



# 7-Day Vegan Fertility Meal Plan

Here is a 7-Day Vegan Fertility Meal Plan created specially to support hormone balance, egg and sperm quality, and overall reproductive health. It's rich in **plant-based protein, fiber, antioxidants, omega-3s, and key fertility nutrients** (like iron, zinc, and folate), all while being easy to follow and delicious.

## Day 1

### **Breakfast:**

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

### **Lunch:**

Lentil and quinoa salad with baby spinach, cherry tomatoes, cucumber, olive oil & lemon dressing

### **Snack:**

Brazil nuts (2-3) + orange slices

### **Dinner:**

Sweet potato and black bean tacos with avocado, cabbage slaw, and lime

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



## Day 2

### **Breakfast:**

Green smoothie with spinach, banana, flaxseed, chia seeds, and pea protein powder

### **Lunch:**

Tofu stir-fry with broccoli, bell peppers, mushrooms, and brown rice

### **Snack:**

Hummus with sliced carrots and cucumber

### **Dinner:**

Chickpea and tomato stew with garlic sautéed kale and millet

## Day 3

### **Breakfast:**

Oatmeal with almond butter, chia seeds, cinnamon, and raspberries

### **Lunch:**

Stuffed bell peppers with lentils, quinoa, and nutritional yeast

### **Snack:**

Pumpkin seeds + a pear

### **Dinner:**

Zucchini noodles with cashew pesto, cherry tomatoes, and roasted chickpeas

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## Day 4

### **Breakfast:**

Tofu scramble with turmeric, nutritional yeast, spinach, and mushrooms

### **Lunch:**

Mixed bean salad with avocado, corn, red onion, and lime vinaigrette

### **Snack:**

Smoothie with hemp seeds, mango, and coconut water

### **Dinner:**

Coconut lentil curry with wild rice and steamed broccoli

## Day 5

### **Breakfast:**

Whole grain toast with mashed avocado, hemp seeds, and tomato slices

### **Lunch:**

Tempeh buddha bowl with kale, brown rice, roasted carrots, tahini-lemon dressing

### **Snack:**

Handful of walnuts + apple slices

### **Dinner:**

Vegan chili with black beans, kidney beans, corn, tomatoes, and bell peppers

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## Day 6

### **Breakfast:**

Chickpea pancake with sautéed spinach, avocado, and cherry tomatoes

### **Lunch:**

Roasted vegetables quinoa salad with tahini-lime dressing

### **Snack:**

Coconut yogurt with chia seeds and strawberries

### **Dinner:**

Stuffed portobello mushrooms with lentils, herbs, and almond “parmesan”

## Day 7

### **Breakfast:**

Buckwheat porridge with almond milk, cinnamon, banana, and ground flax

### **Lunch:**

Rainbow veggie wrap with hummus, arugula, shredded beets, carrots, and cucumber

### **Snack:**

Edamame + a few dates

### **Dinner:**

Eggplant and chickpeas tagine with couscous and mint

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## 💡 Fertility Tips for Success:

- \* **Hydrate:** Aim for 2-3L of water daily
- \* **Supplements to Consider:** B12, iron (if low), omega-3 (DHA/EPA from algae), vitamin D
- \* **Cycle Support:** Add more iron-rich foods after menstruation and focus on omega-3s during the luteal phase

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