my daily diet and I consume very little refined carbs, substituting them with whole grains. I make an effort to eat fresh fruit and veg every day and I continue to take spirulina, along with DHA and my prenatal vitamins daily.

Which of the Important 5 was the hardest?

Eating a large dark green leafy salad every day.

How did you overcome this?

Instead of sitting down to a large salad every day, I incorporated dark leafy greens like baby spinach and rocket into either my lunch or dinner. For example adding rocket leaves to my sandwich or wrap. Or baby spinach to my pizza. I also added fresh baby spinach to my smoothie in the morning believe it or not!

Which of the Important 5 was your favorite?

The smoothie! I looked forward to my smoothie every morning. I have never been a breakfast person and I found the smoothie easy to get down in the morning and it made me feel fantastic for the rest of the day. Its a great way to get your daily fruit in. Unfortunately since I have been pregnant, my feelings toward the smoothie are not the same so I have temporarily given them up.
If you could add an Important 6th, what would it be?
Quinoa — I found this grain so versatile and it contains all the essential amino acids one needs (great for your man as well as amino acids are a natural way to boost lazy sperm). I added cooked quinoa to my morning smoothie, soups and salads.

What tip would you give to a newbie just starting this challenge?
Make sure that your heart is in it 100% and have fun!

Please share a favorite recipe of yours you used a lot during the FDC...
Organic pizzas: Our local health store has fantastic organic wholewheat pizza bases which have become a favorite of mine and my husband’s. I add fresh tomato puree as a base with some crushed garlic. Then top with baby spinach, mushrooms, fresh pineapple, turkey breast and buffalo mozzarella.
Interview with FDC Graduate: Andrea Black

What has been your fertility story thus far?
My husband and I have only been married for over a year (October 2009) so we haven't started officially trying yet but I want to get healthy so that when we do try in the near future my body with be in the optimum place.

What was your diet like before the FDC?
Sporadically healthy I'd say. I have a strange relationship with food — I love being healthy and I love being bad so it is usually a "good during the week bad on the weekends" kind of thing. I have PCOS and digestion problems (possibly undiagnosed IBS) and so I needed to also cut out dairy, caffeine and sugar for these 21 days.

How has your life/health changed since starting the FDC?
I've felt SO MUCH BETTER first off. And I've also doubled my greens intake. I started to exercise more regularly and as a result felt so much stronger and more balanced.

Which of the Important 5 was the hardest?
Probably the salad as it seemed to take the most effort and I don't generally like cold food.

How did you overcome this?
By adding fruit to my salads, I started to get more creative and really enjoyed the variety.

Which of the Important 5 was your favorite?
The water in the morning. Even though it wasn't always easy to drink that much so early it just made me feel so much better to be hydrated and it set a good pattern for the rest of the day.
If you could add an Important 6th, what would it be?

A Healthy source of protein or Herbal Tea.

What tip would you give to a newbie just starting this challenge?

Just go for it and don't be intimidated. If you don't over think it or put too much pressure on yourself to be perfect — you will accomplish a lot more than you might have imagined. We all have bad days and mess ups but staying positive and seeing each moment as a new one to make healthy choices is key.

Please share a favorite recipe of yours you used a lot during the FDC...

Smoothie recipe:
1/4 cup greek yogurt
1/2 cup frozen fruit
1 banana
1 cup spinach
2 teaspoon cod liver oil, lemon
1/4 cup tart cherry juice
4 teaspoon greens
3 ice cubes

I split this smoothie with my husband and it has just the right level of tartness and sweetness and is sooo good for you! ;)}
Interview with FDC Graduate: Charlotte Thompson

What has been your fertility story thus far?
I had my daughter in 1997 when I was 25 and then began TTC again this time last year with my husband to be (getting married June 25th, 2011!). About 3 months ago I decided I might need to make more of an effort due to my age and accepted that it wasn’t “just going to happen” like it did in my 20’s. I did the fertility cleanse, started taking royal jelly and maca and also really thinking about my diet. I am also getting support from an acupuncturist who specializes in fertility issues.

What was your diet like before the FDC?
Very hit and miss! I could have some really good days and then some really awful ones. I have always loved salads and most days managed to get one of those in but I could really binge out on sugar and caffeine.

How has your life/health changed since starting the FDC?
I find I am in much more of a routine than I ever used to be especially in the mornings (and I am not a morning person). I also tend to have a lot more energy throughout the month and energy that is a lot more even - rather than massive highs and crashing lows.

Which of the Important 5 was the hardest?
The smoothies initially - I think I thought it was going to be hard and so it was. I looked at the list of some of the ingredients and just thought I couldn’t ever do it!
How did you overcome this?

I accepted that the process was about progress and not perfection and stopped making excuses. I found my local supermarket did frozen blueberries and just started blending them with a banana, maca, spinach and whatever else I fancied. If I have time I will source out ingredients to do a different one but keeping this one as my staple couldn’t be easier. And of course I get to add the greens and it doubles up to 2 of the 5!

Which of the Important 5 was your favorite?

It came to be the smoothie!

If you could add an Important 6th, what would it be?

Well apart from blogging, which I found really helpful for support and to keep me on track it would be to repeat the mantra “Progress not perfection” several times a day! I can use my perfectionism as an excuse to do nothing — but even if I manage just to drink a quart of water in the morning with lemon juice that is SO much better than not. And it is so easy to do. And free!

What tip would you give to a newbie just starting this challenge?

Remind yourself that it is about making lots of little changes not completely overhauling your diet to something you have no chance of sticking to in the long run. If you don’t hit your 5 for the day remember to congratulate yourself for the 1, 2, 3 or 4 that you did manage. And know that your body is so grateful for the love you are giving it :-)

Please share a favorite recipe of yours you used a lot during the FDC...

I always take soup to work in a flask with me and I think my favorite was parsnip. I would cut up one large parsnip, soften it in olive oil for about 5 minutes with the pan lid on. Add just under a pint of stock (I use homemade chicken stock or a vegetable one called Marigold that has no nasty additives) and let it boil for about 10 minutes. Blend. Turn off the heat, let cool a little and then add in a handful or two of spinach and blend again. This way you get your daily greens with all their goodness as they have been blended raw and not cooked. And it tastes delicious (watercress also works really well!)

*After softening the parsnip in oil I add in half a tsp of ground coriander, cumin and turmeric and a pinch of chilli powder!
Interview with FDC Graduate: Connie

What was your diet like before the FDC?

I drank red wine occasionally (1-2 times per month), about 5-10 cups of coffee each day (sometimes all before 9am!), and often had sweets during times of stress. I was sorely deficient in veggies and fruits and my diet was primarily carbs (rice/pasta/bread) plus protein (chicken/fish).

How has your life/health changed since starting the FDC? I have so much more energy and feel really positive about the actions I am taking to ensure the health of my body and mind! The FDC has also inspired me to squeeze in exercise most days of the week whether it's a nice jog or yoga or even walking.

Which of the Important 5 was the hardest?

The greens were the hardest for me because I live in an isolated place which produces almost no native foods and greens are definitely not one of the few items available. There are weeks where a dark leafy green cannot be found in the stores.

How did you overcome this?

I chose to order a super green power supplement which added 5-9 servings of veggies and fruit to my day. I usually drink this with water in the morning and also add a scoop to my smoothie.

Which of the Important 5 was your favorite?

The smoothie is my favorite. I love the fruits and the texture! I usually used frozen fruits for this.

If you could add an Important 6th, what would it be?

Eat mindfully. Chew each morsel well and with gratitude.
What tip would you give to a newbie just starting this challenge?

Pre-make a few servings of salad so when those busy days are upon you, the salad is ready to go, no excuses. I did the same with the smoothies, made two or three at a time and refrigerated them for the subsequent days. Also, go easy on yourself if you slip one day and miss one of the fabulous five or add something less desirable (like potato chips!).

Please share a favorite recipe of yours you used a lot during the FDC...

One of my favorite salads contained romaine lettuce, avocado, red & green pepper, chives, tomatoes, red grapes cut in half, a sprinkling of nuts and sesame seeds. I then make my own dressing with olive oil and balsamic vinegar. Yummy!
Recipe Index

**Fertility Smoothies**
- Strawberry Fields
- Hempy Treat
- Blueberry “Milk” Shake
- Orange Aloe Healer
- Anti-Inflammatory Smoothie
- Banana Chocolate Bliss
- Enzyme Rich Colada
- Cherry Vanilla Bliss
- Maui Wowi
- Berry Berry Bo Berry
- Nutty Meal Smoothie
- Blueberry Cashew Crumble
- Blood Builder Smoothie
- Coconut Mint Green Monster
- Costa Rican Smoothie
- Popeye’s Smoothie
- Wild Green Smoothie
- Parsley Love
- Simply Green
- Iron Tonic
- Refreshing Green Smoothie
- Green Surprise

**Salad Recipes**
- Isabella’s Salad
- Janice’s salad
- Linda’s Salad
- Fatima’s Refreshing Salad
- Esther’s salad
- Lindsey’s Rainbow salad
- Maria’s Fiesta Salad
- Angelina’s Simple Salad
- Jason’s Cuban Salad
- Lola’s Lively Salad
- Leloo’s Cosmic Salad
- Ruth’s Salad
- Kristen’s Kale Avocado Salad
- Franchesca’s Corn and Avocado Salad
- Sara’s Spinach Yumness Salad
- Lacie’s Lovely Salad
- Coleen’s Crisp Salad
- Sandra’s Strawberry Avocado Salad
- Pattie’s Persimmon Salad
- Cora’s Crisp Apple and Cabbage Salad
- Francesca’s Fennel & Orange Salad

**Salad Dressings**
- Fertility Salad Dressings
- Easy Balsamic Salad Dressing
- Creamy Balsamic Vinaigrette
- Healthy Caesar Dressing
- Healthy Ranch Dressing
- Amazing Raspberry Vinaigrette
- At Home Goddess Tahini Dressing

**Fresh Vegetable Juices**
- Abundance Juice
- Happy Juice
- Laughter Juice
- Energizing Juice
- Love Juice
- Balancing Juice
- Jolly Juice
- Relaxation Juice
- Blessings Juice
- Gratitude Juice
- Loveliness Juice
- Vibrant Juice
- Super Juice
- Radiance Juice
- Adventure Juice
- Detoxifying Juice
- Ecstatic Juice
- Beautiful Juice
- Living to the Fullest Juice
- Sexy Juice
- Empowered Juice
**Dark Leafy Greens**

**Broccoli**
- Orange Broccoli with Walnuts
- Steamed/Sautéed Broccoli with Almonds and Sesame Oil
- Broccoli Vegetable Steam with Almonds
- Broccoli Salad

**Swiss Chard**
- Red Swiss Chard with Garbanzo Beans
- Raw Swiss Chard Wraps with Pecan Filling (raw)
- Roasted Beets With Swiss Chard

**Broccoli Salad**

**Spinach**
- Spinach Salad with Strawberries and Blueberries
- Spinach Salad with Mango, Black Beans and Feta
- Spinach Salad with Sun Dried Tomato and Blue Cheese
- Spinach Blueberry Smoothie
- Spinach Sautéed with Garlic
- Steamed Veggies with Spinach

**Bok Choy**
- Asian Bok Choy Sauté
- Bok Choy Miso Soup
- Marinated Bok Choy (raw)

**Brussels Sprouts**
- Brussels Sprouts Slaw with Apples, Raisins and Walnuts
- Steamed Brussels Sprouts and Cauliflower with Fresh Parmesan and Toasted Walnuts
- Brussels Sprouts with Cashew Hemp Pesto

**Kale**
- Kale Avocado Salad (raw)
- Kale Strawberry Smoothie (raw)
- Steamed Kale
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