Anti-Inflammatory Diet Guide

How to eat for your hormones and fertility?

@FertilitybyErika



Hello, I'm Erika

I’m a woman's hormone health practitioner, fertility awareness instructor and reproductive biologist with a passion for helping individuals and couples optimize their fertility and hormones.

This guide will provide you with essential information on your hormone journey when it comes to lowering your inflammation and getting the right nutrition. It shows you practically how to create a balanced plate and nourish your body the right way.

In case you would still feel overwhelmed I offer my free ***Root Cause & Cycle Mapping Session:*** 45 minutes to identify the 2–3 most likely root causes in your case, and map your next steps.

APPLY FOR ROOT CAUSE & CYCLE MAPPING SESSION



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Welcome

Why Inflammation Matters for Women.

What is inflammation?

- Acute inflammation = short-term, helpful response (e.g. healing a cut or infection).
- Chronic inflammation = ongoing, low-grade fire in the body driven by:
  - **Blood sugar swings**
  - **Ultra-processed foods and industrial seed oils**
  - **Chronic stress and poor sleep**
  - **Gut imbalances and nutrient deficiencies**

How inflammation affects hormones

- Disrupt ovulation and menstrual regularity
- Drive or worsen PMS, heavy or painful periods
- Contribute to PCOS and insulin resistance
- Exacerbate endometriosis and autoimmune conditions
- Impact thyroid function
- Lower egg quality and fertility
- Affect mood, sleep, energy, and cravings

How food fits in

Food can either fuel inflammation

- Refined sugars and flours
- Industrial seed/vegetable oils
- Ultra-processed packaged and fast foods

or

Calm inflammation & nourish hormones

- Adequate protein
- Healthy fats
- Smart carbs and fiber
- Micronutrients



What Is an Anti-Inflammatory Diet

An anti-inflammatory diet for women is not a “detox” or a fad diet. It’s a way of eating that:

1. **Stabilizes blood sugar**
- Prevents the insulin and cortisol rollercoaster that drives inflammation and hormone chaos.

2. **Balances macronutrients**
- Enough protein to build and repair
- Enough healthy fat to make hormones
- The right amount and type of carbs to fuel you without spiking blood sugar

3. **Prioritizes whole, minimally processed foods**
- Food that looks like it came from the earth or an animal, not a factory.

4. **Improves the omega-3 : omega-6 ratio**
- More wild fish, grass-fed meats, eggs, nuts, seeds, olive oil
- Less industrial seed oils (canola, soybean, corn, sunflower, etc.)

5. **Provides key micronutrients for hormones & fertility**
- Vitamin D, magnesium, zinc, selenium, iodine, B-vitamins, vitamin A, vitamin K2
- Mostly from food, with supplements where needed.

Not about perfection

- No food is inherently “evil” (unless you have a true allergy).
- We focus on crowding in nutrient-dense foods so the inflammatory ones naturally reduce.
- It’s about patterns over weeks and months, not one “perfect” day.



The Balanced Plate

The Plate Method (for most women)

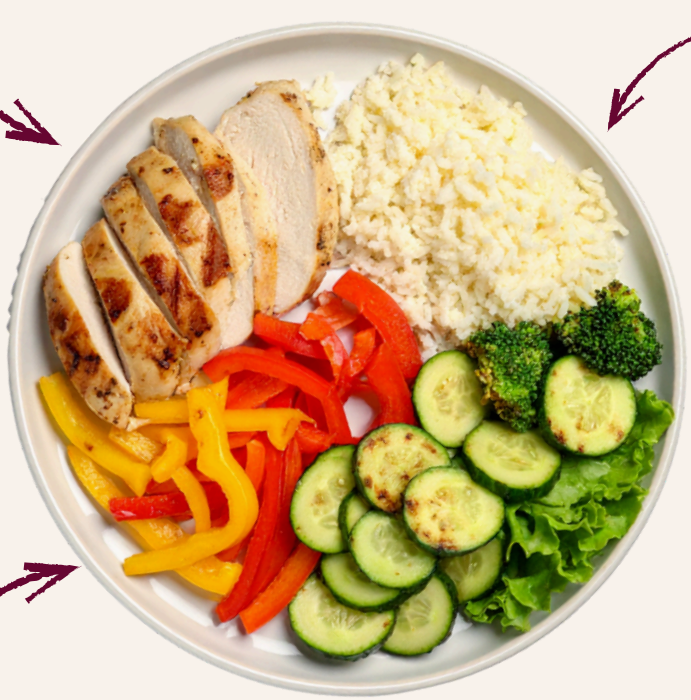
At each main meal (breakfast, lunch, dinner) aim for:

25% of your plate – PROTEIN (palm-size portion)

- About 25–30 g protein per meal.
- *Examples: eggs, poultry, fish, grass-fed beef or lamb, Greek yogurt, cottage cheese, tofu/tempeh, lentils, beans.*
- Role: building blocks for hormones, enzymes and muscle; improves blood sugar stability and satiety.

25% of your plate – COMPLEX CARBS

- *Examples: sweet potato, squash, beets, carrots, quinoa, brown/black rice, oats, properly prepared legumes, fruit.*
- Role: fuel for metabolism and thyroid, support for menstrual cycle and fertility, especially in active women.



HEALTHY FAT – "Golf ball" sized portion per meal

- Roughly 1–2 tbsp oils/fats, or ½ avocado, or small handful of nuts/seeds.
- *Examples: olive oil, avocado, nuts, seeds, grass-fed butter/ghee, coconut products, fatty fish.*
- Role: raw material for steroid hormones,anti-inflammatory

50% of your plate – NON-STARCHY VEG

- *Examples: leafy greens, broccoli, cauliflower, cabbage, peppers, zucchini, green beans, asparagus, mushrooms, cucumbers, tomatoes, Brussels sprouts.*
- Role: fiber, antioxidants, minerals → gut health, estrogen metabolism, reduced inflammation.



Protein + Color + Smart Carb + Healthy Fat at every meal.



Key Foods to Include

PROTEIN

Target:

- Most women do well around 1.2–1.6 g protein/kg ideal body weight, or a simple goal of ~100 g/day:
  - 25–30 g per meal
  - 10–15 g per snack

If calculating grams or counting feels stressful use:

- “Palm-size protein at each meal + 1–2 protein-rich snacks”



Key Foods to Include

HEALTHY FATS

Target:

- 55–100 g fat/day (25–45% of calories)



If calculating grams or counting feels stressful use:

- “Golf-ball sized portion for every meal”

Best fat sources

Animal fats (ideally grass-fed/pasture-raised, wild):

- Fatty fish (salmon, sardines, mackerel, trout, herring)
- Egg yolks
- Grass-fed beef, lamb
- Butter, ghee, tallow, lard (from quality sources)
- Full-fat A2 or goat/sheep dairy if tolerated



Plant fats:

- Avocado, olives
- Extra-virgin olive oil
- Coconut oil, coconut milk, coconut butter
- Nuts: almonds, walnuts, hazelnuts, Brazil nuts, cashews
- Seeds: chia, flax, hemp, pumpkin, sesame, sunflower
- Nut and seed butters (almond, cashew, tahini, sunflower)

Fats to limit: *industrial seed oils!!!*

- Canola, soybean, corn, cottonseed, sunflower, safflower, grapeseed, generic “vegetable oil”

These are:

- Over-processed, oxidized
- Very high in omega-6 → drives pro-inflammatory prostaglandins



Key Foods to Include

SMART CARBOHYDRATES

Target:

- 75–150 g carbs/day (≈15–30% of calories) works well
- Too high (225–325 g/day) → often unstable blood sugar and inflammation
- Very low carb can be stressful for the endocrine system



Best carbs sources

Non-starchy vegetables:

- Leafy greens, broccoli, cauliflower, cabbage, peppers, onions, zucchini, mushrooms, asparagus, green beans, etc.

Starchy vegetables & roots:

- Sweet potato, beetroot, carrot, parsnip, squash, pumpkin, plantain, potatoes (esp. cooked & cooled for resistant starch)

Fruit:

- Lower sugar for blood sugar balance: berries, apples, pears, citrus, kiwi
- Higher sugar in moderation: banana, mango, pineapple, grapes, figs, dried fruits



Whole grains & legumes (if tolerated, and well-prepared):

- Brown/black/white rice, quinoa, buckwheat, amaranth, millet, oats
- Lentils, chickpeas, beans (soaked/sprouted/cooked well)



Key Foods to Include

FIBER & GUT-SUPPORTIVE FOODS

Target:

- 25–30 g fiber/day
- 30 plants/week
- eat rainbow



Best fiber/prebiotic sources

- Non-starchy vegetables
- Berries and whole fruits
- Legumes : lentils, chickpeas, beans
- Seeds: chia, flax, hemp, pumpkin
- Cooked-and-cooled potatoes, rice, plantains, oats
- **Prebiotic-rich foods:** onions, garlic, leeks, asparagus, chicory, artichokes, green bananas



Fermented foods (probiotic support):

- Sauerkraut, kimchi
- Yogurt, kefir (dairy or coconut)
- Miso, tempeh, traditional pickles, raw apple cider vinegar
- Kombucha







Key Foods to Include

MICRONUTRIENTS

Magnesium



- Dark leafy greens, nuts, seeds, dark chocolate

Zinc

- Oysters, beef, lamb, pumpkin seeds



Selenium

- Brazil nuts, eggs, seafood

B Vitamins

- B6: fish, poultry, potatoes, bananas
- Folate: leafy greens, liver, lentils
- B12: meat, fish, eggs, dairy



Vitamin D

- Sun exposure, fatty fish, cod liver oil

Vitamin A



- Liver, egg yolks, full-fat dairy, cod liver oil

Vitamin C

- Strawberries, brussels sprouts, kiwi, citrus, tomatoes

Iodine

- Seaweed, seafood, eggs, dairy





What to Reduce or Limit



Instead of rigid "never again," use a crowding-out approach

Reduce

Packaged, fast, and ultra-processed foods

- Chips, packaged snacks, frozen meals, instant noodles, fast food, cured meats (hams, salami, sausages) etc.

Industrial seed/vegetable oils

- Canola, soybean, corn, cottonseed, sunflower, safflower, generic "vegetable oil"



Refined sugars & flours

- Sugary drinks (even diet), juices, sweets, pastries, white bread, most crackers, regular pasta, breakfast cereals, cakes, candy,, "low fat or diet" foods with added sugar
- not as bad but limit xylitol, erythritol, sorbitol, maltitol

Excess alcohol important if:

  - Working on fertility
  - Dealing with estrogen dominance or liver burden (birth control pill)

Highly processed soy

- Soy protein isolates, fake meats, processed soy cheeses, large amounts of soy milk
- Prefer fermented, organic soy (miso, tempeh) in moderate amounts if tolerated.

Optional personal experiments

- Gluten-containing grains (wheat, barley, rye, spelt, kamut)
- Corn, especially non-organic
- Dairy - only if acne or bloating





Build Anti-Inflammatory Meals

Breakfast:

- *Protein + Fat + Fiber + Color*
- *Example: eggs (protein/fat) + sautéed spinach and tomatoes (fiber/color) + avocado (fat) + a side of sweet potato, sourdough or wholegrain bread or fruit (carb).*

Lunch & Dinner:

- *½ plate veg + ¼ plate protein + ¼ plate complex carbs + golf-ball healthy fat.*

Example "before and after" upgrades

- Instead of: Croissant with jam and coffee
- Try:
  - Scrambled eggs (2–3) with arugula salad and mushrooms
  - ½ avocado/pumpkin seeds
  - Small portion of roasted sweet potato or savory oats
  - Coffee after this meal, not before

- Instead of: Large bowl of pasta with a sauce
- Try:
  - ½ plate: mixed vegetables (broccoli, peppers, zucchini) sautéed in olive oil
  - ¼ plate: grilled chicken or salmon
  - ¼ plate: small serving of gluten-freepasta or quinoa
  - Olive oil or pesto on top as the main fat
  - Sprinkle herbs and spices



Sample Meal Inspo

You can find more of my meal inspo ideas in my anti-inflammatory & nourishing foods booklet

Breakfast



EGG & SWEET POTATO PLATTER

- *3 boiled eggs*
- *1 or ½ sweet potato*
- *½ avocado*
- *arugula tomato salad*
- *pumpkin seeds*
- *ground flaxseeds*
- *salt or spices to taste*



SWEET & SAVORY RICE CAKES

- *3 scrambled eggs with extra virgin olive oil*
- *3 brown rice cakes*
- *leafy green salad*
- *½ avocado*
- *sunflower seeeds*
- *sesame seeds*

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Breakfast



EGG & AVO SOURDOUGH

- ***½ boiled eggs***
- ***½ full fat burrata***
- ***1 piece of toasted sourdough bread***
- ***extra virgin olive oil drizzle***
- ***1 avocado mashed with onion and lime***
- ***salt & pepper to taste***
- ***fresh chives***



PROTEIN YOGHURT BOWL

- ***full fat yoghurt***
- ***scoop of high-quality protein (grass-fed or pea)***
- ***1 banana***
- ***handful of berries***
- ***½ raw energy bar***
- ***shredded coconut***
- ***unsweetened nut butter with no added oils***

Sample Meal Inspo

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Lunch & Dinner



CHICKEN & COUSCOUS GREEK STYLE

- ***1 grilled chicken breast with olive oil***
- ***cooked couscous***
- ***greek salad with organic feta cheese***
- ***salt and spices to taste***

SALMON BOWL WITH FRIES

- ***1 wild salmon fillet***
- ***full fat cottage cheese***
- ***leafy greens***
- ***sprinkle of corn***
- ***red bell pepper***
- ***potato & carrot fries (baked or air fried with olive oil)***
- ***salt & spices***



Sample Meal Inspo

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Lunch & Dinner



CHICKEN & VEG PASTA

- ***1 grilled chicken breast with olive oil***
- ***alternative pasta (lentil, pea, wholegrain, chickpea, rice, quinoa)***
- ***grilled beans, tomatoes, zucchini, bell peppers***
- ***drizzle olive oil on top***
- ***salt and spices to taste***

VEGAN HUMMUS BOWL

- ***pan-fried high-quality non marinated tofu***
- ***brown quinoa with chickpeas***
- ***½ avocado***
- ***pepper, carrots, cucumber sticks***
- ***leafy greens & tomatoes***
- ***sesame seeds***
- ***hummus with olive oil***
- ***organic sprouts & fresh herbs***



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Snacks



CACAO COCONUT PROTEIN BALLS

- ***organic cacao***
- ***organic oats***
- ***unsweetened nut butter with no added oils***
- ***cinammon***
- ***organic honey or dates***
- ***protein powder (optional)***
- ***milk of choice (full fat or plant)***
- ***shredded coconut***

OVERNIGHT PROTEIN CHIA PUDDING

- ***chia seeds***
- ***full fat or unsweetened coconut yoghurt***
- ***cantaloupe***
- ***honey to taste***
- ***banana***
- ***shredded coconut or cocoa nibs***



Sample Meal Inspo

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Snacks



NUT BUTTER & BANANA CAKES

- *spelt/brown rice cakes*
- *unsweetened nut butter*
- *cinammon*
- *banana*

CHOCOLATE & OAT BARS

Bottom layer

- *organic oats*
- *nut butter*
- *honey*
- *coconut*

Top layer

- *100% dark chocolate*
- *honey*
- *crushed/whole nuts*



Practical Lifestyle Guidelines

Meal timing & frequency

- Aim for 3 balanced meals/day, spaced out to support blood sugar stability.
- Avoid intermittent fasting; emphasize consistent nourishment.
- Eat breakfast within 1 hour of waking.
- Avoid regularly skipping meals, especially breakfast.

Hydration

- Start the day with a glass of water or morning gut cleanse juice (hot water, lemon, chia seeds, grated ginger)
- Sip water throughout the day, adjusting for activity and climate.
- Consider adding electrolytes or a pinch of sea salt and honey especially during stress, workouts, or sauna.
- Include hydrating foods: cucumbers, leafy greens, soups, citrus, watermelon.

Snacking

- Minimize mindless snacking to let digestion and blood sugar reset.
- If a snack is needed → make it protein-forward, not just carbs.





Practical Lifestyle Guidelines

Caffeine & alcohol

- Limit caffeine to 1 cup per day, always with food—not on an empty stomach.
- Save alcohol for occasional use, ideally:
- With food
- Not daily (ideally 1 serving/per week)
- Avoided when working on fertility or major hormonal issues.

Sugar & processed foods

Steadily reduce:

- Added sugars, refined carbs, ultra-processed foods

If having sweets:

- Pair them with meals
- Opt for more natural sweeteners (honey, dates, coconut sugar) in small amounts.

Evening eating

- Avoid large, heavy meals close to bedtime.
- If needed, a small protein-fat snack (e.g., boiled egg, handful of nuts) can support stable blood sugar overnight.







Practical Lifestyle Guidelines

How we eat is as important as what we eat! Calm your environment, eat slowly, and activate the "rest and digest" mode.

Mindful eating

- Sit down to eat
- Avoid eating while driving or working.
- Take 3 deep breaths before meals.
- Chew food thoroughly (aim ~20–30 times per bite).
- Put screens away; focus on the meal and body cues.
- Take 20–30 minutes to eat when possible.



Ready to Move onto the Next Step? Let's Talk.

You've tried implementing changes on your own. You've tried doing the healthy diet. Maybe you've even run labs that came back "normal" with no nutrient deficiencies but you still don't feel normal.

Foundational or general advice only gets you so far. Your body is unique, your needs are unique and your hormone or fertility struggle has its own root causes that deserve individualized attention.

That's why I offer free ***Root Cause & Cycle Mapping Session:*** 45 minutes to identify the 2–3 most likely root causes in your case, and map your next steps to personalized nutrition.



APPLY FOR ROOT CAUSE & CYCLE MAPPING SESSION

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