



# Gluten-Free Fertility Meal Guide

*Support your cycle, hormones, and energy—naturally.*

## Nutrition Goals for Fertility

- Anti-inflammatory, Whole Foods
- Rich in folate, zinc, iron, B vitamins, and healthy fats
- Stable blood sugar support
- Gluten-free and nutrient-dense

## Day 1 - Nourish & Balance

### Breakfast:

- Chia seed pudding with almond milk, berries, and pumpkin seeds
- Herbal raspberry leaf tea 🍵

### Lunch:

- Quinoa salad with chickpeas, avocado, cherry tomatoes, arugula, olive oil, and lemon
- Side of steamed broccoli 🥦

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



### **Snack:**

- Apple slices with almond butter 🍯

### **Dinner:**

- Grilled salmon with sweet potato mash and sautéed kale
- Sprinkle with hemp seeds for added omega-3s 🥚

## **Day 2 - Calm Inflammation**

### **Breakfast:**

- Smoothie with spinach, banana, flaxseed, frozen berries, and plant-based protein powder (gluten-free) 🥤

### **Lunch:**

- Brown rice bowl with wild-caught tuna, edamame, carrots, and tahini-ginger dressing 🍣

### **Snack:**

- Hard-boiled egg + cucumber slices 🥒

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### **Dinner:**

- Turkey and veggie stir-fry with tamari (gluten-free soy sauce) over cauliflower rice 🍲

### **Day 3 - Support Hormone Health**

#### **Breakfast:**

- Scrambled pasture-raised eggs with sautéed zucchini and gluten-free sourdough toast 🍳
- Cup of spearmint tea

#### **Lunch:**

- Lentil and kale soup with olive oil drizzle 🍲
- Gluten-free seed crackers with hummus

#### **Snack:**

- Mixed nuts and dark chocolate (70%+) 🍫

#### **Dinner:**

- Baked cod with lemon, wild rice, and roasted Brussels sprouts

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## Hydration & Add-Ons

- Aim for 8-10 glasses of filtered water daily
- Add lemon, cucumber, or mint for variety
- Consider fertility-supporting herbal teas (nettle, red raspberry leaf, dandelion)

## Bonus Tips

- Prep in batches to stay consistent
- Rotate protein and veggies to diversify nutrients
- Always choose certified gluten-free grains and condiments

## Want a Personalized Meal Plan?

At Fertility Nest, we customize fertility nutrition plans for your unique body, cycle, and goals. Book a session to create a meal strategy that supports your dream of becoming a parent—naturally.

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