



7-Day Paleo Fertility Meal Plan

Here is a 7-Day Paleo Fertility Meal Plan specifically designed to support hormone balance, egg and sperm health, cycle regulation, and overall reproductive wellness. It follows a nutrient-dense, anti-inflammatory, grain-free, dairy-free approach consistent with Paleo principles—ideal for preconception support.

Day 1

Breakfast:

Scrambled pasture-raised eggs with sautéed kale, sweet potato hash, and avocado

Lunch:

Grilled chicken salad with mixed greens, cucumber, roasted beets, pumpkin seeds & olive oil dressing

Snack:

Carrot sticks with almond butter

Dinner:

Wild-caught salmon with roasted Brussels sprouts and cauliflower mash

Learn more at: <http://fertility-nest.com/>



Day 2

Breakfast:

Chia seed pudding made with coconut milk, topped with fresh berries and chopped walnuts

Lunch:

Turkey lettuce wraps with avocado, shredded carrots, and paleo ranch dressing

Snack:

Hard-boiled eggs + cucumber slices

Dinner:

Zucchini noodles (zoodles) with grass-fed beef and homemade tomato-basil sauce

Day 3

Breakfast:

Coconut flour pancakes topped with almond butter and fresh strawberries

Lunch:

Tuna-stuffed avocado with arugula and lemon-olive oil drizzle

Snack:

Sliced apple with cashew butter

Dinner:

Garlic-herb chicken thighs with roasted carrots and sautéed spinach

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Day 4

Breakfast:

Egg muffins with spinach, mushrooms, and turkey sausage

Lunch:

Beef bone broth soup with vegetables and shredded sweet potato

Snack:

Handful of Brazil nuts + orange slices

Dinner:

Grilled shrimp skewers with grilled zucchini, bell peppers, and cauliflower rice

Day 5

Breakfast:

Avocado and smoked salmon on sweet potato “toast”

Lunch:

Leftover grilled veggies with shredded rotisserie chicken and tahini dressing

Snack:

Coconut yogurt with chia seeds and raspberries

Dinner:

Lamb meatballs with sautéed greens and mashed butternut squash

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Day 6

Breakfast:

Green smoothie with spinach, avocado, cucumber, frozen mango, and collagen peptides

Lunch:

Stuffed bell peppers with ground turkey, onions, tomatoes, and herbs

Snack:

Celery sticks with guacamole

Dinner:

Pan-seared cod with lemon garlic asparagus and roasted parsnips

Day 7

Breakfast:

Baked eggs in avocado with a side of roasted sweet potato

Lunch:

Chicken and veggie stir-fry (cooked in coconut oil) with broccoli, bok choy, and snap peas

Snack:

Boiled egg + handful of macadamia nuts

Dinner:

Slow-cooked grass-fed beef stew with carrots, celery, and turnips

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Fertility Boosting Add-Ons

- * Drink filtered water throughout the day
- * Add bone broth for gut and hormone health
- * Supplement with vitamin D, omega-3 (from fish oil), and a prenatal if trying to conceive

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