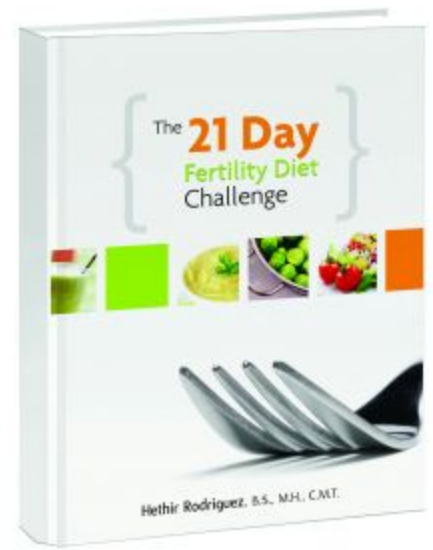


When it comes to boosting fertility and making lifestyle changes that make a BIG difference - it is the steps you take on a daily basis, every day, that make the biggest impact. This is how everyday decisions can add up to something amazing.

One of the most impactful steps you can take on your fertility path is to eat a healthy fertility diet.

The 21 Day Fertility Diet Challenge eBook is the perfect companion for those of you who want to have a great start to your fertility diet. The Fertility Diet Challenge is a 21 day program which helps you to transition to a healthier way of eating for both fertility and pregnancy. [The 21 Day Fertility Diet Challenge eBook](#) was created to help you during your 21 Day FDC by providing...



- Step-by-step guide to completing the 21 Day Fertility Diet Challenge
- Recipes for every day of your challenge
- How-to guides for making smoothies, juices, great tasting salads and dark leafy greens
- Simplifies the process of eating healthier for fertility
- Recipes for fertility boosting smoothies, salad dressings, juices and much more...

This [125 page eBook](#) is perfect for those of you who find healthy eating new and overwhelming; it's also helpful for those of you who may need some new ideas and recipes for your fertility diet. Holistic Nutritionist Hethir Rodriguez created this eBook in a way to help you every single day during your diet challenge; to know what to eat, how to prepare these foods, and offers enough variety that every pallet will be satisfied during the 21 Day Fertility Diet Challenge.

There are 21 recipes for smoothies, 21 recipes for juices, 21 recipes for salads (including fertility salad dressing recipes) and 21 recipes for preparing dark leafy greens.

Example Recipes...

Hempy Treat

- 1-2 tablespoons hemp protein powder
- 1 1/2 cups fresh orange juice
- 1 banana
- 1 cup blueberries
- 1,000mg maca powder

Put all ingredients into the blender and blend well. Hemp protein powder can be replaced with another type of protein powder. Hemp provides essential fatty acids, fiber, protein, and amino acids.

Orange Broccoli with Walnuts

- 1 tablespoon grape seed oil
- 1 orange, remove peel in 1" strips with a vegetable peeler
- 1/4 - 1/2 cup walnuts (or pecans)
- 2 cups broccoli, bite sized
- juice of orange
- 2 tablespoons tamari or soy sauce
- 1/2 tablespoon lemon pepper
- 1/4 - 1/2 tablespoon finely minced fresh ginger
- 1 clove garlic minced

1. Steam broccoli for 3-5 minutes. Remove and set aside.
2. In a skillet heat the grape seed oil over medium heat. Add garlic, orange peel and nuts. Sauté until the orange peel begins to turn golden on the edges. You have to keep an eye on this so you do not burn the garlic or the orange peel. Should take about 2-3 minutes.
3. Add broccoli and sauté five minutes. While cooking broccoli, sprinkle mixture with the orange juice. After about four minutes, add soy sauce, ginger and lemon pepper.
4. Stir well and serve either hot, warm, or chilled.

[Get your 21 Day Fertility Diet Challenge eBook here...](#)