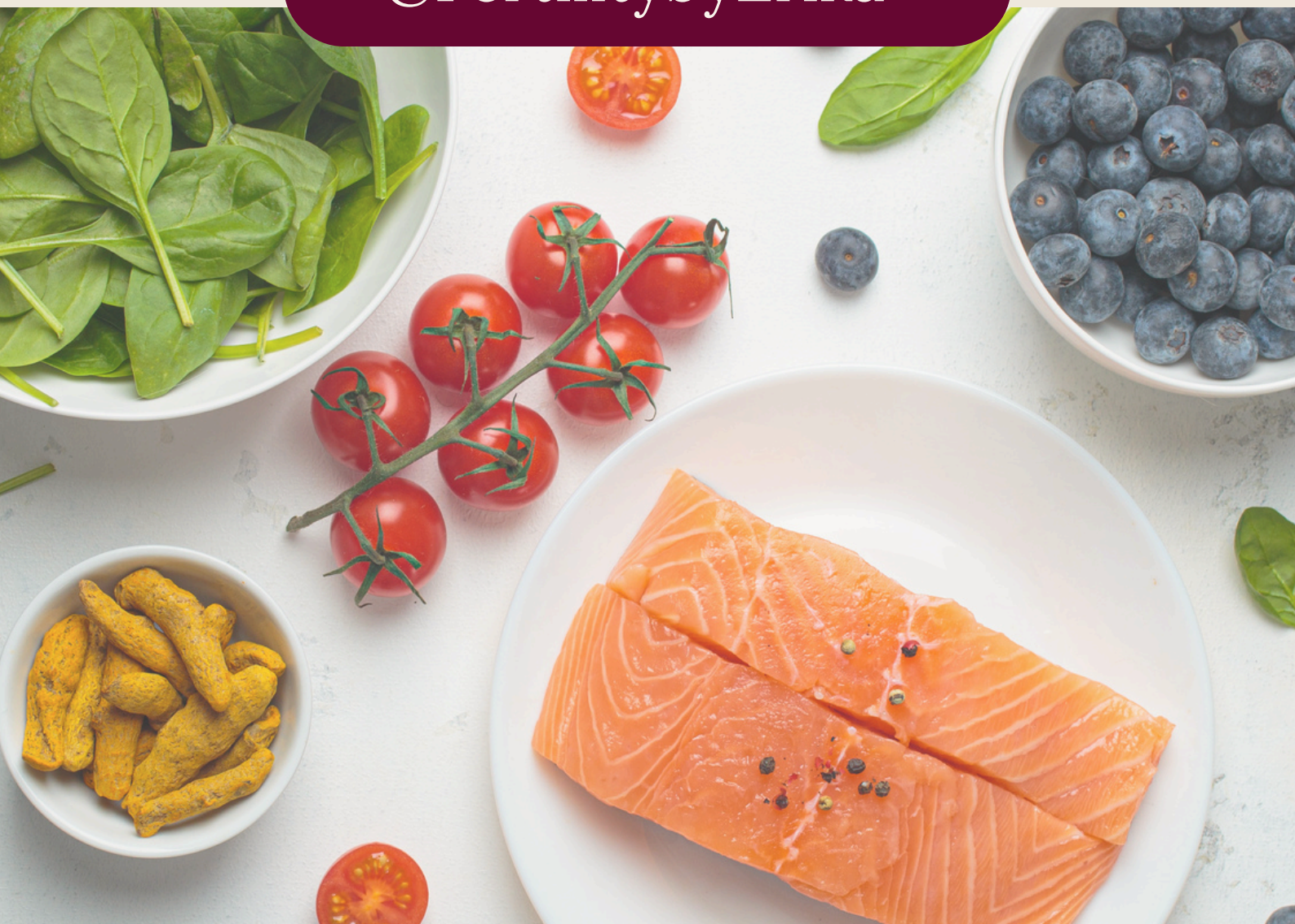


Fertility Nutrition Checklist

How to nourish your body for 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 TTC journey when it comes to nutrition and how to practically navigate nourishing your body on a daily or weekly basis.

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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Fertility Nutrition Checklist

Daily + Weekly Nutrition Rules

Fertility nutrition is targeted eating, not clean eating. Use this checklist to build your baseline plate – tick off what you're already doing, and notice what needs attention.

1) The 3 Pillars of Eating for Fertility

- **Pillar 1 – Eating Rhythm:** Eat within 60 minutes of waking. Don't leave long gaps between meals.
- **Pillar 2 – Balanced Plate:** Include protein + fat + fibre + colour at every meal.
- **Pillar 3 – Micronutrient Density:** 5–10 servings of vegetables and fruit across the colour spectrum daily.

2) Daily Essentials

- ☐ **Protein at every meal – aim for 30–35 g.** Mix animal and plant sources for zinc, iron, B12 and iodine.
- ☐ **Healthy fats daily:** handful nuts and/or seeds, avocado, 2–4 tbsp extra virgin olive oil/coconut oil (use as your primary cooking fat).
- ☐ **Vegetables: 5+ servings daily,** including 2 serves of greens and cruciferous vegetables (broccoli, kale, rocket).
- ☐ **Fruit: 2 servings daily.** Berries and citrus are antioxidant stars for egg quality.
- ☐ **Wholegrains at most meals:** oats, quinoa, brown rice, buckwheat, wholemeal sourdough, barley, millet – each extra serving supports uterine lining.
- ☐ **Full-fat dairy: up to 2–3 serves daily** (milk, natural yoghurt, cheese) – or calcium-fortified plant alternatives.
- ☐ **Hydrate:** minimum 2 L water per day (female).

TOP TIP: I highly recommend printing these pages out and putting them somewhere on the fridge or in the kitchen.



3) Weekly Rhythm

- ☐ **Omega-3 fish 2-3× per week** — salmon, trout, mackerel, sardines (wild-caught where possible).
- ☐ **Eggs 3-4× per week** — 2-4 eggs per serve for choline and quality protein.
- ☐ **Legumes and plant proteins 4-5× per week** — lentils, chickpeas, beans, tofu, tempeh.
- ☐ **Fermented foods — build up to daily:** sauerkraut, kimchi, kefir, olives, live yoghurt, sourdough, kombucha.
- ☐ **Iron-rich meals regularly** — lean red meat, legumes, leafy greens, grains; always pair with vitamin C to boost absorption.

4) Meal Timing & Structure

- ☐ **Eat within 60 minutes of waking.** A protein-rich breakfast stabilises blood sugar and supports progesterone.
- ☐ **Never let carbs travel alone** — always pair with protein/ fat /fibre.
- ☐ **Bridge long gaps between lunch and dinner** with a balanced snack to avoid unintentional undereating.
- ☐ **Breakfast build:** protein (eggs, Greek yoghurt, hemp seeds, cottage cheese, smoked salmon, high protein) + fat (avocado, chia, flax, hazelnuts, walnuts, pecans, nut butter) + vehicle (sourdough, oats, milk or plant based milk). Examples include eggs and avo on toast, berry and nut smoothie, chia pudding, overnight oats

5) Swap & Reduce

- ☐ **Swap refined grains → wholegrains:** white bread/rice/pasta → sourdough, brown rice, quinoa, barley, millet, legume pasta, wholegrain pasta.
- ☐ **Switch to iodised salt..**
- ☐ **Cap caffeine** at 1 espresso coffee or 2 cups of caffeinated tea per day.
- ☐ **Minimise:** soft drinks, fruit juice, “zero” drinks, alcohol, processed and fried foods, deli meats, pastries, cakes.
- ☐ **Reduce high-mercury fish** — limit swordfish, marlin, orange roughy, basa (catfish) and shark (flake).

Fertility nutrition is structured and shifts through your journey — what you eat for egg quality is different from what you need for implantation or progesterone support. This checklist is your baseline.

Personalisation comes next.

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 &
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