



Nicole Osinga

Fertility Meal Plan

Nicole Osinga
nicoleosinga@gmail.com

Fruits

- ☐ 1/2 Avocado
- ☐ 2 Banana
- ☐ 1 cup Blueberries
- ☐ 1/2 cup Cherries
- ☐ 2 Kiwi
- ☐ 1 tbsp Lemon Juice
- ☐ 2 tbsps Lime Juice

Breakfast

- ☐ 1/4 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- ☐ 1/3 cup Almonds
- ☐ 1 tbsp Chia Seeds
- ☐ 2 1/16 tps Cinnamon
- ☐ 1 1/2 tbsps Ground Flax Seed
- ☐ 2 tbsps Hemp Seeds
- ☐ 1 tsp Nutmeg
- ☐ 2/3 cup Pumpkin Seeds
- ☐ 1/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Slivered Almonds
- ☐ 1/2 cup Sunflower Seeds
- ☐ 1 tbsp Taco Seasoning

Frozen

- ☐ 1/3 cup Frozen Edamame
- ☐ 2 Ice Cubes

Vegetables

- ☐ 6 cups Baby Spinach
- ☐ 3 Carrot
- ☐ 1 stalk Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 2 tbsps Cilantro
- ☐ 1/4 Cucumber
- ☐ 1 stalk Green Onion
- ☐ 1/2 cup Parsley
- ☐ 2 1/2 cups Purple Cabbage
- ☐ 1 Red Bell Pepper
- ☐ 1/4 cup Shallot
- ☐ 1 Sweet Potato

Boxed & Canned

- ☐ 1/2 cup Chickpeas
- ☐ 1 cup Dry Green Lentils
- ☐ 1 1/4 cups Jasmine Rice
- ☐ 1/4 cup Quinoa

Baking

- ☐ 1 1/2 tps Baking Powder
- ☐ 1 tsp Honey
- ☐ 1 3/4 cups Oats
- ☐ 1 cup Pitted Dates
- ☐ 3/4 cup Pureed Pumpkin
- ☐ 1/4 cup Raw Honey
- ☐ 2 tbsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 9 ozs Tempeh
- ☐ 8 3/4 ozs Tofu

Condiments & Oils

- ☐ 2 tps Avocado Oil
- ☐ 2 tbsps Barbecue Sauce
- ☐ 1 tbsp Coconut Oil
- ☐ 3 1/2 tbsps Extra Virgin Olive Oil
- ☐ 2 1/2 tbsps Tamari
- ☐ 2 tbsps Vegan Ranch Dressing

Cold

- ☐ 1 Egg
- ☐ 1/2 cup Oat Milk
- ☐ 1 1/2 cups Soy Milk
- ☐ 2 cups Soy Yogurt

Other

- ☐ 1/4 cup Protein Powder
- ☐ 2 tbsps Vanilla Protein Powder
- ☐ 1/3 cup Water



Green Smoothie Bowl

2 servings

10 minutes

Ingredients

2 Banana (chopped and frozen)
4 cups Baby Spinach
1 1/2 cups Soy Milk
1/4 cup Protein Powder
2 Ice Cubes
2 Kiwi (peeled and chopped)
2 tbsps Unsweetened Coconut Flakes
2 tbsps Slivered Almonds
2 tbsps Hemp Seeds

Directions

1

Add frozen bananas, baby spinach, protein powder, milk and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Nutrition

Amount per serving	
Calories	423
Fat	17g
Carbs	53g
Fiber	9g
Sugar	29g
Protein	24g
Cholesterol	2mg
Sodium	158mg
Vitamin A	5763IU
Vitamin C	91mg
Calcium	400mg
Iron	4mg



Creamy Vanilla Blueberry Protein Oatmeal

1 serving
15 minutes

Ingredients

1/2 cup Oats (rolled)
2 tbsps Vanilla Protein Powder
1 cup Soy Yogurt
1/2 cup Blueberries
1 tbsp Pumpkin Seeds
1 tsp Honey

Nutrition

Amount per serving	
Calories	393
Fat	11g
Carbs	55g
Fiber	7g
Sugar	13g
Protein	25g
Cholesterol	2mg
Sodium	23mg
Vitamin A	41IU
Vitamin C	7mg
Calcium	86mg
Iron	3mg

Directions

- 1 Cook the oats according to the package directions.
;
- 2 Stir the protein powder into the yogurt.
;
- 3 Place the oatmeal in a bowl. Top with blueberries, yogurt, and pumpkin seeds. Drizzle with honey and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to three days, keeping the yogurt separate.

Serving Size: One serving is equal to approximately two cups.

Additional Toppings: Cinnamon, chia seeds, ground flax seeds, shredded coconut.



Mason Jar Thai Peanut Salad

2 servings

35 minutes

Ingredients

1 Sweet Potato (medium, cubed)
 2 tsps Avocado Oil
 Sea Salt & Black Pepper (to taste)
 1/4 cup Quinoa (dry, rinsed)
 1/4 cup All Natural Peanut Butter
 3 tsps Water
 2 tsps Lime Juice
 2 tsps Tamari
 1 cup Purple Cabbage (thinly sliced)
 1/4 Cucumber (medium, diced)
 1/3 cup Frozen Edamame (thawed)
 1/2 cup Chickpeas (cooked)
 1 Carrot (medium, peeled, grated)

Nutrition

Amount per serving	
Calories	513
Fat	25g
Carbs	57g
Fiber	12g
Sugar	13g
Protein	21g
Cholesterol	0mg
Sodium	1087mg
Vitamin A	14952IU
Vitamin C	36mg
Calcium	126mg
Iron	5mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato to the baking sheet, drizzle with oil, and season with salt and pepper. Cook for 20 to 25 minutes or until fork tender.
- 3 Meanwhile, cook the quinoa according to the package directions.
- 4 Add the peanut butter, water, lime juice, and tamari to a small bowl or jar. Whisk or shake the jar until well combined.
- 5 Layer the ingredients in a mason jar in the following order: peanut dressing, cabbage, quinoa, sweet potato, cucumber, edamame, chickpeas, and carrot. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to three days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Add toasted sesame oil and/or chili flakes to the peanut dressing.

Additional Toppings: Chopped peanuts.



Lentil & Purple Cabbage Salad

3 servings

40 minutes

Ingredients

1 cup Dry Green Lentils (rinsed)
1 1/2 cups Purple Cabbage (thinly sliced)
1/4 cup Shallot (finely chopped)
1 Carrot (medium, finely diced)
1 stalk Celery (medium, finely diced)
1/3 cup Almonds (roasted, chopped)
1/2 cup Parsley (chopped)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Lemon Juice

Directions

- 1 Cook the lentils according to the package directions. Once cooked, drain and rinse under cold water then add to a large serving bowl.
- 2 Add the remaining ingredients to the bowl and toss to coat. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add more nuts, seeds, and/or fresh herbs like chives and basil.

Nutrition

Amount per serving	
Calories	395
Fat	13g
Carbs	53g
Fiber	11g
Sugar	6g
Protein	21g
Cholesterol	0mg
Sodium	48mg
Vitamin A	4833IU
Vitamin C	46mg
Calcium	116mg
Iron	6mg



Cherry & Blueberry Yogurt Parfait

2 servings

10 minutes

Ingredients

1 cup Soy Yogurt
1/2 cup Oat Milk
1 tbsp Ground Flax Seed
1 tbsp Chia Seeds
1/2 cup Cherries (pitted, halved)
1/2 cup Blueberries
1 1/2 tps Raw Honey (optional)
2 tbsps Pumpkin Seeds
1/16 tsp Cinnamon

Nutrition

Amount per serving	
Calories	226
Fat	10g
Carbs	29g
Fiber	5g
Sugar	14g
Protein	9g
Cholesterol	0mg
Sodium	27mg
Vitamin A	46IU
Vitamin C	6mg
Calcium	143mg
Iron	2mg

Directions

- 1 In a bowl, mix the yogurt, oat milk, flax, and chia seeds together until smooth.
- 2 Layer the yogurt mixture, cherries, and blueberries into individual serving glasses, bowls, or jars.
- 3 If desired, drizzle the honey over the fruit layers. Repeat the layering process until all ingredients are used.
- 4 Top the parfait with pumpkin seeds and cinnamon. Serve immediately or refrigerate until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 1/2 cups.

Dairy-Free: Use plant-based yogurt instead.



Pumpkin Breakfast Cookies

8 servings

45 minutes

Ingredients

1 1/4 cups Oats (quick or rolled)
 1 1/2 tsps Ground Flax Seed
 2 tsps Cinnamon
 1 tsp Nutmeg
 1/4 tsp Sea Salt
 1 1/2 tsps Baking Powder
 1/2 cup Pumpkin Seeds
 1/2 cup Sunflower Seeds
 1 cup Pitted Dates (chopped)
 1 Egg
 3/4 cup Pureed Pumpkin
 1/4 cup Raw Honey
 1 tbsp Coconut Oil (melted)
 1 Carrot (grated)

Nutrition

Amount per serving	
Calories	262
Fat	11g
Carbs	37g
Fiber	5g
Sugar	21g
Protein	7g
Cholesterol	23mg
Sodium	182mg
Vitamin A	4888IU
Vitamin C	2mg
Calcium	93mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Leftovers: Freeze in the freezer-safe bag or container for up to one month.

Make it Sweeter: Add in a handful of dark chocolate chips.

Vegan: Use maple syrup instead of honey and a chia egg instead of an egg.



Fajita Spiced Tofu & Rice

2 servings

20 minutes

Ingredients

3/4 cup Jasmine Rice
8 3/4 ozs Tofu (extra-firm, pressed and crumbled into large pieces)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 Red Bell Pepper (diced)
2 cups Baby Spinach (chopped)
1 tbsp Taco Seasoning
1 1/2 tsps Tamari

Nutrition

Amount per serving	
Calories	473
Fat	17g
Carbs	67g
Fiber	5g
Sugar	4g
Protein	20g
Cholesterol	0mg
Sodium	665mg
Vitamin A	4676IU
Vitamin C	84mg
Calcium	402mg
Iron	5mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Heat 2/3 of the oil in a non-stick pan over medium heat. Add the crumbled tofu and cook for eight to 10 minutes or until the tofu is browned. Transfer to a plate and set aside.
- 3 Add the remaining oil to the pan and cook the red bell pepper for three to five minutes or until just tender. Add the spinach and stir until wilted, then add the browned tofu back to the pan.
- 4 Add the taco seasoning and tamari to the pan and stir well.
- 5 To serve, divide the rice between plates and top with the tofu mixture. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup of the tofu and veggies.

More Flavor: Add lime juice, salsa, or hot sauce.

Additional Toppings: Avocado, cilantro, or green onion.

No Tamari: Use soy sauce or coconut aminos instead.

No Red Bell Pepper: Use a yellow or orange bell pepper instead.



BBQ Ranch Tempeh Bowl

2 servings

25 minutes

Ingredients

1/2 cup Jasmine Rice (dry, rinsed)
1 tbsp Extra Virgin Olive Oil
9 ozs Tempeh (diced)
2 tbsps Barbecue Sauce
3 tbsps Water
1 cup Cherry Tomatoes (halved)
1/2 Avocado (medium, sliced)
2 tbsps Vegan Ranch Dressing
2 tbsps Cilantro (chopped)
1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	655
Fat	35g
Carbs	63g
Fiber	6g
Sugar	8g
Protein	31g
Cholesterol	0mg
Sodium	305mg
Vitamin A	1040IU
Vitamin C	16mg
Calcium	169mg
Iron	4mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Heat the oil in a pan over medium heat. Add the tempeh and cook for two to three minutes, stirring frequently.
- 3 Add the barbecue sauce and the water. Stir and cook until it begins to caramelize for approximately three to five minutes.
- 4 Divide the rice, tempeh, tomatoes, and avocado into each bowl. Top with dressing, cilantro, and green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the dressing separately and add just before serving.

Serving Size: One serving is approximately one cup of tempeh, 1/2 cup of each the rice and the tomatoes, a 1/4 avocado, and one tablespoon dressing.

More Flavor: Cook the rice in broth. Add fresh greens like baby spinach and kale.

Additional Toppings: Toasted nuts and/or seeds.