

Fertile Food Plan

YOUR DAILY AND WEEKLY FOOD PLAN CHECKLIST

These are *MINIMUM* recommendations.

Please listen to your body and be slow if necessary, but eat enough food.

Daily Minimums

- ☐ 2 eggs/ day* (specifically the yolks, preferably free-range or pasture-raised)
- ☐ Grass-fed meat and/or poultry daily
- ☐ Fats - 2-4 tbsp per day (olive oil, butter, coconut oil - see list below)
- ☐ Dark leafy greens - at least 2-3 cups per day
- ☐ Fruits - 2-3 servings per day (dressed with protein and/or fat, not naked)
- ☐ Starchy vegetables - at least 1 cup daily
- ☐ Bone broth - preferably 1 cup daily and used in cooking
- ☐ Full-fat dairy - 2 servings per day if not intolerant and out of Cleanse phase
- ☐ 1 Detox supporting drink - hot lemon water, milk thistle tea, dandelion tea, etc.
- ☐ Fermented foods - daily, mix it up and get good variety here (yogurt, kimchi, etc)

Weekly Minimums

- ☐ Wild-Caught fatty fish and seafood - 3 servings per week
-if not consuming fish, then ensure you're taking a daily DHA supplement
- ☐ Liver and organ meats - 3-6 ounces per week
- easiest as hidden liver in your other meals like chili, meatloaf, etc.

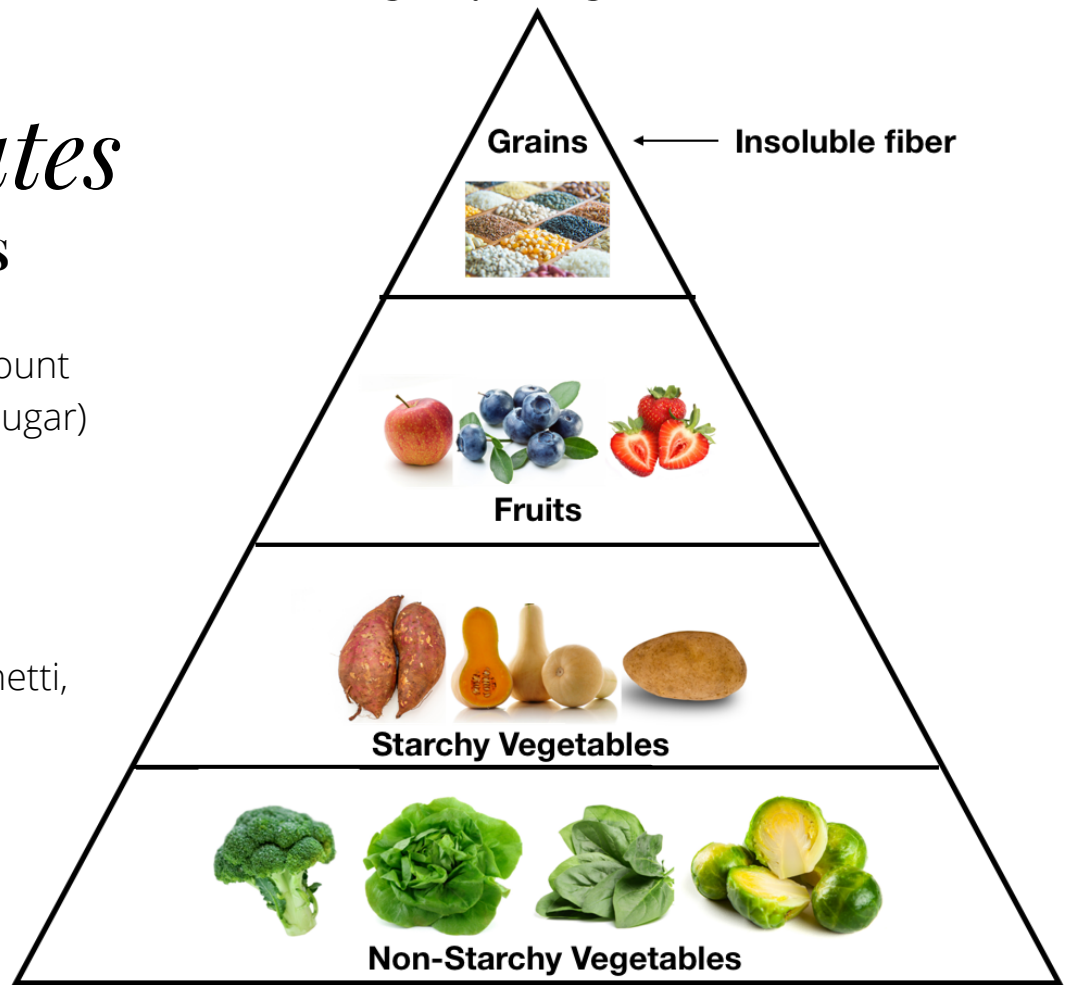
*Dietary cholesterol does *not* raise your blood cholesterol or risk for heart disease. Eggs can be consumed at a greater rate than 2 per day especially if not eating other animal proteins, are a male, or you just want more than 2.

The following lists are not exhaustive but can give you a general idea of what fits each food category

Carbohydrates

STARCHY VEGETABLES

- Yams, sweet potatoes
- White potatoes (limit amount because it spikes blood sugar)
- Plantains
- Yucca
- Taro
- Cassava
- Squash (butternut, spaghetti, acorn, etc.)
- Pumpkin
- Corn (Balance phase and beyond)
- Sweet peas
- Beans, legumes, lentils (soaked and prepared properly)



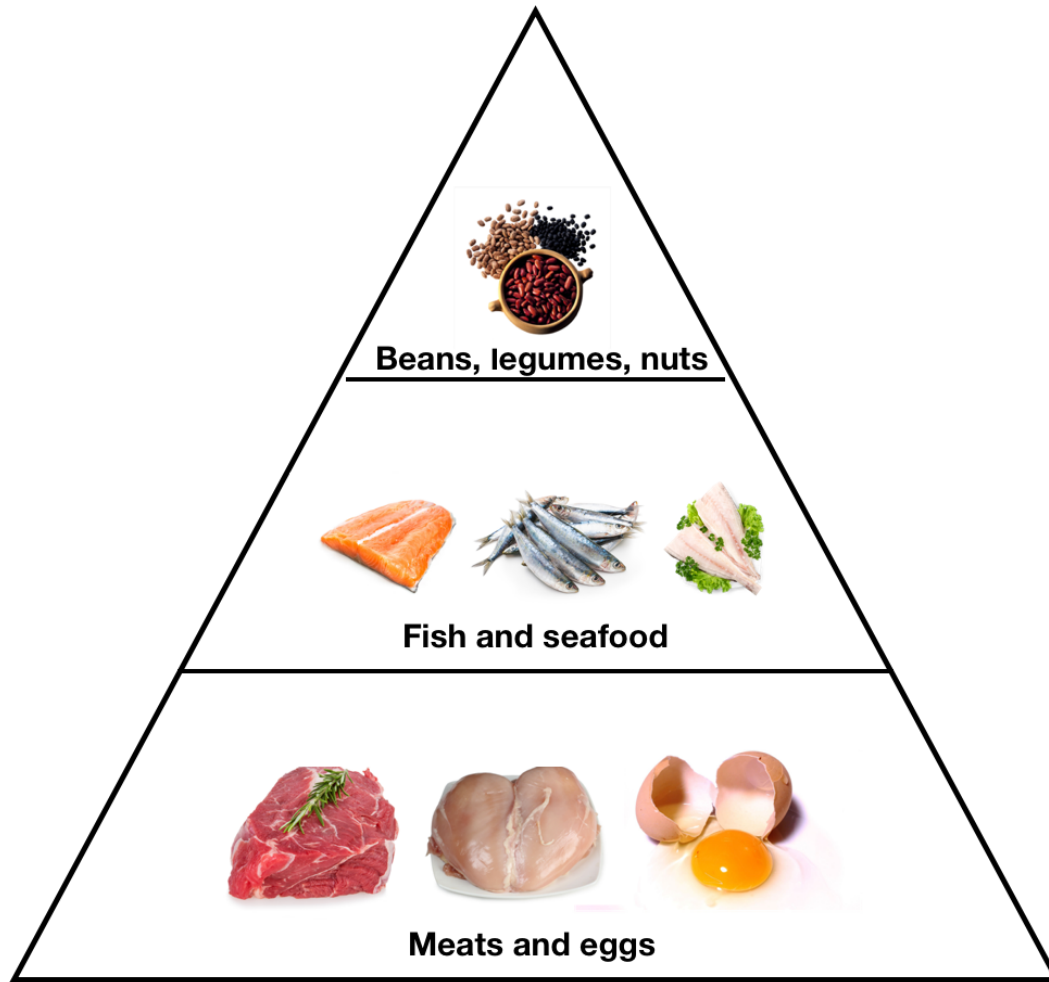
FRUITS (DRESSED AND NOT NAKED)

- Focus the most on: Strawberries, blueberries, raspberries, blackberries, peaches, plums, citrus -orange, lime, lemon, kiwi, pear, bananas
- Fruits like pineapple, mango, grapes are still good but shouldn't make up the majority of fruit intake

NON-STARCHY VEGETABLES

- | | | |
|-------------------------------------------------------------------------------------------------------------|--------------------|--------------|
| • Dark leafy greens (spinach, kale, collard greens, swiss chard, escarole, salad greens, etc.) | • Rutabaga | • Artichokes |
| • Brassica family vegetables (broccoli, Brussels sprouts, cauliflower, mustard greens, arugula, watercress) | • Radishes | • Turnips |
| | • Peppers | • Parsnips |
| | • Cucumber | • Asparagus |
| | • Asparagus | • Mushrooms |
| | • Beets | • Carrots |
| | • Dandelion greens | • Celery |
| | | • Zucchini |

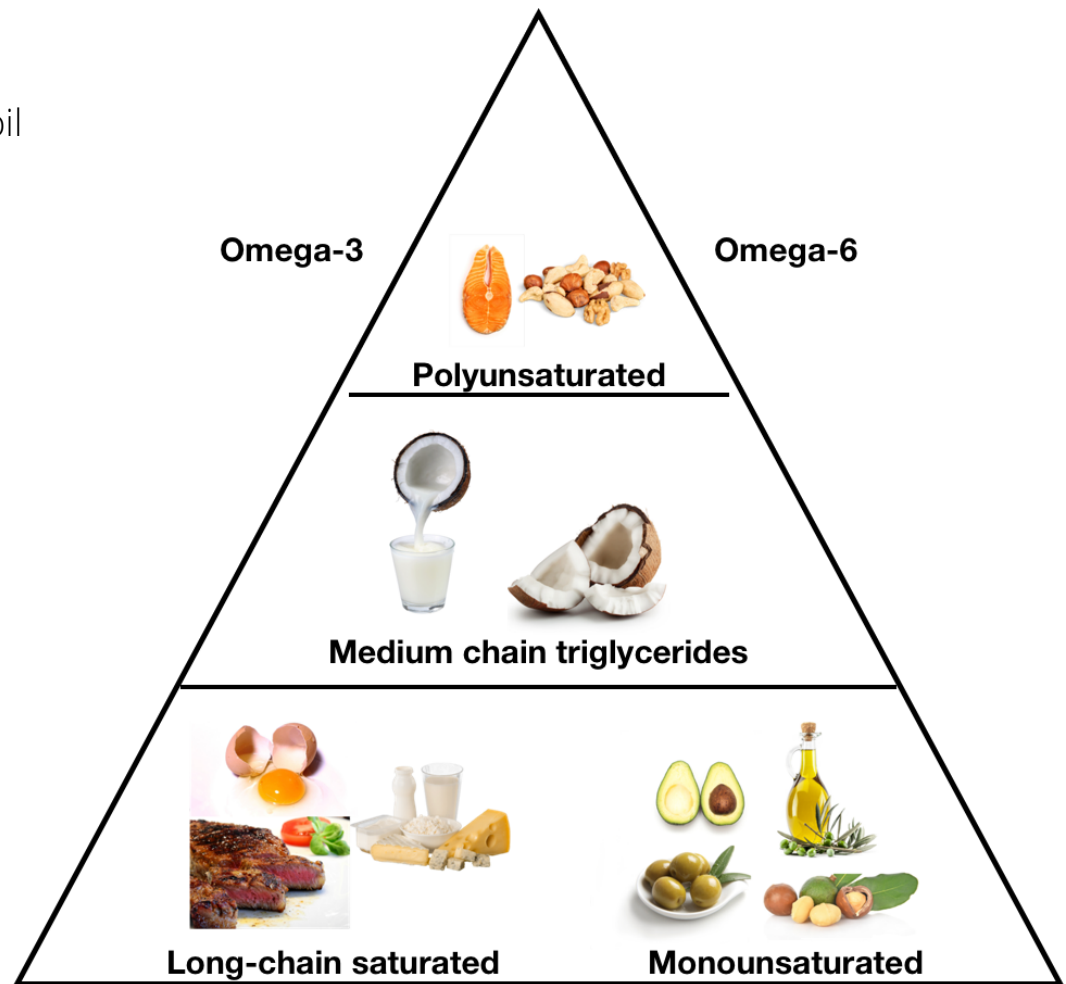
Protein



- Grass-fed meats of any type
- Whole eggs (yolk has all the nutrients)
- Pasture-raised poultry of any type
- Wild-caught seafood
 - Salmon, scallops, shrimp, oysters, clams, mussels, trout, etc
 - Avoid swordfish, tilefish, pilot whale, king mackerel, and shark.
- Beans, legumes, nuts

Fat

- Unrefined coconut oil
- Macadamia oil
- Krill oil
- Extra virgin olive oil
- Avocado oil*
- Almond oil*
- Flaxseed oil*
- Sesame oil*
- Butter
- Egg yolk
- Lard
- Tallow
- Duck fat
- Avocado
- Ghee
- Macadamia nuts
- Olives
- Brazil nuts
- Hazelnuts
- Pecans
- Almonds



*Oils higher in omega-6 are still good but shouldn't make up the bulk of your oil use for any given day.

Offensive industrial seed oils to stay away from:

- Sunflower
- Safflower
- Canola
- Corn
- Soybean
- Cottonseed