



FERTILITY MOM
EVEN MIRACLES NEED A LITTLE HELP

June Recipe Book

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

fertilitymom.com



Contents & Key

6	Eggplant & Onion Spanish Tortilla
8	Breakfast Egg & Mushroom Salad
10	Tomato & Egg Breakfast Pizza
12	Sweet Potato Protein Pancakes
14	Honey Lime Salmon with Mango Salsa
16	Chicken Lettuce Wraps
18	Pesto White Fish En Papillote
2	Creamy Chicken & Potato Soup (Slow-Cooker)
0	Slow Cooker Pot Roast
2	Cod Fish Cakes with Mint Peas
2	Chicken Tikka Alfredo
2	Baked Feta Pasta
4	Honey Pear Muffins
2	Whey Protein Chocolate Cakes
6	Pear Protein Smoothie

2
8
3
0
3
3

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Eggplant & Onion Spanish Tortilla	Baked Feta Pasta	E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes	Slow Cooker Pot Roast
Tue	Eggplant & Onion Spanish Tortilla	Baked Feta Pasta	E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes	Slow Cooker Pot Roast
Wed	Breakfast Egg & Mushroom Salad	Honey Lime Salmon with Mango Salsa	E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes	Creamy Chicken & Potato Soup
Thu	Breakfast Egg & Mushroom Salad	Creamy Chicken & Potato Soup	E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes	Cod Fish Cakes with Mint Peas
Fri	Tomato & Egg Breakfast Pizza	Chicken Lettuce Wraps	E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes	Cod Fish Cakes with Mint Peas
Sat	Sweet Potato Protein Pancakes	Chicken Lettuce Wraps	E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes	Meal Out - Enjoy!
Sun	Pear Protein Smoothie	Pesto White Fish Papillote	E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes	Chicken Tikka Alfredo



Eggplant & Onion Spanish Tortilla

Serves 2

- 2 tbsp. olive oil
- 2 onions, chopped
- 2 eggplants, cut into cubes
- salt & pepper, to taste
- 5 eggs

What you need to do

Heat the olive oil in a medium pot over a medium-high heat. Add the onions and eggplants and cook for 20 minutes, until softened, and season with salt and pepper.

Whisk the eggs in a bowl with a little salt and pepper. Pour the eggs over the vegetables and continue cooking until the eggs start to set along the sides.

Now flip the tortilla over, use a plate to help, and continue cooking the second side until the tortilla is set. Serve immediately.

GF	DF	MP	HP	V
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	482	27	44	22	19

*Nutrition per serve



Breakfast Egg & Mushroom Salad

Serves 4

1 lb. (450g) white button mushrooms
2 tbsp. lemon juice
2 tbsp. parsley, chopped
1 onion, diced
2 gherkins, diced
1 tbsp. chives, chopped
6 oz. (170g) peas, drained
6 tbsp. mayonnaise
4 tbsp. Greek yogurt
1 tsp. Dijon mustard
8 eggs, hard boiled, chopped
salt & pepper

What you need to do

Place the mushrooms in a pot and cover with water. Bring to a boil and simmer for 5 minutes, then drain the mushrooms and chop them up.

Place the mushrooms into a bowl and drizzle over the lemon juice. Add in the remaining ingredients, season with salt and pepper, stir to combine and serve.

GF	LC	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	5 mins	337	26	9	18	2

*Nutrition per serve



Tomato & Egg Breakfast Pizza

Serves 2

What you need to do

4 eggs
salt & pepper
½ red onion, chopped
1 tbsp. olive oil
1 large tomato, sliced
1 tbsp. dried oregano
¼ cup ham, chopped
¼ cup shredded cheddar cheese

Whisk the eggs in a bowl, season with salt and pepper, and stir through the red onion.

Heat the olive oil in a non-stick skillet over a medium heat. Place a layer of tomatoes in the bottom of the skillet and cook for 2-3 minutes.

Pour the eggs over the tomatoes, sprinkle with half the oregano and cook for 2-3 minutes.

Now scatter over the ham and cheese and add the remaining oregano. Cook for a further 2-3 minutes until the eggs are set. Slice and serve immediately.

GF	LC	MP	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	308	23	5	21	1

*Nutrition per serve



Sweet Potato Protein Pancakes

Serves 2 (2 large pancakes per serving)

Sweet potato protein pancakes:

- 1 large sweet potato, cooked & mashed
- 7.9 oz. (225g) egg whites
- 1 oz. (30g) vanilla protein powder
- 1.2 oz. (35g) ground flaxseed
- 2 tsp. baking powder
- ½ tsp. pure vanilla extract
- ⅛ tsp. sea salt
- ⅛ tsp. ground cinnamon
- 1 tbsp. coconut oil, for cooking

To serve:

- 2 tbsp. chopped pecans, for garnish
- 2 tbsp. maple syrup, for serving

What you need to do

In a blender, add all the ingredients for the pancakes, except for the coconut oil, and blitz until smooth.

Add the coconut oil to a non-stick skillet and place over a medium-high heat. Pour ¼ of the pancake batter into the hot skillet and cook the pancake for 2-4 minutes, until bubbles start to appear in the center of the pancake. Flip the pancake over and cook for a further 2-3 minutes, or until golden-brown and cooked through.

Repeat the process with the remaining batter to make 2 large pancakes.

Serve the pancakes warm with the chopped pecans and a drizzle of maple syrup.

GF	DF	MP	HP	V	Q	N
----	----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	390	16	34	28	6

*Nutrition per serve



Honey Lime Salmon with Mango Salsa

Serves 4

4x 6 oz. (170g) salmon filets
2 tsp. olive oil
salt & pepper
2 tbsp. butter
2 tbsp. honey

Mango salsa:

1 mango, diced
1 red bell pepper, diced
½ red onion, diced
handful of cilantro, finely
chopped
juice of 1 lime
¼ tsp. salt, or to taste

What you need to do

Make the mango salsa by combining all the ingredients together in a bowl, then mix well and set aside.

Rub salmon with olive oil and season with salt and pepper.

Melt the butter in a large non-stick skillet over a medium heat, then stir in honey.

Place the salmon filets in the skillet and cook for 5-6 minutes. Flip the salmon over and cook a further 8 minutes until the salmon is caramelized on the outside, and cooked through.

Top the salmon filets with the mango salsa and serve immediately.

GF	MP	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	444	24	24	35	2

*Nutrition per serve



Chicken Lettuce Wraps

Serves 4

3 tbsp. hoisin sauce
2 tbsp. tamari sauce
2 tbsp. rice wine vinegar
1 tbsp. sriracha sauce
1 tsp. toasted sesame oil
1 tbsp. olive oil
1 medium onion, diced
2 cloves garlic, minced
1 tbsp. freshly grated ginger
1 lb. (450g) ground chicken
2 green onions, thinly sliced
salt & pepper
1 large lettuce (leaves separated), for serving
6.5 oz. (185g) cooked white rice, for serving

What you need to do

Place the hoisin sauce, tamari, rice wine vinegar, sriracha sauce, and sesame oil in a small bowl, whisk together and set aside.

In a large skillet, over a medium-high heat, heat olive oil. Add the onions and cook for 5 minutes until soft, then stir through the garlic and ginger and cook for a further minute, until fragrant. Now add the ground chicken and cook the meat until it becomes opaque and is mostly cooked through, breaking up the meat with a wooden spoon.

Pour the sauce over the chicken and cook for a further 1-2 minutes, allowing the sauce to reduce slightly and ensuring the chicken is cooked through. Turn off the heat and add in the green onions, and season with salt and pepper.

Spoon the cooked white rice and chicken mixture into the center of the lettuce leaves. Serve immediately.

GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	255	14	11	22	2

*Nutrition per serve



Pesto White Fish En Papillote

Serves 2

2x 6 oz. (170g) white fish filets
of choice (e.g. cod)
1 tbsp. olive oil
salt to taste
½ onion, sliced
2 tbsp. pesto
8 cherry tomatoes, halved
2 slices lemon

What you need to do

Preheat the oven to 385°F (200°C). Prepare 2 large pieces of parchment paper, big enough to hold the fish and fold over.

Rub the fish filets with olive oil, and season with salt.

Layer the sliced onion in the center of each piece of parchment paper, then place the fish filets on top. Brush the fish with pesto and then top with the cherry tomatoes, finally topping with the sliced lemon.

Fold the parchment paper over the filet and pinch the edges to seal the parcel tight.

Place the parcels on a baking sheet, in the oven, and bake for 15 minutes.

Once ready, remove from the oven and allow to cool slightly. Open the parchment paper carefully to release the hot steam, taking care not to burn yourself.

GF	LC	MP	HP	Q	N
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	190	7	8	21	2

*Nutrition per serve



Creamy Chicken & Potato Soup (Slow-Cooker)

Serves 6

1½ lbs. (680g) boneless, skinless chicken breasts
salt & pepper
1 lb. (450g) baby potatoes, quartered
8 oz. (225g) cream cheese
1 yellow onion, chopped
1 carrot, chopped
1 jalapeño, finely chopped
4 cloves garlic, finely chopped
1 bunch thyme
32 fl oz. (960ml) chicken broth
8.1 fl oz. (240ml) whole milk
1 chicken bouillon cube
2 tsp. curry powder
1 tsp. dried oregano
7 oz. (200g) kale, stems removed, chopped

What you need to do

Season the chicken with salt and pepper and place in the bottom of the slow cooker. Add the potatoes, cream cheese, onion, carrot, jalapeño, garlic, and thyme and stir to combine. Now add in the chicken broth, milk, bouillon cube, curry powder, oregano and season with a little more salt and pepper.

Cover the slow cooker with the lid and cook on LOW for 6 hours.

Transfer the cooked chicken to a plate and shred the chicken using 2 forks. Return chicken to the slow cooker and add in the kale. Stir until well combined and continue to cook on low for around 10 minutes until the kale has wilted.

Check the soup for seasoning and add a little more salt and pepper if required, and serve.

GF	MP	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	6 hrs	367	16	22	33	4

*Nutrition per serve



Slow Cooker Pot Roast

Serves 8

2 tbsp. olive oil
3½ lbs. (1.6kg) beef chuck roast
2 tsp. salt
1 tsp. freshly ground black pepper
4 cloves garlic, thinly sliced
1 yellow onion, cut into large chunks
4 carrots, peeled and cut into 1-inch pieces
3 stalks celery, cut into 1-inch pieces
1½ lbs. (680g) baby potatoes, quartered
2 sprigs fresh rosemary
2 sprigs fresh thyme
2 bay leaves
24.3 fl oz. (720ml) beef broth
8.1 fl oz. (240ml) red wine

For gravy:

2 tbsp. cornstarch (or arrowroot/tapioca flour if corn intolerant)
3 tbsp. water

What you need to do

Heat the olive oil in a large skillet over a medium-high heat. Season both sides of the beef chuck roast with salt and pepper, place into the hot skillet and sear for 4-5 minutes, browning each side of the roasting joint. Transfer the roast to the bowl of the slow cooker.

Add the garlic, onion, carrots, celery, potatoes, rosemary, thyme, and bay leaves to the slow cooker. Pour over the beef broth and red wine, cover with a lid and cook on LOW for 8 hours or on HIGH for 6 hours.

Once cooked, remove the sprigs of rosemary, thyme, and the bay leaves. Then remove the roast and shred the meat using 2 forks.

Mix the cornstarch and water together in a small bowl and stir to combine. Add the mixture to the slow cooker and stir everything together until the gravy starts to thicken.

Serve the meat and vegetables on a platter pouring over some of the gravy.

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	8 hrs 10 mins	410	26	22	23	3

*Nutrition per serve



Cod Fish Cakes with Mint Peas

Serves 4

What you need to do

2 lbs. (900g) potatoes, peeled & cut into medium chunks
2 tsp. mustard powder
4 anchovies, finely chopped
5 green onions, finely sliced
2 tsp. capers
1½ tbsp. tarragon, chopped
1 lb. 2 oz. (560g) skinless cod, cut into cubes
8 tsp. wholemeal flour
2 eggs
3 oz. (90g) ground almonds

For the vegetables:

11 oz. (320g) frozen peas
11 oz. (320g) leeks, halved & finely sliced
2 tbsp. finely chopped mint

Heat the oven to 360°F (180°C). Prepare a baking sheet lined with baking paper.

Bring a pan of water to the boil and cook the potatoes for 15-20 minutes until tender. Drain well, then return to the pan and mash with the mustard, anchovies, green onions, capers and tarragon until well combined. Now stir through the raw cod.

Shape the mixture into 8 even-sized fishcakes, then coat lightly in the flour.

Beat the eggs in a shallow bowl and coat the fishcakes in the egg mixture. Now coat each of the fishcakes with ½ tablespoon of the ground almonds, and place on the baking sheet.

Place the fishcakes into the hot oven to bake for 20 minutes until golden brown, turning each fishcake over halfway through.

Meanwhile, place the peas and leeks in a pot and cover with boiling water. Cook on medium-high for 10 minutes, then drain and stir through the mint.

This recipe serves 2 fishcakes per portion.

DF	MP	HP	N
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	519	11	65	30	11

*Nutrition per serve



Chicken Tikka Alfredo

Serves 6

For the chicken:

1½ lbs. (680g) boneless skinless chicken thighs
5 oz. (140g) Greek yogurt
3 cloves garlic, minced
1 tbsp. ginger, minced
1½ tsp. garam masala
½ tsp. ground cumin
½ tsp. ground coriander
½ tsp. salt
¼ tsp. cayenne pepper
cooking spray

For the sauce & pasta:

3 tbsp. ghee
1 large yellow onion, finely chopped
5 cloves garlic, minced
2 tbsp. fresh ginger, minced
1-2 serrano peppers, seeded, deveined, & minced
2 tbsp. garam masala
1½ tsp. ground cumin
1½ tsp. ground coriander
1 tsp. ground cardamom
6 oz. (170g) tomato paste
14 fl oz. (420ml) water
2 tsp. honey
8.5 oz. (240g) oat cream
salt
1 lb. (450g) spaghetti
fresh cilantro, for garnish

What you need to do

Place the chicken thighs into a large bowl. Add the Greek yogurt, garlic, ginger, and spices, and stir until the chicken is completely coated. Cover the bowl with a lid and transfer to the refrigerator to marinate for at least 30 minutes, or up to 2 hours.

In a large, heavy-bottomed pot, melt the ghee over a medium-high heat. Add the onions, garlic, ginger, and serrano peppers and cook for 8-10 minutes, stirring occasionally, until the vegetables are soft and beginning to brown on the edges.

Reduce the heat to medium and stir in spices, cooking for 2-3 minutes until very fragrant. Stir in tomato paste and cook until dark red, a further 2-3 minutes.

Whisk in the water, ensuring there are no clumps, then add honey. Take the pot off heat and stir in cream. Use an immersion blender, or carefully pour the sauce into a traditional blender, and blend the sauce until smooth. Return the sauce to the pot.

Position an oven rack 5-6" from the broiler and heat the broiler. Line a baking sheet with foil and grease with cooking spray.

Transfer the pieces of marinated chicken to the baking sheet, ensuring some yogurt remains on the chicken. Broil the chicken, flipping once halfway through, until cooked through and charred, 18-20 minutes. Transfer the chicken to a cutting board and let it cool a little, before roughly chopping and adding to the sauce.

Meanwhile, cook the spaghetti to al dente according to package directions. Drain and set aside.

Bring the sauce to a gentle simmer, add the cooked chicken and pasta. Toss everything together and continue cooking for 2-3 minutes until everything is warmed through.

Garnish the pasta with cilantro before serving.

MP	HP
----	----

Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins - 2 hrs	35 mins	571	17	67	32	4

*Nutrition per serve



Baked Feta Pasta

Serves 4

10.6 oz. (300g) cherry tomatoes
2 shallots, sliced
2 cloves garlic, smashed
2 tbsp. olive oil, divided
salt
pinch crushed red pepper flakes
8 oz. (225g) feta cheese
3 sprigs fresh thyme
10 oz. (280g) pasta of choice
zest of 1 lemon
4 tbsp. fresh basil, for garnish

What you need to do

Preheat the oven to 400°F (200°C).

In a large ovenproof skillet or medium baking dish, add the tomatoes, shallots, garlic, and 1 tablespoon of olive oil. Season with salt and red pepper flakes and toss to combine.

Place the feta cheese into the center and drizzle with the remaining 1 tablespoon of olive oil. Scatter the thyme sprigs over the tomatoes.

Place the dish into the oven to bake for 40-45 minutes, until the tomatoes start to burst and the feta cheese is golden on top.

Meanwhile, cook the pasta to al dente, according to package directions.

Add the cooked pasta and lemon zest to the feta cheese and tomatoes and stir until combined. Garnish with basil and serve immediately.

MP	V
----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	45 mins	435	20	48	12	3

*Nutrition per serve



Honey Pear Muffins

Makes 12

1.6 oz. (45g) wholemeal flour
4.2 oz. (120g) all-purpose flour(or gf flour of choice)
1 scoop vanilla protein powder
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
¼ tsp. ground ginger
⅛ tsp. ground nutmeg
1 tsp. ground cinnamon
large egg
6 oz. (170g) honey
5.4 fl oz. (160ml) almond milk, unsweetened
2.7 oz. (80ml) olive oil
1½ tsp. vanilla extract
6.3 oz. (180g) finely diced pears
1 oz. (30g) rolled oats
2 oz. (60g) finely chopped walnuts

What you need to do

Preheat the oven to 350°F (190°C). Line a muffin tin with paper cups or lightly spray with cooking spray.

In a large bowl, whisk together the flours, protein powder, baking powder, baking soda, salt, ginger, nutmeg and cinnamon until just combined.

In a separate mixing bowl, whisk together the egg, honey, milk,olive oil and vanilla extract until just combined.

Add the wet ingredients to the dry ingredients and stir to combine. Now gently fold in the chopped pears, rolled oats and walnuts. Do not overmix the batter, only stir until just combined.

Spoon the mixture into the muffin cups, filling them ⅔ of the way up the cup.

Place into the hot oven to bake for 18-20 minutes, until the tops are golden brown, and a toothpick inserted into the center of the muffin comes out clean.

Remove from the oven and the muffins onto a wire rack to cool completely.

DF	MP	V	N
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	248	10	36	5	5

*Nutrition per serve



Protein Chocolate Cookies

Makes 12

Dry Ingredients:

6.3 oz. (180g) all-purpose flour
(or gf flour of choice)
4 tbsp. chocolate protein powder
2 tbsp. cocoa powder
2 tbsp. ground flaxseed
½ tsp. baking soda
¼ tsp. baking powder
pinch of salt
3 oz. (85g) chocolate chips

Wet Ingredients:

1 large egg, room temperature
4 fl oz. (120ml) olive oil
3.9 oz. (110g) coconut sugar
3 tbsp. peanut butter
1 tsp. vanilla extract

What you need to do

Preheat the oven to 375°F (190°C). Line a baking sheet with baking paper.

Add the flour, protein powder, cocoa powder, ground flaxseed, baking soda, baking powder and salt into a large bowl, mix to combine and set aside.

Whisk the eggs together in a separate large bowl, then add the olive oil and whisk for 30 seconds. Now add the coconut sugar, peanut butter, and vanilla extract and whisk for a further 30 seconds.

Add ½ cup of the flour mixture to the wet ingredients and fold through until well combined. Now add the remaining flour and chocolate chips and fold the mixture to form a cookie dough.

Divide the cookie dough to make 12 even-sized cookies. Place the cookies onto the baking sheet and place into the hot oven to bake for 15 minutes.

Remove from the oven, and set the cookies onto a wire rack to cool a little before serving.

MP	V	N
----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	217	12	24	5	4

*Nutrition per serve



Pear Protein Smoothie

Serves 1

1 pear peeled, cored, & chopped
1 banana, frozen
1 tbsp. ground ginger
8.1 fl oz. (240ml) almond milk, unsweetened
1 scoop vanilla protein powder
¼ tsp. ground cinnamon

What you need to do

Place all the ingredients into a high-speed blender and blitz until smooth. Garnish with a little extra ground cinnamon and serve immediately.

GF	HP	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	329	3	56	25	10

*Nutrition per serve