



EMPOWERED FERTILITY RENEWAL

RECIPE BOOK

Fertility Mom | 2018-2022

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Shrimp Breakfast Skillet

Serves 4

- 1 tablespoon coconut oil
- 1 pound peeled and de-veined wild-caught shrimp
- 3 tablespoons chopped scallions
- 3 cups endive, chopped
- 1 large cucumber, sliced
- 1 large stalk celery, chopped
- Salt and pepper to taste

1. In a large skillet over medium heat, add coconut oil.
2. Add the shrimp, scallions, and some salt and pepper to skillet. Cook for 3-5 minutes, until shrimp is pink and scallion is tender.
3. To the shrimp mixture, add the remaining ingredients and stir.

Sausage & Sweet Potato Scramble

Serves 4

- 1 pound ground mild Italian sausage
- 2 sweet potatoes grated or shredded with food processor shredding blade
- 2 tbsp coconut oil
- salt and pepper to taste
- Optional: Eggs

1. In a large skillet over medium heat, add the ground sausage and cook while breaking apart with spoon. Brown sausage.
2. Move sausage to the side of the skillet so the middle is empty, add coconut oil and then add shredded sweet potato. Mix well with sausage, add some salt and pepper. Continue cooking while stirring frequently until sweet potato is cooked and slightly caramelizing.
3. If adding eggs, make small wells in the sausage/sweet potato mix, break egg into the well, cover, and let cook for around 3-5 minutes until the egg white is cooked but the yolk is still runny.



Chicken & Spinach Stir Fry

Serves 4

- 1 pound cubed chicken
- 2 tablespoons green onions,
chopped
- 1 clove garlic, minced
- 4 cups spinach
- 1/4 cup chopped basil
- 1 tablespoon coconut oil
- Salt and pepper to taste

1. Heat coconut oil in skillet over medium heat.
2. Add the chicken, green onions and garlic. Cook for 10 minutes, until chicken is no longer pink in the center.
3. Add the remaining ingredients and cook for another 10 minutes.

Tangy Scrambled Eggs

Serves 1

- 3 eggs
- 1 tbsp coconut oil
- Coconut aminos, few drops
- Handful coriander, chopped
- ½ avocado
- ½ tsp. black sesame seeds, to serve

1. Separate the egg yolks and whites. Mix the yolks with the coconut aminos and chopped coriander.
2. Heat coconut oil in skillet over medium heat and fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.
3. Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.



Ferk Chicken With Cauliflower Rice

Serves 4

For the marinade:

- 1 tsp. dried thyme leaves
- 1 tsp. ground allspice
- 2 tbsp. coconut or maple sugar
- ½ tsp. salt
- ½ tsp. pepper
- 2 tsp. garlic powder
- ½ tsp. cinnamon
- ½ tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

For the chicken & rice:

- 1 lb. (450g) chicken breast
- 14 oz. (400g) cauliflower rice
- 2 tbsp. coconut oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 cup (250ml) canned coconut milk
- 1 lime, zest and juice
- handful coriander, to garnish
- lime wedges, to serve

1. Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in the marinade. Leave to marinate for 15 minutes or overnight.
2. Heat the 1 tbsp. of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.
3. Next, add in the garlic and cauliflower rice, cook for 2 minutes and add in the coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.
4. In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 minutes until cooked through and browned. Once cooked, serve with the cauliflower rice.
5. Garnish the rice with chopped coriander and serve with lime wedges.

Meatloaf

Serves 6+

For the meatloaf:

- 2 pounds ground grass-fed beef
- 2 eggs
- Optional: 3 oz liver (great hidden liver recipe)
- 1/2 cup coconut flour
- 1 onion, diced
- 2 carrots, finely diced
- 1 cup mushrooms, finely diced
- 3 garlic cloves, minced
- 1 cup finely chopped spinach
- 1.5 tsp salt
- 1 tsp oregano
- 1 tsp marjoram
- 1 tsp thyme

For the topping:

- 6 ounces tomato paste
- 1 tbsp maple syrup
- 1 tsp coconut aminos

1. Preheat oven to 350
2. Combine all meatloaf ingredients together in a large bowl and mix together well
3. Form into a loaf shape in a 9 x 13 baking dish
4. Mix toppings ingredients together, salt and pepper to taste and then spread over the top of the uncooked meatloaf
5. Bake for 45-60 minutes or until cooked through

Thai Chicken Curry

Serves 4

- 1 lb boneless, skinless chicken breasts, cut in 1-inch thick pieces
- 2 garlic cloves, minced
- 2 tbsp fresh ginger, minced
- 1 yellow onion, diced
- 1 red bell pepper, sliced into thin strips 12 oz fresh broccoli (1 large head)
- 1 can (13.5 oz) coconut milk
- 1 tbsp coconut oil
- 1 tbsp ghee or favorite cooking oil
- 3-4 tbsp red curry paste (less or more depending on your love of spice)
- 1 lime, juiced
- 2 tbsp cilantro, chopped Salt to taste
- Salt and pepper to taste

1. Heat ghee (or favorite oil) on medium-high heat. Add chicken and cook for 3-4 minutes until just beginning to brown. Remove.
2. In the same pan, heat coconut oil on medium-high heat. Add garlic and ginger, stir frequently approximately 1 minute until fragrant.
3. Add onions and red pepper. Cook approximately 2 minutes until vegetables begin to soft and onions start to appear translucent.
4. Arrange vegetables to the side of the pan leaving the center empty. Add red curry paste to the center and let heat for a minute until fragrant. Mix with vegetables for another minute.
5. Add coconut milk, mix. Add chicken and stir, let simmer approximately 3-4 minutes until sauce begins to thicken. Add lightly steamed broccoli and continue simmering for another few minutes until chicken is cooked through and sauce is thickened. Add lime juice, salt and pepper to taste. Garnish with cilantro and serve immediately.



Chicken Pot Pie

Serves 6+

- 2 pounds chicken cubed
 - 2 Tbsp coconut oil
 - 1 large carrot, diced
 - 1 celery stick, diced
 - 2 garlic cloves, minced
 - 1 yellow onion, diced
 - 3 Tbsp tapioca starch
 - 4-6 cups chicken broth
 - 1/2 cup coconut cream (the thick cream at the top of a coconut milk can - can leave in fridge for 2 hours before making to get cream to rise to the top)
 - 1 tsp salt + more to taste
 - 1 tsp dried thyme
 - 1 16 ounce bag mixed frozen vegetables (no corn - can do with carrots and peas and green beans)
1. Heat 1 Tbsp coconut oil over medium-high heat and cook cubed chicken until brown. Remove.
 2. Heat remaining coconut oil over medium-high heat, add in onions, carrot, celery, and garlic. Sauté until onion is translucent and fragrant
 3. Add tapioca starch and stir well
 4. Add in chicken broth, coconut cream, salt, thyme, and frozen vegetables. Mix well and let simmer for 10+ minutes until to desired thickness. Add more broth if necessary. Salt and pepper to taste and enjoy!

Turkey Meatballs

Serves 6+

- 2 pounds ground turkey
 - 1/4 cup fresh parsley, chopped
 - 1 tsp garlic powder
 - 1 tsp salt
 - 2 small zucchini (or 1 medium-large), grated and drained of moisture
 - 1/4 cup coconut flour
 - 2 eggs
1. Heat oven to 350
 2. Combine all ingredients in large bowl until well mixed
 3. Form into meatballs of desired size and place on baking sheet
 4. Bake in preheated oven for 30 minutes or until cooked through.
 5. Serve over salad or mix with your favorite sauce to eat.



Honey-Lime Glazed Salmon

Serves 4

- 4 fillets salmon fillets

Marinade:

- 3 tbsp. honey
- 3 tbsp. lime juice
- 3 tbsp. coconut aminos
- 1 tbsp. olive oil
- 3 tbsp. ginger, grated
- 2 garlic cloves, crushed

Pineapple "rice":

- 2 cups cauliflower rice, heated and cooked (or warmed from frozen)
- 1 ¼ cups pineapple, chopped
- 1 ⅓ cup cucumber, chopped
- 1 lime, juiced
- 2 tbsp. honey
- ½ cup coriander leaves (or mint)

1. Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole and marinate for about 1 hour.
2. In a large bowl, add cauliflower rice, pineapple, cucumber and mix well. Season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.
3. Preheat the oven to 400°F. Bake the marinated salmon for 18 minutes, until cooked throughout.
4. Serve salmon with the prepared pineapple rice.

Shepherd's Pie

Serves 6+

Shepherd's Pie filling:

- 2 pounds ground beef
- 1 Tbsp coconut oil
- 2 carrots, diced
- 1 onion, diced
- 1 large celery stalk, diced
- 10 ounces frozen peas
- 2 tsp dried thyme
- 2.5 tsp cumin
- 1 Tbsp red wine vinegar
- 3 ounces liver (optional)
- 3/4 cup bone broth
- 3 Tbsp tomato paste
- 1 tsp salt + more to taste

For the topping:

- 3 large red potatoes
- 1 head cauliflower
- 2 garlic cloves, minced
- 1/2 cup coconut milk
- Salt and pepper to taste

1. Heat oven to 375
2. Set a large pot with about 1/3 full of water. Bring to a boil and place skinned red potatoes in with cauliflower. Boil until potatoes and cauliflower are soft, about 10 minutes. Remove potatoes and cauliflower from water.
3. In a large skillet over medium-high heat, add coconut oil. Brown ground beef while breaking apart with a spoon. Remove.
4. In the same skillet, sauté carrots, celery, and onions until translucent and fragrant. Add beef back in and mix well.
5. Add in the rest of the filling ingredients and mix well.
6. Process potatoes, cauliflower, garlic, coconut milk, and salt/pepper in food processor until smooth. If too thick, add more coconut milk.
7. Spread potato-cauliflower mixture over the beef filling so that it's covered. Place in preheated oven for ~20 minutes or until the topping is golden brown.
8. Enjoy!

Liver Pâté

- 1 pound liver (chicken or beef)
- 4 Tbsp ghee (or butter or coconut oil)
- 2 shallots, minced, or 1 small onion
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 tsp salt
- 1/2 cup coconut cream

1. Heat 2 Tbsp ghee or oil of choice in cast iron skillet over medium heat, add in shallot and garlic and cook for 1 minute until fragrant
2. Trim liver (there can be a thin white film over beef liver) and slice thin
3. Move onions and garlic to the side of the dish and arrange liver in one layer on skillet. Cook for approximately 1 minute per side
4. Remove from heat and put onions, garlic, liver, remaining ghee, thyme, salt, and coconut cream in food processor
5. Process until smooth
6. Refrigerate for 1 hour and enjoy!

When using liver in hidden liver recipes I recommend using raw. You can blend raw liver in a food processor until smooth, place in ice cube trays, and freeze. Pop a few cubes into your recipe and you've got liver!

Sesame & Ginger Beef Zoodles

Serves 4

- ¼ cup (60ml) coconut aminos
- 1 tbsp. honey
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground beef
- 1 Tbsp coconut oil
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

1. Mix the coconut aminos, rice wine vinegar and honey in a small bowl and set aside.
2. Heat coconut oil in skillet over medium heat, add the beef and cook for 7-10 minutes, until cooked through.
3. Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.
4. Add the already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.
5. Slightly heat the spiralized zucchinis with the beef (if eating straight away), or divide zucchini and beef into containers. Heat in the microwave or pan when needed.



Chocolate Hazelnut Spread

- 2 cups soaked then roasted hazelnuts
 - 2 Tbsp coconut oil, melted
 - 2/3 cup unsweetened cocoa
 - 5 pitted medjool dates, soaked for 15 minutes
 - 1/2 cup maple syrup
 - 1 cup coconut milk + more if desired for consistency
 - 1/2 tsp vanilla
 - 1/4 tsp salt
1. Soak hazelnuts: place in bowl, cover with warm water and put a pinch of salt in. Mix well and let sit overnight (anywhere from 7-24 hours). Rinse clean.
 2. Roast hazelnuts: roast at a low temperature of 200-250 for about 1 hour. Remove once they are to your liking. Sometimes this can take almost 2 hours depending on oven
 3. Place all ingredients in a food processor and process until smooth
 4. Enjoy with a spoon or with some fruit



Banana Chocolate Bites

- 3 ripe bananas
- ½ cup (85g) natural peanut butter
- ½ cup (90g) dark chocolate chips
- 2 tsp. coconut oil



1. Peel and slice the bananas. Line a tray or chopping board with baking paper.
2. Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.
3. Place the bananas on the prepared baking paper and store it in the freezer for about 1 hour.
4. Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.
5. Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.
6. Place the chocolate covered sandwiches back on the baking paper platter, and into the freezer for another 15-20 minutes.
7. Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.
8. The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.

Healthy Ferrero Rocher

- 1 cup (135g) + 12 hazelnuts
- 2 tbsp. cocoa powder
- 2 tbsp. honey
- 1 tsp. vanilla extract
- pinch of sea salt
- 2 tbsp. dark chocolate chunks



1. Add 1 cup of hazelnuts into a food processor and blitz until chopped into tiny pieces.
2. Next, add the cacao powder, honey, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.
3. Roll the mixture into bite-size balls and insert one hazelnut into the center of each ball.
4. Serve straight away or store in the fridge for later.

Strawberry Protein Smoothie

Serves 2

- 1 cup (145g) strawberries, frozen
- 1 cup (240ml) coconut milk
- 2 scoops (50g) protein powder, vanilla (the beef or meat-based powder, or use unflavored)
- 2 tsp. honey
- 2 tsp. vanilla extract
- 2 tsp. desiccated coconut

Blend all ingredients together and enjoy.

Anti-inflammatory Green Smoothie

Serves 2

- 2 cups (480ml) full fat coconut milk
- 2 cups (60g) spinach, packed
- ½ tsp. ground turmeric
- pinch black pepper
- 2 tbsp. chia seeds
- 2 cups (330g) pineapple chunks, frozen
- Optional: gelatin or collagen protein powder

Blend all ingredients together and enjoy.