



Tomato Fertility Recipes Mini-Guide

Delicious, fertility-friendly meals using the power of tomatoes and whole foods

1. Roasted Tomato & Avocado Breakfast Toast

Supports: Ovulation, hormone balance, healthy fats, and lycopene absorption

Ingredients:

- 1 slice gluten-free sourdough or sweet potato toast
- 1 small avocado, mashed
- ½ cup cherry tomatoes, halved
- 1 tsp olive oil
- Sea salt & cracked pepper
- Optional: poached egg, hemp seeds

Instructions:

1. Toss cherry tomatoes with olive oil and roast at 375°F for 15-20 mins.
2. Spread mashed avocado on toast.
3. Top with warm roasted tomatoes, salt, pepper, and optional toppings.

Coach's Note: Pairing tomatoes with healthy fats helps you absorb more lycopene!

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



2. Hormone-Balancing Lentil & Tomato Stew

Supports: Uterine lining health, cycle regularity, blood sugar balance

Ingredients:

- 1 tbsp avocado oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 cup chopped carrots
- 1 tsp turmeric + $\frac{1}{2}$ tsp cumin
- 1½ cups cooked green or brown lentils
- 1½ cups crushed tomatoes
- 2 cups vegetable broth
- Sea salt, black pepper to taste
- Fresh parsley or cilantro to garnish

Instructions:

1. In a pot, sauté onion and garlic until fragrant.
2. Add carrots and spices, cook for 5 minutes.
3. Stir in lentils, tomatoes, and broth.
4. Simmer for 15-20 mins.
5. Garnish with fresh herbs and serve warm.

Coach's Note: Iron and folate-rich lentils + antioxidant tomatoes = fertility win.



3. Anti-Inflammatory Tomato & Chickpea Bowl

Supports: Gut health, egg quality, inflammation reduction

Ingredients:

- 1 can chickpeas, rinsed and drained
- 1 cup grape tomatoes, halved
- 1 small cucumber, chopped
- 1 red onion, sliced
- 1 tbsp olive oil
- 1 tosp apple cider vinegar or lemon juice
- ½ tsp oregano
- Sea salt and black pepper
- Optional: feta (if tolerated), fresh basil

Instructions:

1. Toss chickpeas, tomatoes, cucumber, and onion in a bowl.
2. Drizzle with olive oil, vinegar/lemon, and seasonings.
3. Add optional toppings and chill for 30 minutes before serving.

Coach's Note: Great for meal prep and summer cycles when inflammation runs high.

Want More Personalized Recipes?

At Fertility Nest, we create customized fertility meal plans that align with your body, cycle, and goals. Book a free call to get started!



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1. Roasted Tomato & Avocado Breakfast Toast

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Ingredients: 1 slice crusty bread: 375 F for 15-20 mins. 1 small avocado mashed. 1/2 cup cherry tomatoes. Salt & cracked pepper. & optional pepper.

1. Toss cherry tomatoes with healthy fats helps you absorb more lycopene!

2. Hormone-Balancing Lentil & Tomato Stew

Supports: Uterine lining health, cycle regularity, blood sugar balance

Ingredients: 1 avocado oil, 1 small onion sautéed 2 garlic, 1/2 cup mince. 1/2 cup turmeric + 1/2 cup pregad 1/2 cup cooked green or brown lentils, 1 crushed tomatoes, vegetable broth. Sea salt. Black pepper to taste. Fresh parsley or garnish



Coach's Note: Iron and folate-rich lentils + antioxidant tomatoes – fertility win.



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Ingredients: Toss chickpeas, tomatoes, cucumber, and onion in a bowl. Drizzle with olive oil, vinegar, lemon, and seasonings. Add optional toppings. Chill for 30 min before serving.