



Week 3

# *Empowered Fertility Recipe Book*

FERTILITY MOM





# *Index*

SAUSAGE & BRUSSELS SKILLET.....	<i>p. 1</i>
MUSHROOM FRITTATA.....	<i>p. 2</i>
BRUNCHIN' PANCAKES.....	<i>p.3</i>
SHAKSHUKA.....	<i>p.4</i>
TURMERIC POACHED EGG.....	<i>p.5</i>
CUCUMBER, AVOCADO & CHICKEN SALAD.....	<i>p.6</i>
CRUSHED CUCUMBER SALAD WITH SALMON.....	<i>p.7</i>
CHICKEN SALAD LETTUCE CUPS.....	<i>p.8</i>
GRILLED VEGGIE SALAD & TUNA.....	<i>p.9</i>
SWEET PEPPER TURMERIC BEEF.....	<i>p.10</i>
TUSCAN SAUSAGE SOUP.....	<i>p.11</i>
COD N' CREAMY ZOODLES.....	<i>p.12</i>
TOM YUM SHRIMP SOUP.....	<i>p.13</i>
HANGER STEAK WITH STIR FRIED BROCCOLI.....	<i>p.14</i>
BLUEBERRY CRISP.....	<i>p.15</i>
BAKED PECAN APPLE.....	<i>p.16</i>



# Sausage & Brussels Skillet

SERVES 4



## INGREDIENTS:

- 1 lb sausage, mild Italian or breakfast sausage
- 2 cups Brussels sprouts, chopped
- 1 tbsp coconut oil
- Sea salt to taste
- Avocado to serve
- Optional: 1 apple, chopped, for a little sweet taste to it

## DIRECTIONS

1. Warm 1 tbsp coconut oil in skillet over medium heat. Brown sausage until cooked through, breaking apart as you go.
2. Add in Brussels (and apple, if using) and stir. Cook until Brussels are tender and sausage is cooked through. Salt and pepper to taste.
3. Serve with avocado, enjoy!



# Mushroom Frittata

SERVES 4

- 8 eggs
- 8 oz shiitake/porcini mushroom mix, diced (any kind of mushroom will do)
- 1/2 zucchini, diced
- 1 red bell pepper, diced
- 1/2 yellow onion, diced
- 2 garlic gloves, minced
- 2 tbsp butter
- 3 tbsp coconut oil, divided 1 tbsp and 2 tbsp for separate uses
- 1/4 cup feta cheese (optional)
- Salt/pepper to taste

## DIRECTIONS:

- Preheat oven to 425° F
- In a well-seasoned cast iron skillet, heat the butter on stovetop. Add mushrooms and a pinch of salt/pepper, cook on medium heat stirring frequently for 3-4 minutes. Remove.
- In the same pan, heat 1 tbsp coconut oil. Add garlic and onion, cook until aromatic, approximately 1 minute. Add peppers. Cook 3-4 minutes or until just starting to soften. Add zucchini, cook another 2 minutes. Remove.
- In separate bowl, whisk 8 eggs with salt and pepper. Add all the vegetables and stir well.
- Add 2 tbsp coconut oil to cast iron skillet and heat, add frittata mixture. Sprinkle evenly with feta cheese. When the eggs start to cook at the sides and pull away from the skillet just a little, place into your preheated oven.
- Cook in oven for approximately 8-12 minutes. You want the eggs to be slightly wobbly in the center while the edges are puffed and appear cooked. Remove and let cool until the center is set.





# Brunchin' Pancakes

When serving a nice family breakfast or hosting a brunch with those who are not 'grain free', these pancakes are the perfect hit. You'll keep your grain free lifestyle without anyone ever even knowing. Serve with a nut butter, eggs, or other protein to balance these delicious pancakes and keep you stable for the day!

## INGREDIENTS:

- 3/4 cup Cassava flour (I recommend [Otto's](#))
- 3/4 cup tapioca flour
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 tsp baking soda
- 1 large mashed banana
- 1 tsp vanilla
- 2 Tbsp honey
- 1 cup coconut milk (or other dairy free milk)
- 1 tsp apple cider vinegar
- Coconut oil as needed for cooking

## How To Make

1. Combine all dry ingredients together and mix well
2. In a separate bowl, mix wet ingredients. Combine wet into dry and mix well.
3. Heat oil in cast iron skillet, scoop a little less than 1/4 cup of batter per pancake. Cook until bubbles rise and then flip. Cook until done, another 1-2 minutes.



## Notes:

- If you have a gluten-free sourdough starter, you can add in a couple scoops of discard to this! It's delicious.
- Serve with a protein to get a full nutrient profile - these are the perfect brunch pancakes served with eggs and kids will love them!
- Add in protein powder if needed.
- Makes approx 16 pancakes, depending on size



# Shakshuka

SERVES 2



## YOU WILL NEED:

- 1 white onion, sliced
- 2 bell peppers, sliced
- 2x 14 oz. (400g) cans chopped tomatoes
- 4 eggs
- ¼ cup (15g) parsley leaves, chopped
- 1 tbsp. olive oil
- salt & pepper

## HOW TO MAKE

1. Heat the oil a large skillet over a medium-high heat. Add the onion and bell peppers, stirring constantly, and cook, for 5 minutes or until the onion and pepper have softened.
2. Add the chopped tomatoes and cook, stirring for a further 5 minutes.
3. Use a spoon to make 4 large holes in the tomato mixture, then crack an egg into each hole. Reduce the heat to low, and partially cover the pan with a lid. Cook for 10 minutes or until eggs are cooked to your liking. Sprinkle with parsley and serve immediately.



# *Turmeric Poached Egg*

SERVES 2

## YOU WILL NEED:

- 2 tsp. pine nuts
- 1 ¾ cups (400g) of fresh spinach
- ⅝ cup (125g) of tomatoes, halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp. ground turmeric
- 2 medium-sized eggs

## HOW TO MAKE

1. Heat a dry skillet and toast the pine nuts for 2 minutes, then set aside.
2. In the meantime, heat the oil in a skillet and stir fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.
3. Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 minutes. Repeat with the second egg.
4. Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with salt and pepper. Break open the eggs just before serving.



# Cucumber, Avocado & Chicken Salad

SERVES 4



## YOU WILL NEED:

### For the salad:

- 8 cups mixed salad greens of choice, shredded
- a dozen basil leaves, torn
- 1 avocado
- 2 tsp. lemon juice
- ½ cucumber, peeled
- ¼ cup (25g) walnuts

### For the chicken:

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. honey

### For the sauce:

- 3 tbsp. yogurt (coconut yogurt if in cleanse)
- 1 tbsp. mayo (avocado oil based)
- 1 garlic clove, minced

## HOW TO MAKE

1. Place lettuce and basil in a large bowl, mix
2. Season the chicken with salt and olive oil. Pan fry the chicken 5 minutes each side.
3. In the meantime, mix the mustard and honey. Pour half the sauce over top of the chicken, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.
4. Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.
5. Mix all sauce ingredients together, season with salt & pepper.
6. Divide salad between 4 dishes, top with chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.



# *Crushed Cucumber Salad With Salmon*

SERVES 2

## YOU WILL NEED:

For the salad:

- 1 red bell pepper, chopped
- 1 cucumber, crushed, chopped
- 1 garlic clove, sliced
- fresh coriander, chopped
- 6 oz. (180g) hot smoked salmon fillets

For the dressing:

- 1 lime, juiced
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

## HOW TO MAKE

1. Roughly chop the red bell pepper and place in a bowl. Using a meat mallet or a rolling pin, smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.
2. Mix all the dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.
3. To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.



# Chicken Salad Lettuce Cups

SERVES 4

## INGREDIENTS

- 1 lb pasture-raised chicken breast
- 1/2 red onion, diced
- 1 large, whole dill pickle (or more, pickles are delicious)
- 1-2 tbsp olive-oil mayonnaise (your preference)
- 1 tbsp olive oil
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 8 Boston lettuce or romaine lettuce leaves
- Salt & pepper to taste

1. Preheat oven to 450° F
2. Pat chicken breasts dry, pour olive oil, and sprinkle the onion powder, garlic powder, and some salt/pepper on the top. Place in oven for approximately 15-18 minutes depending on thickness. Temperature when cooked should be 165. Let rest 5 minutes before cutting.
3. While the chicken is roasting, dice red onion, pickle, and wash lettuce.
4. Once the chicken has rested and you've diced it, add chicken, mayonnaise, onion, pickle and mix well. Salt and pepper to taste, place over lettuce, and enjoy!





# Grilled Vegetable Salad With Tuna

SERVES 2

## INGREDIENTS:

- 1/2 lemon
- 2 cans albacore tuna in olive oil, drained
- ½ cup fresh mint
- 1 garlic clove, crushed
- 2 small zucchinis
- 2 cups asparagus
- ½ cup pistachio nuts, peeled and chopped

## How To Make

1. Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but save the oil for later.
2. Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and use immersion blender until smooth (or use regular blender). Season with salt and pepper.
3. Cut the zucchinis into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.



4. Place the vegetables in a bowl and add in the marinade. Mix gently until covered.
5. To serve, divide veg and tuna between plates and top with chopped pistachio nuts.

# *Sweet Pepper Turmeric Beef*

SERVES 6



## YOU WILL NEED:

- 2 lbs ground beef
- 1 sweet red bell pepper, diced
- 1 orange bell pepper, diced
- 1 yellow onion, diced
- 4 tbsp extra-virgin olive oil (more if needed)
- 1 tbsp coriander
- 2 teaspoons cumin
- 1 tbsp turmeric
- 2 tbsp dried oregano
- 1 bunch of kale, chopped, OR 1 10oz bag organic baby spinach
- 2 avocados
- Salt and pepper to taste
- Optional: 3 sweet potatoes, already roasted and mashed

## HOW TO MAKE

1. Brown the ground beef in large skillet
2. Add bell peppers, onions, and olive oil, sauté until onions and peppers are tender
3. Add all spices and mix.
4. Add the kale or spinach and continue cooking, stirring often, until kale is tender or spinach is wilted (4-5 minutes)
5. Serve over mashed sweet potatoes with avocado on the side



# *Tuscan Sausage Soup*

SERVES 4

## INGREDIENTS

- 1 lb hot or mild Italian sausage
- 1 large onion, chopped
- 4 garlic cloves, chopped
- 1 celery stalk, chopped
- 1/2 large cauliflower head, cut into florets (or 2 white potatoes)
- 6 cups of bone broth
- 3/4 cup coconut milk
- 1/2 lb sliced mushrooms (baby bella)
- 4 cups spinach or kale, chopped
- Optional: 1/2 tsp crushed red pepper flakes, dry roasted tomatoes
- Salt and pepper to taste

## DIRECTIONS

1. Cook sausage in large soup pot over medium heat, breaking up the meat until cooked through. Remove and set aside. Drain fat if you'd like and replace with 1 tbsp coconut oil.
2. Add onion and celery to pot and cook for 2-3 minutes. Add garlic and cook until fragrant. Throw mushrooms and cauliflower florets in and cook another 2 or 3 minutes.
3. Add seasonings, sausage, coconut milk, and bone broth. Cover and let simmer for 15 minutes.
4. Serve once cauliflower is tender. Salt & pepper to taste



# Cod n' Creamy Zoodles

SERVES 2



## YOU WILL NEED:

### For the fish:

- 10 oz. (300g) cod fillets
- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- ½ tsp. chili
- 1 tbsp. coconut flour
- ¼ cup (60ml) bone broth
- ⅓ cup (80ml) coconut milk
- 3 tbsp. chives, chopped

### For the zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes

## HOW TO MAKE

### For the fish:

1. Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with coconut flour.
2. Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.
3. Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

### For the zucchini:

1. Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.
2. Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.
3. To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.



# Tom Yum Shrimp Soup

*Serves 2*

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**4 cups bone broth**

**2 tbsp. (30g) Tom yum paste**

**½ cup (100ml) canned coconut milk**

**1 cup (225g) chopped tomatoes, canned**

**1 cup (100g) shiitake mushrooms, roughly chopped**

**1 cup shrimp**

**2 tbsp. fish sauce**

**1 tbsp. lime juice**

**coriander, to garnish**

**chili, to garnish**

1. Pour the broth into a pot, add the tom yum paste and bring to a boil.
2. Add coconut milk, tomatoes and mushrooms, and cook for about 5 minutes.
3. Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.
4. Garnish with fresh coriander and chili to serve.

# Hanger Steak With Stir Fried Broccoli

SERVES 2



## YOU WILL NEED:

### For the broccoli:

- 2 scallions, thinly sliced, separate the green tops from the white bottoms
- 1 Tbsp ginger, minced
- 1 clove garlic, minced
- 12 oz broccoli florets
- 1 T fish sauce (or to taste)
- 1 lime
- 1 Tbsp sesame oil
- 1 Tbsp sesame seeds, toasted

### For the steak marinade:

- 8-10 oz hanger steak
- 1 clove garlic, sliced thin
- 1 Tbsp sesame oil
- 1 Tbsp olive oil
- 1 Tbsp kimchi juice (optional)
- 1 Tbsp fish sauce (optional)

## HOW TO MAKE

### For the steak:

1. Marinate hanger steak for 1 - 24 hours
2. Preheat oven to 400 degrees
3. Heat 2 tbsp oil in skillet over high heat, sear steak for 2-3 minutes each side and then place into preheated oven until internal temperature reaches 125 degrees. Remove from oven, place on cutting board and let rest for 10 minutes. Temperature during this will continue to rise - temp for medium is 130, so if you'd like it more cooked then leave it in the oven a little while longer.
4. Slice before serving over broccoli

### For the broccoli:

1. Heat pan to medium to medium-high heat and saute broccoli in desired cooking oil for about 6 to 10 minutes. Broccoli should be slightly browned and nearly fully cooked. Add ginger, garlic and scallion whites and toss. Cook for another 1 to 2 minutes or until broccoli is tender. Season with lime, fish sauce, and sesame oil. Toss thoroughly. Garnish with scallion greens and sesame seeds.



# Blueberry Apple Crisp

*Serves 2*

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Prep time: 10 minutes

Cook time: 25-30 minutes

Total time: 35-40 minutes

## Filling:

- 1 large apple, cut into approximate 1 inch pieces (or smaller if you prefer)
- 1 cup blueberries
- 1 tbsp fine almond flour
- 2 tsp lemon juice
- 1 tsp apple cider vinegar
- 1 tsp vanilla extract
- 1/4 tsp cinnamon

## Topping:

- 1/4 cup fine almond flour
- 1/2 tsp cinnamon
- 1 tbsp coconut oil (NOT melted), plus more for greasing ramekins
- 1/2 tsp vanilla extract
- 1 tbsp maple syrup (can use coconut sugar as alternate)
- pinch of salt

Preheat oven to 375°. Grease 2 small ramekins.

Combine all the filling ingredients into a bowl and mix well. Divide evenly between the 2 ramekins.

In separate bowl, combine all topping ingredients.

Divide evenly over the top of the filled ramekins.

Bake for 25-35 minutes or until the topping is browned and the filling is bubbling around the edges. Enjoy





## *Baked Pecan Apples*

This is a wonderful dessert when you want something warm and comforting and (bonus!) it also fuels healthy fertility. Eat as is out of the oven or top with some whipped coconut cream. Delish!

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 25 minutes

Servings: 4

- 2 apples, halved and cored
- 1/2 cup pecans, roughly chopped
- 2 tbsp unsweetened coconut flakes, chopped
- 1 tsp cinnamon
- 1/2 tsp vanilla
- pinch of salt
- 2 tbsp of butter

Set oven to 350°. Cut the apples in half, then scoop or cut out the middle core and seeds so there is room for the pecan topping. In a bowl, combine the pecans, coconut flakes, cinnamon, vanilla, and salt. Mix together well. Divide the pecan topping evenly between all 4 apple halves. Divide butter evenly and place on top. Bake for 20-25 minutes or until the apple is soft. Enjoy!

