



7-Day Pegan Fertility Meal Plan

Here is a **7-Day Pegan Fertility Meal Plan** crafted to support **fertility and hormone balance**, combining the best of **Paleo** (whole, anti-inflammatory foods) and **Vegan** (plant-forward, nutrient-dense eating) approaches. This meal plan is **gluten-free, dairy-free, low-glycemic, and loaded with fertility-friendly nutrients** like folate, zinc, iron, omega-3s, and antioxidants.

Day 1

Breakfast:

Chia seed pudding with almond milk, blueberries, and ground flaxseeds

Lunch:

Grilled wild salmon over arugula with roasted beets, pumpkin seeds & tahini-lemon dressing

Snack:

Carrot sticks + guacamole

Dinner:

Zucchini noodles with lentil “meatballs” and tomato-basil sauce

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



Day 2

Breakfast:

Green smoothie with spinach, avocado, chia seeds, almond milk, and hemp protein

Lunch:

Warm quinoa bowl with roasted vegetables, arugula, and a soft-boiled pasture-raised egg

Snack:

Apple slices with almond butter

Dinner:

Grilled chicken breast with cauliflower mash and sautéed kale

Day 3

Breakfast:

Sweet potato hash with mushrooms, spinach, and poached egg

Lunch:

Lentil and chickpea salad with olive oil, parsley, cucumber, and pomegranate seeds

Snack:

Brazil nuts + orange slice

Dinner:

Pan-seared cod with roasted Brussels sprouts and a side of wild rice

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Day 4

Breakfast:

overnight oats made with chia, flax, almond milk, cinnamon, and fresh berries

Lunch:

Roasted veggie wrap in collard greens with hummus, shredded carrots, and sprouts

Snack:

Handful of walnuts + a pear

Dinner:

Turkey and veggie stir-fry with coconut aminos over cauliflower rice

Day 5

Breakfast:

Avocado toast and almond-flour bread with hemp seeds and micro greens

Lunch:

Grilled shrimp salad with spinach, avocado, citrus segments, and sunflower seeds

Snack:

Coconut yogurt with chia and raspberries

Dinner:

Stuffed bell peppers with lentils, quinoa, tomato, garlic, and herbs

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Day 6

Breakfast:

Buckwheat porridge with almond milk, banana, and chopped pecans

Lunch:

Baked falafal with tahini, mixed greens, and roasted sweet potato rounds

Snack:

Cucumber slices and roasted chickpeas

Dinner:

Herb-roasted chci thighs with steamed broccoli and mashed cauliflower

Day 7

Breakfast:

Tofu scambke with turmeric, red bell peopers, spinach, and avocados

Lunch:

Warm lentil bowl with sautéed mushrooms, kale, and roasted carrots

Snack:

Pumpkin seeds + apple slices

Dinner:

Grilled salmon or tempeh with quinoa, asparagus, and lemon olive oil drizzle

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💡 **Pegan Fertility Guidelines**

- **Protein:** Choose wild fish, pasture-raised eggs/poultry, or legumes/tempeh in moderation
- **Carbs:** Focus on low-glycemic options like sweet potato, quinoa, lentils, and beets
- **Fats:** Use healthy fats like olive oil, avocado, flax, chia, and nuts/seeds
- **Avoid:** Gluten, dairy, added sugar, processed foods, refined oils, excess grains

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