



# 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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