



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 round 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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