

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Whole wheat no added sugar cereal with berries / stewed fruit and 1 tbsp. ground seeds	Fresh fruit salad with natural full fat yoghurt and 1 tbsp. ground seeds	Porridge with chopped pear and flaked almonds	No added sugar muesli with berries / chopped plum	2 scrambled eggs with baby spinach and tomato, 1 slice rye / 100% wholegrain bread	Berry Bircher: mix 2 tbsp. of each of oats, berries, milk, seeds, natural yoghurt. Soak overnight	1 boiled egg, slice wholegrain / rye bread, piece of fruit
<b>a.m. Snack</b>	2 oatcakes with nut butter	1 plum with palmful 3-4 brazil nuts	1 – 2 wholegrain rice cakes, cottage cheese & cucumber	Veg sticks with hummus or other dip	1 – 2 wholegrain rice cakes with nut butter & apple slices	Veg sticks and hummus	Natural yoghurt with stewed fruit and cinnamon
<b>Lunch</b>	Wholegrain wrap with horseradish sauce, smoked mackerel / trout, rocket, ½ avocado, cucumber	Easy Thai chicken noodle soup <b>(recipe)</b>	Leftover chicken / hummus with large mixed salad	Frittata <b>(recipe)</b> with large mixed salad	Mixed bean salad <b>(recipe)</b> or other from 'lunch ideas' recipe sheet	Spanish fish stew <b>(recipe)</b> , steamed vegetables, slice wholegrain bread	Mixed bean salad <b>(recipe)</b> or other from 'lunch ideas' recipe sheet
<b>p.m. Snack</b>	Apple and palmful walnuts or other nuts	1 Ryvita with cottage cheese & cucumber	Full fat natural yoghurt with berries and ground seeds	2 oatcakes with nut butter & ½ banana sliced	Veg sticks with hummus or other dip	2 oatcakes with a little mature cheddar / nut butter	1 orange with palmful seeds
<b>Dinner</b>	Roast chicken with roast vegetables and 2 new potatoes	Chickpea and butternut squash curry <b>(week 2 recipe)</b> with portion wholegrain rice	Spinach, tomato and goats cheese frittata <b>(recipe)</b> with roast vegetables	Chicken fillet smeared with Dijon mustard & grilled, steamed vegetables, 2 new potatoes	Spanish fish stew <b>(recipe)</b> , steamed green beans and broccoli, 2 new potatoes / quinoa	Roast vegetables <b>(week 1 recipe)</b> with chickpeas, red pesto & feta cheese	Cod fillet spread with red pesto & baked, steamed vegetables, wholegrain rice

## Top tip this week: Aim for 5 portions of vegetables daily

Vegetables are great sources of fibre, minerals and antioxidants, all important for fertility and for maintaining an optimal weight. Try to eat a wide variety of seasonal vegetables, including some leafy green vegetables like spinach, kale, rocket and watercress. Leafy greens are a great source of folic acid and magnesium, critical for fertility and the health of a developing embryo. Eat 2 – 3 pieces of fruit daily too, but aim for more vegetables as these are lower in sugar.

## Thai chicken noodle soup

**Serves 4**

**Preparation time 10 minutes, cooking time 10 minutes**

**Ingredients:**

200g udon (buckwheat) or wholegrain noodles  
1 L good quality chicken or vegetable stock (e.g. Marigold or Kallo)  
1 tbsp. Thai red or Massaman curry paste (try Thai Gold brand, widely available)  
1 tbsp. fish sauce  
1 clove garlic, crushed or grated  
1 tsp freshly grated ginger  
1 lemongrass stalk, tough outer layers removed and remainder finely sliced (optional)  
1 red chilli, finely sliced (optional)  
Juice of 1 - 2 limes  
1 packet chestnut or wild mushrooms, finely sliced  
6 scallions, finely sliced. Keep whites and greens separate  
4 small / 2 large heads Bok Choi, sliced lengthways from root to tip  
200g leftover cooked chicken, shredded  
1 handful bean sprouts

**Directions:**

1. Cook noodles according to pack instructions. Then rinse and place in the bottom of 4 soup bowls just before soup is ready
2. While noodles are cooking, place stock, curry paste, fish sauce, garlic, ginger, lemongrass, chilli and lime juice in a large saucepan. Bring to the boil, add mushrooms and scallion whites and cook for 2 minutes
3. Add the bok choi and chicken and cook for 2 – 3 minutes.
4. Ladle soup on top of noodles, sprinkle with bean sprouts and scallion greens to serve

If time is short or you do not have garlic, ginger, lemongrass and / or chilli to hand, this can be made with just stock, curry paste and fish sauce. However, the additional herbs add great flavour. If you plan to use some of the soup the next day, remove the portion for later after step 2 and place in an airtight container with the bok choi and chicken on top. Soup will be ready when heated for 3 minutes before eating.

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## Mixed bean salad

**Serves 2**

**Preparation time 10 minutes**

**Ingredients:**

1 can mixed beans (look for a version in water, without added salt or sugar)  
2 – 3 ripe tomatoes, diced  
½ cucumber, peeled and diced  
1 red or yellow pepper, diced  
1 small red onion, finely chopped  
1 tbsp. pitted olives, halved  
large handful fresh coriander and parsley

**Dressing**

3 tbsp. extra virgin olive oil  
1 tbsp. lemon juice  
½ tsp lemon zest  
1 clove garlic, crushed / grated  
1 tsp honey (optional)  
sea salt and pepper to taste

**Directions:**

1. Mix all salad ingredients in a bowl
2. Mix dressing ingredients and pour ½ over salad, stir gently. Add more dressing if required
3. Great as starter or side dish

This salad is great as a quick lunch. Add ½ tin wild salmon for a good source of omega 3 fats. Great on its own or in a wholegrain pitta or wrap. Add green beans, fennel, broccoli or other firm vegetables. Any excess dressing can be stored in the fridge for up to 3 days in an airtight jar. Beans are rich in fibre. They help to promote bowel regularity and as a low glycemic-index food, they support blood sugar levels and hormonal balance. Canned beans have been cooked for a long period of time and are usually easier to digest and less likely to cause wind or bloating.

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## Spanish fish stew

**Serves 4**

**Preparation time 15 minutes, cooking time 35 minutes**

**Ingredients:**

1 tbsp. olive oil  
2 onions, finely sliced  
1 red pepper & 1 yellow, sliced into small strips  
300g sweet potato, peeled and diced  
1 tsp smoked paprika  
2 garlic cloves, grated / crushed  
Zest and juice of 1 lemon  
1 can chopped tomatoes  
1 tsp vegetable bouillon e.g. Marigold / 1 veg stock cube e.g. Kallo  
1 tin chickpeas, drained  
500g cod, hake or other white fish fillets, skinned and cut into large chunks  
Handful fresh parsley, chopped

**Directions:**

- Sauté the onions, peppers and sweet potato in the olive oil in a large pan for c. 10 minutes on a low heat until soft
- Add the garlic and smoked paprika and cook for another 2 minutes
- Next add the lemon juice and zest, tinned tomatoes, ½ can water and the bouillon / stock cube, season and simmer on a low heat for 12 - 15 minutes until sweet potatoes are almost done
- Add in the chickpeas and stir through. Then place the fish pieces on top of the stew, cover and cook for a further 5 minutes or until the fish is cooked
- Sprinkle with the chopped parsley
- While the fish stew is cooking, steam a mix of vegetables and serve alongside stew together with some wholegrain rice

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## Spinach, tomato and goat's cheese frittata

**Serves 2**

**Preparation time 10 minutes, cooking time 15 minutes**

**Ingredients:**

1 tbsp. olive oil  
1 red onion, finely sliced  
Bag of fresh baby spinach  
8 cherry tomatoes, halved  
4 large free range or organic eggs  
80-100g goat's cheese  
Fresh basil leaves (optional)

**Directions:**

1. Sauté onion in olive oil in a frying pan with a metal or oven-proof handle for 3-5 minutes
2. Add tomatoes and spinach
3. Roughly beat 4 eggs and pour over vegetable mixture
4. Cook for a further 2 – 3 minutes on hob
5. Top with crumbled goat's cheese and cook under pre-heated grill for 3 – 4 minutes or until frittata is cooked through  
Alternatively place the egg and vegetable mix into an oven-proof dish and bake in a preheated oven at 180C for 15 minutes. Take out of the oven and add the crumbled goat's cheese, then put back in oven for another 5 minutes until cheese has melted.
6. Garnish with fresh basil and serve with roast vegetables or a green salad.

We recommend buying free range or organic eggs. Eggs are a great source of protein and together with salad or other vegetables make a quick, nutritious and cheap meal option. While advice for those with elevated cholesterol was previously to avoid eggs, this has now been retracted based on more recent medical evidence and those with elevated cholesterol can safely eat up to 8 eggs per week.

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