

# THE FERTILITY DIET RECIPE GUIDE

Breakfast, Smoothies, Lunches  
and Dinners for Optimal Fertility!



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The Ultimate Breakfasts, Smoothies, Lunches and Dinners to Become Naturally Fertile!  
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# Breakfast

Around here breakfast not only needs to be healthy, but most days it also needs to be fast. For a breakfast on the go my best recommendation is a Fertility Smoothie with fertility superfoods or a fresh pressed juice to take with you. That will get your day started right. On some days though you may want something a little heavier like a hot cereal, granola or eggs. What are some healthy breakfast recipes and ideas that get you motivated in the mornings?

## Jason's Granola

5 1/2C old-fashioned oats  
1 1/2C chopped nuts (we rotate between macadamia, walnuts, almonds, hemp seeds and pecans)  
1/2C goji berries (you can use raisins if you can't get dried goji berries)  
1/2C dried cherries (you can substitute with dates or raisins)  
1C shredded unsweetened coconut  
2T Chia seeds (optional)  
1C pure maple syrup  
1/2t ground cinnamon  
1/4t ground allspice  
pinch of salt



1. Preheat oven to 325 degrees. Spread oats, nuts and seeds on a 9 x 13 inch baking pan and place in the oven for 10 minutes.
2. Remove from the oven and reduce the oven to 300 degrees. Add the dried fruit, coconut, maple syrup, cinnamon, allspice, and salt and stir to combine.
3. Return the pan to the oven and bake for 15 minutes, or until the mixture is crisp and dry. It is hot be careful.
4. Remove from the oven and let cool completely, 30 minutes. Transfer to airtight container (we use glass mason jars). If you store it in the fridge it will last for several weeks. We don't bother as it barely lasts a week around here. I love to eat my granola with fresh almond milk. Enjoy!



## Basic Whole Grain Muffins by Dalene

*Easy and quick!*

2 Cups whole wheat flour  
1 tsp. baking soda  
1/4 cup honey or agave  
1 tsp. ground cinnamon  
1/8 tsp. ground cloves  
1/2 tsp. salt  
1/2 cup raisins  
1 egg, beaten  
1 cup yogurt  
3 Tbsp. oil

### Variations

#1 Omit raisins. Add 1 cup chopped fruit of choice or blueberries

#2 Add nuts or seeds

#3 Omit 1 Cup of whole wheat flour and replace with rye, rolled oats or desired flour, wheat germ or bran.

Mix all dry ingredients thoroughly, including raisins. Make a well in the center and add egg, yogurt and oil. Mix only until dry ingredients are moist. Fill greased muffin pans half full and bake at 375 degrees fahrenheit for about 15 minutes. Makes 12-16 muffins.



## Basic Fruit Smoothie by Jamie

*I love this smoothie because the fruits used are always in my home.*

1 whole banana  
1 cup chopped fresh pineapple  
Juice from 1 orange (or about 1/8-1/4cup)  
A splash of water  
1 tbs green superfood powder  
1 tbs Maca

Blend and drink! Sooo yummy!!!!



## Chocolate Quinoa Pancakes :)

1 cup quinoa flour (you can buy or make your own by putting uncooked quinoa into a food processor or blender)

3/4 tsp. baking powder

1 cup of organic milk or nut milk

2 eggs

2 tbs. grapeseed oil

1 or 2 huge tbs. of pure chocolate powder

1 T honey

Mix everything together and mix.

Pour on skillet that is 350. Wait for the bubbles to pop. Then flip carefully. Remember quinoa is gluten free so it isn't full of elasticity and lacks the same stickiness factor as wheat flour.





## Andes Dream Smoothie

1/4c Quinoa (cooked and refrigerated)  
1 handful Spinach (raw)  
1 Banana  
1/4c Blueberries (frozen or fresh)  
2T Hemp seeds  
1-2 Dates  
1T Maca



Put all ingredients into a blender add water, blend. Add more water until desired consistency manifests. Make sure quinoa is not hot. Refrigerated quinoa is best for smoothies.

### Quinoa

The Andes Mountains stretch over 5500 miles from the southern tip of Argentina and Chile to the northern part of Columbia in South America. Both Maca and Quinoa are from this beautiful mountain range. Quinoa is a super seed which is prepared like a grain. It is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Quinoa is available in white or red (I love the red because of how pretty it looks when cooked) at your local health food stores. It can also be purchased online.

Quinoa is rich in protein, manganese, magnesium (listen up migraine sufferers), and iron. It also contains all 9 essential amino acids.

### How to cook quinoa

To cook the quinoa, combine 1 part grain to 2 parts water in a pot. Bring to a boil, reduce, cover and let simmer for 15 minutes. I like to make a batch, have it with dinner and make enough so I have leftovers for my breakfast smoothie.



## Oat Flour Pancakes with Apples, Bananas and Blueberries

1 cup oat flour (you can make your own see note)  
1/2 cup sorghum flour (add more if needed see note)  
1 tablespoon ground flaxseed  
1 tablespoon oil  
2 teaspoon baking powder  
1 1/2 - 2 cups rice milk (see note)  
1 apple, sliced and warmed (sprinkle with cinnamon if desired)  
1 cup blueberries, warmed  
1 banana, sliced  
maple syrup



Mix all ingredients (except fruit and maple syrup) together and spoon onto a hot, seasoned cast iron skillet. Flip when top bubbles and starts to look dry.

### To serve

Place one pancake on plate and spoon apples on top. Place another pancake on top of the first and spoon bananas and blueberries on top. Drizzle lightly with maple syrup.

The oat flour makes these fragile. Handle carefully as you remove from the skillet and plate them. Too much maple syrup makes the pancake very soft and hard to pierce with a fork and also makes them very sweet.

### Note

Oat flour: process old fashioned oats in food processor until it's the consistency of flour. If mix is too watery, add a little more sorghum flour to thicken. If mix is too thick, add a little more rice milk.

*Recipe modified from Vegweb.com*



## Fruit Salad

1 apple, chopped  
1 orange, peeled/sectioned/chopped  
4 large strawberries, sliced  
1/3 cup blueberries  
Medium handful unsweetened shredded coconut  
3T crushed nuts  
Sprinkle cinnamon on top

Mix together in a bowl. Tastes great when served with organic yogurt or by itself :)



## Veggie Scramble

*I make this often and it is a great way to start the day!*

What ever veggies you would like, but these are what I used today.

Zucchini, sliced and divided into fourths

Onion, diced

Green Bell pepper, diced

Broccoli chopped

Crimini mushrooms, sliced

Olive Oil

Chili powder and salt to taste

Organic Free Range Eggs...as many as you would like (depending on how many people you are feeding)

Sautee veggies in olive oil slightly, approx. 3-5 min. Sauté onion, pepper and broccoli first as they take a bit longer and are not as fragile as zucchini and mushrooms.

Stir in whisked eggs. Cook until done.

We included whole wheat toast with spicy hummus, I also like spreading avocado on my toast instead of butter.



# Fertility Smoothies & Juices

Fertility smoothies are an important part of a fertility diet for good reason. They are such an easy way to get important nutrients and antioxidants into your daily diet. Oh and did I mention they taste AMAZING! To learn more about Why Fertility Smoothies check out that article I wrote sharing the benefits of drinking a fertility smoothie daily.

Juicing is also important. As part of the Natural Fertility Diet you should be drinking one fresh green juice a day (16 - 32oz) or using a green foods supplement like UltraGreens. To help you get started I have included some recipes below on how to make green juices as well as various ways to use Ultra Greens. You can learn more about juicing for fertility here...



## Peaches and Cream

2 Peaches (take fruit off of pit)  
1 Banana  
1T Maca  
1/4C Yogurt (organic)  
1t. Vanilla  
water



Add all ingredients to the blender. I add a little bit of water to start with to get the consistency that I like. I also like to have some bananas in the freezer so it chills the smoothie and adds a great creaminess. If you find that you are hungry an hour after drinking your smoothie, add additional bananas, nuts or protein powder, they will pack additional calories to keep you energized through your morning.



## Antioxidant Blast

1/4C Blueberries  
1/4C Strawberries  
1 Banana  
1 handful Spinach  
1 T Maca  
1 Alpha Lipoic Acid (open capsule and empty contents into smoothie)  
1 Date (pitted)  
1 serving Protein powder  
Water



Add all ingredients to a blender and blend. I add a little water to begin with and add more as needed. As I am sure you have noticed that there is spinach in this smoothie. Don't fear, just try it. When I first started adding spinach to my smoothies I was scared that it was going to taste weird and bitter, but it doesn't. For some reason the spinach just disappears into the smoothie and you can't taste it at all.



## Chocolate Oatmeal Bliss

Oats  
1 Banana  
1/8c Oatmeal (dry)  
2T Dark chocolate powder  
2T Hemp seeds  
1T Maca  
1t Spirulina  
1 Date (pitted)  
Water  
Ice Cubes



Put all ingredients in blender and add a small amount of water and begin blending. Add more water and ice cubes (I usually use 4) until consistency is how you like your smoothies. Let this one blend for a little while so it is smooth. Today's fun ingredients are oatmeal and hemp seeds.



## Oatmeal

Oatmeal is a great addition to a smoothie as it adds important whole carbohydrates and fiber. This helps the smoothie to stick to you for a while, plus it makes an easy meal, or snack. Rolled oats work great for smoothies.

## Hemp Seeds

Hemp seeds are currently one of my favorite foods. They are rich in essential fatty acids, protein, and fiber. I add hemp seeds to my smoothies almost every day because of how nutritious they are as well as how creamy they make the smoothie. You can find hemp seeds at your local health food store or online.



One of the best things about smoothies is that you can really blend almost anything into a smoothie. It is the simplest, fastest, and easiest way to eat healthy. It also requires little cleanup. Yay for smoothies!

This delicious smoothie is inspired by the Andes mountains and is going to be a new and adventurous meal for you. It can be eaten for breakfast, lunch or dinner. I only have piece of advice, don't judge a smoothie by its color:)

## Banana Pudding

2 Bananas  
1/2 Avocado  
2 Dates (pitted)  
1t Spirulina  
1/2T Maca  
optional: 1/2-1T chocolate powder



Add all ingredients in the blender. Use a little bit of water just to get things moving. The consistency when it is ready is a smooth pudding. You can do a lot with puddings. You can add oatmeal, almond butter, any type of fruit you want. Have fun and experiment. Also make plenty to share :)



## Energy Soup



So this smoothie is a way to get superb nutrition, in a fast, delicious and super easy way. This recipe is actually more of a fertility soup than it is a smoothie.

This soup was first created by a woman named Ann Wigmore who helped thousands of people with their health through this soup and other healing foods. I have this for lunch a couple of times a week and have made it different every time. Also remember you can try different ingredients in your soups.

Serves 1

2 handfuls of greens (spinach, arugula, romaine, etc)  
1 handful of sprouts (mung, lentil, green pea etc.)  
1/2 an avocado  
1/2-1 apple (depending on how sweet you like it)  
2T dulse  
2T Hemp seeds or pine nuts  
Water

Add all ingredients to the blender and blend. Add water as needed. The finished consistency when it is ready is a smooth soup. Pour into a bowl and eat with a spoon. Add salt and pepper as needed.

### **What makes this a “Fertility Soup”?**

While there are no specific fertility superfoods in this soup, the nutrients and nutrition you are getting from the soup helps the body to operate at optimal health. All kinds of health issues have been reversed by people eating energy soup frequently. In addition the iodine from the dulse nourishes the thyroid which is an important gland involved in hormone balance.



The smoothie for today is a staple in our house because my husband loves this smoothie. This one is kind of a grand finale. Make sure you make enough to share ;)

## Jason's Favorite Smoothie

1 Banana  
1 serving protein powder (whey or hemp)  
1/4c Blueberries  
1/4c Strawberries  
1/4c Mango  
1T Maca  
2T Hemp Seeds  
1t Spirulina  
Water

Add ingredients to the blender and add water as needed to create your favorite thickness for your smoothie. Pour and enjoy!



This smoothie is a super yummiie, decadent and delicious. Sometimes I have this one for dessert if I am craving something nutty and chocolaty.

## Chocolate Peanut Butter Cups

Chocolate  
1/2T sesame seeds (soaked in water overnight)  
1T Almond Butter or peanut butter  
2 Bananas  
1T Cocoa  
1T Maca  
1t Spirulina  
Water



Add all ingredients to blender, start with some water and add as needed to get desired consistency. Almond butter or peanut butter work great in this smoothie.





This recipe is a fun tropical smoothie that is perfect for the summer heat. Most of this fruit (except for the banana) can be found in the frozen section of your health food or grocery store if you are not able to get them fresh.

## Island Girl Colada

1/8c Pineapple  
1/4c Mango  
1/4c Strawberries  
1 Banana  
1T Maca  
1t Royal jelly  
Water

Blend all ingredients together. Add water as needed for desired consistency. If you are using all fresh fruit you may want to add some ice cubes to get the slushiness of a colada.



If you were to ask me what my favorite food was (and it happened to be summer) I would say without a doubt, MANGOES! Being from an island and growing up with tropical fruits, this one has stuck with me as my favorite food. When in season I eat a couple a day. Another great thing about mangoes is that they are rich in vitamins, minerals, and antioxidants. Here is my fertility version of the wonderful mango lassi from India.

## Mango Lassi

1 Mango (fresh or frozen)  
1/4c Yogurt  
1T Maca  
1t Vanilla  
1/2t Cardamon  
1 handful Spinach  
1 Banana  
1T sesame seeds  
water



Place all ingredients in to a blender and blend. Add water as needed for correct consistency. If you like it sweeter add a date.



There is nothing like owning a juicer! Making your own juice is refreshing, and you feel like a million bucks after consuming fresh juice. I don't know if it is the satisfaction of consuming so much nutrition at once, or the gratification of consuming whole foods so easily, or maybe it is both. If you have never had fresh juice I highly recommend getting yourself over to your local health food store, and having them make you a fresh juice. Fresh juice from vegetables and fruits is easily absorbed by the body. Fresh juice is absorbed within 20 minutes of consumption.

Hethir, Ivony, and I are huge juice, smoothie, tea, and elixir fans! This is why we have Thirsty Thursday. WE WANT YOU TO BE FANS TOO! These liquid concoctions I bring you each week are easy, fun, delicious and packed with tons of easily digested nutrition! Foods in these forms are an essential part of a Natural Fertility Diet! There is no easier way to get a ton of nutrition all at once! Whole Foods are Healing Foods! You are what you eat, that includes the eggs preparing to be fertilized; which will someday be your baby! This also includes every cell in your body, so if you are trying to heal your fertility issues, you want your cells to be given the best possible foundation for regeneration and repair!

## Rejuvenate Me Juice!

### Ingredients

You may need to adjust the amounts of fruit depending on the amount of juice you want to make, and the size of juicer you have.

- 1 inch cube of fresh Ginger Rt.\*, peeled
- 2 pears\*, remove stem
- 1 Sweet Potato or Garnet Yam
- 1 apple
- 2 small cucumbers\*
- 1/2 lemon\*, peeled
- 1 head of broccoli\*, trimmed
- 1 stem of broccoli
- 3 stalks of celery\*

*\*Juice on low setting*

Be sure to wash all of your produce thoroughly before use.

Pears are high in vitamin C, and folic acid. Pears have been found to improve blood glucose levels which is hopeful for women with PCOS. If you do not strain your juice the pear pulp has a lot of good fiber for digestion and removal of excess estrogen.



Garnet Yams are high in vitamin A and C. They are a great choice for conditions like PCOS, where insulin resistance may be an issue. This is because of their sweet taste. The sweetness helps to boost flavor, without adding sugars that spike insulin levels.

Ginger rt. is extremely helpful in aiding digestion by soothing the intestinal tract. Ginger is also anti-inflammatory while promoting healthy circulation. It is even being studied for use in Ovarian cancer patients. A contributing factor in the development of ovarian cancer is thought to be a pro-inflammatory state of the ovary. Cancerous cells have shown to die when exposed to ginger extract. Ginger is healing on a cellular level; it is high in antioxidants as well, antioxidants protect cells from free radical and toxin damage.

Cucumbers are great for digestion because of their high water content. 1 cup of cucumber is high in vitamin A, folate, niacin, B6, vitamin E and K. They also contain a wide variety of trace minerals. You can only receive these benefits by leaving the skin on! Good to know!

Apples are high in fiber, vitamin C and antioxidants. They also promote healthy digestion!

Broccoli juice contains an anti-estrogenic compound known as glucosinolates. This compound helps the body rid itself of excess estrogen. Broccoli juice has more calcium per ounce than milk! Broccoli contains compounds known as glucosinolates which are anti-estrogenic. Broccoli is one of the best ways to help remove excess estrogen from the body, which is important for estrogen dominant conditions like PCOS, endometriosis and uterine fibroids. Juicing broccoli allows you to ingest a large amount of broccoli; much more than you would eat in one sitting.



# Salads & Vegetables

Salads are one of the keys to eating a healthy fertility diet. It is vital to eat at least one salad a day, but they do not have to be boring! I wrote a whole guide to making amazing salads easily which you can check out here...



## Zihuatanejo Beet Salad

1 carrot  
1 beet  
1 cucumber  
1 lime

salt and chili pepper to taste

Grate beet, cucumber and carrot on large grate. Squeeze lime juice into salad, add salt and chili pepper to taste. Yummy.



## Green Beans with Tomato and Garlic

*Easy Side Dish from my friend Emily. I find I crave this one!*

1 pound Fresh Blue Lake Green Beans, , rinsed, stems removed  
3-4 cloves garlic sliced  
5 Tbsp. Olive Oil  
1 large can diced tomatoes, you don't have to use the whole thing

In a sauce pan place all ingredients, stir until mixed, bring to a boil, reduce heat to low and simmer until green beans are tender crisp (or to your liking) the longer you cook it the more nutrients lost.

For a thicker sauce, strain the tomatoes before hand.



I figured I would start this thread with one of my favorite salad recipes on the planet:

## Kale Avocado Salad

1 Head of Kale, washed, taken from stem and chopped  
1 avocado  
2 tbsp olive oil (or as needed)  
1 lemon  
1 tomato, chopped  
½ large cucumber chopped  
Sea salt  
Garlic Powder

Put everything together in a bowl and massage with your hands. This makes the kale soften and flavors mix well. Once the kale is soft, you can eat right away or store in the fridge for later.



## Fresh Corn and Avocado Salad

3 ears fresh sweet corn, husked (or 3 cups frozen, thawed)  
1/2 cup red onion, diced  
1 small avocado, diced  
juice of 1/2 lime  
1 tablespoon fresh basil, chopped  
1/2 teaspoon sea salt  
freshly ground pepper to taste



### Directions

- 1) After husking corn, pull out as many corn silks as possible.
- 2) Combine all ingredients in a large bowl. Serve immediately or allow to marinate. This salad is even better the next day! Serve as a side, with tortilla chips, or as a topping for tacos.

*Recipe adapted from Vegweb.com*



## Spinach Yumness Salad

1 ear corn, cut kernels off to use in salad  
2C spinach  
1 radish sliced thinly  
1 green onion chopped  
1 carrot grated  
1/2 an avocado chopped  
some cranberries or fresh figs on top

Lemon and olive oil, salt and pepper sprinkled on top for dressing. Toss together and eat :)



## Rainbow Salad

Large handful Romain lettuce or mixed lettuce blend  
1 Red bell pepper, sliced or diced  
1 Yellow bell pepper, sliced or diced  
1/2C purple cabbage, grated or chopped  
3T Green onions  
Handful of sprouts  
1/3C broccoli, chopped small  
1 tomato, chopped  
1/2 avocado, chopped  
1-2 Radish, chopped

Top with your choice of healthy dressing.



## Strawberry Avocado Salad

Handful of spinach  
1C strawberries, sliced  
1/4C pecans  
1/2 avocado  
1/8C Gorgonzola cheese, sprinkled on top



Top with Raspberry vinaigrette. YUM!



## Spinach Salad with Mango, Black Beans and Feta

Tired of the same old salad? I know I can get bored easily with the standard romaine, tomato, carrot, etc., so here is a recipe for a salad my family loves!

Prep time: 15 minutes

Serves: 4

1 bunch Spinach, washed  
1 large or 2 small Mangos, peeled, seed removed and chopped to medium dice  
1/2 sweet onion, thinly sliced  
1/2 cup crumbled feta (optional)  
1 14oz. can Black Beans, drained/rinsed

### Dressing

2 tablespoons Lime juice  
1 tablespoon champagne or white wine vinegar  
5 tablespoons Olive Oil  
1 teaspoon honey or agave  
Salt and Pepper to taste

In a large bowl, toss together spinach, mangoes, onion, black beans and feta.

In a blender place lime juice, olive oil, vinegar and honey. Blend until emulsified. Season with salt and pepper. Toss salad in dressing and serve immediately.

*Recipe from Pioneer Organics*

Hope you enjoy this!



## Bean Salad

This recipe is from the book *Whole Foods for the Whole Family*; La Leche League International Cookbook

### Salad

2 cups mixed cooked beans (pinto, garbanzo, kidney, black, ect.)  
2 cups sliced wax, green and/or broad beans  
1 cup bean sprouts  
1 cup chopped red or green pepper  
2 stalks celery, chopped  
1 mild or sweet onion (small) chopped

### Dressing

1/4 cup your choice of vinegar  
2 tsp. lemon juice  
2 tsp. tamari or soy sauce  
1/8 tsp. dry mustard  
1/8 tsp. garlic powder  
1/4 tsp. each basil and oregano or mint and dill  
1/2 tsp. celery salt (optional)  
5 Tbsp. Olive Oil

Place vinegar in measuring cup. Add soy sauce, lemon juice, seasonings and oil. Stir well (whisk with fork) and refrigerate for several hours before using. Steam wax, green and/or broad beans until tender-crisp. Mix with other salad ingredients. Pour dressing over salad and toss lightly. Refrigerate. Will keep for up to 2 weeks.



## East Indian Banana Yogurt Salad

1 cup Plain yogurt  
2 cups pineapple chunks (if choosing canned, choose unsweetened and drain)  
1/2 cup unsweetened, shredded coconut  
1/2 tsp. ground coriander and/or 1/2 nutmeg  
6 medium bananas, sliced

Mix yogurt and pineapple in a 2 quart mixing bowl. Stir in coconut and coriander. Gently fold in bananas. Refrigerate 2 to 4 hours before serving.

*From Eugenia Spady, Whole Foods For the Whole Family, LLL International*





# Entrees

When I was first transitioning to a healthier diet I made fancier dinners. As time has gone on we eat simpler most meals, but a couple of times a week we pull out the "big guns". Below are some healthy entree recipes.

## North African Sweet Potato Burgers

Prep time: 20 minutes

Serves: 6

2 cups boiled or baked sweet potatoes  
1 cup quick-cooking rolled oats  
3/4 cup chopped onion  
1/2 cup chopped peanuts  
1/2 cup fresh cilantro, chopped  
2 cloves garlic, minced  
2 Tbsp. minced fresh ginger  
1 & 1/2 tsp cumin  
1 tsp salt

Preheat oven to 350 degrees fahrenheit.

Mix all the ingredients together and form into patties.

Arrange patties on an oiled baking sheet.

Bake for 15 min. on each side until browned.

Served on toasted whole grain buns, chutney, lettuce and cucumber.

*From Meatless Burgers by Louise Hagler*



## Chicken, Rice, Green Chili, Black Bean Casserole

I got this recipe from a friend and can't remember the name so I name it the above, maybe someone could name it for me!

1/3 cup Brown Rice, cooked in 1 cup veggie broth  
1 Tbsp. Olive Oil  
1/3 cup diced onion  
1 medium sliced Zucchini  
2 Chicken Breasts  
1/2 cup sliced mushrooms  
1 14 oz. can Black Beans  
1 small can Dice Green Chilis  
1/3 cup Shredded Carrots  
1 cup Shredded Swiss Cheese (optional)  
1/2 teaspoon Cumin  
ground cayenne and salt to taste

### How to Prepare

- Preheat oven to 350 degrees fahrenheit
- Grease 9" by 13" baking dish, preferably glass
- Cook rice in broth before hand
- Sauté in Olive oil: Chicken first, then add onion, zucchini, mushrooms.
- Combine all ingredients except cheese in large bowl.
- spread into baking dish, sprinkle with cheese, cover with foil.
- Place in oven and bake for 30 minutes.
- Take off foil and bake for an additional 10 minutes.

Let cool for 5 minutes and serve, yum!



## Chicken Salad with Fennel, Tarragon and Red Grapes

*This is one of my favorite recipes. Easy to take for lunch or a cool light dinner.*

4 cups cubed, cooked organic free-range chicken; about 1 and 3/4 lb. (I prefer chicken thighs, they are not dry and they are cheaper)  
1 cup walnuts, toasted and chopped  
1 stalk celery, sliced  
1 fennel bulb, trimmed and diced small  
2 Tbsp. sweet onion, chopped fine  
3/4 cup Natural Mayo  
3 Tbsp. tarragon or white wine vinegar  
2 Tbsp. fresh tarragon, finely chopped  
1/2 tsp. salt  
1/2 tsp. black pepper  
2 cups seedless organic red grapes

Toss together all ingredients except grapes in a large bowl until combined well. Chill in refrigerator.

Serve chicken salad on a bed of lettuce with grapes, or add grapes to salad and serve on whole wheat bread as a sandwich or in whole grain Pita bread.

*From Pioneer Organics*



## Stuffed Vegetables

This recipe is enough to stuff two bell peppers red or green, a med. zucchini (perhaps from your garden), a few large tomatoes, or 2 medium eggplants. Great for bits of left overs (rice, etc.) You could use whatever you would like to add or switch around to stuff it how you wish.

2 Tbsp. Veggie broth  
1 small onion, chopped  
2 garlic cloves, crushed  
1 Tbsp. tomato paste  
6 ripe tomatos, skinned and chopped  
4 Tbsp. cooked brown rice  
1/4 cup pine nuts, lightly toasted  
1 Tbsp. chopped fresh parsley  
1 Tbsp. chopped fresh mint  
1 Tbsp. chopped fresh basil

1/4 tsp. ground cinnamon  
juice of one lemon  
black pepper to taste

1. Preheat oven to 350 degrees fahrenheit

- If stuffing eggplants or zucchini, trim stems, then halve lengthwise. Use a teaspoon to hollow out each half, leaving a shell about 1/2 inch thick. Chop the scooped out flesh. Steam the shells over boiling water for about 4 minutes., then run under cold water to prevent further cooking. Dry with paper towels. Mist or lightly drizzle olive oil insides of veggies.

- If stuffing bell peppers, slice off tops, set aside, then scoop out seeds and discard.

- If stuffing tomatoes, slice off tops, set aside, scoop out the seeds and flesh, add flesh to rice mixture in step 2.

2. Heat the stock in a skillet, then add the onion and garlic, saute stirring until translucent. Stir in the tomato paste, tomatoes, chopped eggplant, zucchini (etc.), cooked rice, pine nuts, herbs, and spices. Cook for a couple minutes.

3. Stir in the lemon juice.

4. Lightly mist baking dish with oil and water spray. Stuff the veggies with the rice mixture and put the lids back on the peppers, or tomatoes. Bake for about 20 min.

*From the book Detox by Sara Rose, 2004.*



## Alaskan Salmon Rice Pilaf with Peas and Mint

Prep Time: 45 minutes

Serves: 4

1 14.75oz can traditional pack Alaskan Salmon, or 2 pouches(6 to 7.1oz each) skinless, boneless salmon. (You could also substitute left-over cooked salmon or I like fresh smoked salmon.)

2 tsp olive oil  
1/2 cup finely chopped onion  
1 garlic clove, minced  
1 & 1/4 cup long grain brown rice, rinsed  
1 tsp ground cumin  
1 tsp ground chili powder  
3 & 3/4 cup vegetable stock  
3/4 cup frozen peas

1 Tbsp chopped fresh mint or parsley  
1 Tbsp finely grated parmesan or cheddar cheese (optional)

-If using canned or pouch salmon, drain and reserve liquid to add to veggie stock.

-Break salmon into chunks and set aside

-Heat olive oil in large frying pan and sauté onion and garlic until onion is translucent. Add rice, cumin and chili powder. Cook stirring occasionally for 2-3 minutes.

-Pour in veggie stock and bring to a boil. Reduce heat and simmer gently for 15-20 minutes, or until rice is tender and liquid is absorbed.

-Gently stir in the peas and salmon so as not to break up salmon chunks, cook for a minute or two.

-Fold in mint, season with salt and pepper to taste. Sprinkle with cheese if you would like



## Ultimate Vegetarian Chili

3 tablespoons olive oil  
3 onions, chopped  
1 tablespoon chili powder  
1 tablespoon ground cumin  
1/4 teaspoon cayenne pepper  
2 peppers, chopped  
3 garlic cloves, chopped  
3 tablespoons unsweetened cocoa powder  
1 large can (28 ounces) tomatoes, undrained, chopped  
1 cup water  
1 (15 ounce) can red kidney beans, rinsed and drained  
1 (15 ounce) can black beans, rinsed and drained  
2 cups fresh or frozen corn  
1/2 cup bulgur  
salt and pepper, to taste  
cilantro, for garnish, optional



### Directions

1. In a large pan, saute the onions and spices with oil. Add peppers and garlic for 1 minute.
2. Add cocoa, tomatoes, and water; bring to a boil. Add kidney and black beans, corn and bulgur.
3. Reduce heat to low and simmer, uncovered, for 15 minutes. or until bulgur is cooked. Add salt and pepper, to taste. To serve, sprinkle with cilantro.

*Recipe from Vegweb.com*



## Sea Vegetable Soup

*This is a great one to boost minerals in your body!*

8 ounces Tempeh, diced  
1 clove garlic, minced  
2 carrots thinly, sliced  
½ cup hiziki, wakame or arame crushed, you may use ¼ cup Sea Veg Mix instead  
4 cups water or vegetable stock  
1 cup chopped kale, spinach, chard or other leafy green  
1 Tablespoon minced fresh ginger  
1 Tablespoon miso  
2 Tablespoons minced fresh parsley or cilantro

1. Place tempeh, garlic, carrots, sea vegetables, and water or stock in to a soup pot. Cover and bring to a boil over high heat. Reduce heat and simmer for 10 minutes or until carrots are tender.
2. Stir in greens and ginger. Simmer for 3 minutes.
3. Remove from heat. Stir in miso.
4. Add a little sea salt or soy sauce if desired.
5. Serve with sprinkled parsley or cilantro.

*pg. 156, The Vegetarian Mother's Cookbook, by Cathe Olson*



## Slow Cooker Dal (Indian)

Slow cooker size: 4 quart

Cook time: 8 hours

Setting: Low

Serves: 6

2 Tbsp. Olive Oil

1 large yellow onion, cut into pieces

2 garlic cloves, peeled

1 tsp. peeled and minced ginger

1 tsp. ground coriander

1 tsp. ground cumin

1 tsp. turmeric

1/2 tsp. ground cardamom

1/2 tsp. dry mustard

1/4 tsp. cayenne pepper

1/4 tsp. ground allspice

1 1/2 cups dried brown lentils, picked over and rinsed

1 15oz. can kidney beans, drained and rinsed

3 cups water

Salt and black pepper to taste

-Pour oil into slow cooker and set on High

-In a food processor, puree onion, garlic and ginger. Add this mixture to slow cooker. Cover and cook to mellow the flavor and remove raw tasted while you assemble other ingredients. Stir in coriander, cumin, turmeric, cardamom, mustard, cayenne, and allspice. Cook and stir for 30 seconds.

-Turn slow cooker to low. Add lentils, kidney beans, and water; cover and cook for 8 hours.

-If a smoother texture is desired, puree two cups of Dal in a blender and stir back into mixture.

-Great over cooked Basmati Rice

*From: Fresh From the Vegetarian Slow Cooker by Robin Robertson*





## Napa Valley Fish

1 lb. fresh fish fillets such as Tilapia  
1 lemon, thinly sliced  
1 tomato, thinly sliced  
1/4. tsp thyme  
2 Tbsp. White Wine

- Rinse and pat dry fish fillets.
- Lay fillets in a single layer in a baking dish.
- Bake at 500 degrees fahrenheit for 3 to 5 minutes, until they start to draw up and turn white.
- Remove from oven. Alternate slices of lemon and tomato on fish.
- Sprinkle with Thyme and wine.
- Bake 3 to 5 minutes longer, until fish flakes with a fork.

*From Gwennyth Trice, Whole Foods for the Whole Family, LLL International Cookbook.*



# Dairy Alternatives

In our house diet and nutrition are extremely important. Ever since I was young I have been drawn to natural healing and health, diet being the first step to prosperous health. My husband and I are vegetarians (he eats fish in addition once a week). I do eat dairy, but mostly the cultured or fermented forms (raw cheese and yogurt).

For some fertility issues staying away from milk (due to its congesting nature) may be helpful. You can get your calcium from dark greens, nuts, seeds and fresh nut milks.

For milk I love either fresh hemp milk or almond milk. In the summer we will probably use some raw goats milk from a local lady. You can buy hemp and almond milk in aseptic containers on the shelf (not easily recyclable and not biodegradable), but they pale in comparison to fresh nut milk.

Almond is my current favorite. I buy raw almonds locally at the farmers market. We live in a Mediterranean climate and have an abundance of nuts (almonds and walnuts) that grow within 50 miles.

You can find almonds at any health food store in the bulk section (bring your own bag). Ideally raw and organic are your first choice (avoid the roasted/salted ones as they will have a ton of salt on them). Most almonds sold as raw in the US are actually pasteurized. You can order truly raw almonds online at Raw Food World. You can also substitute almonds with hemp seeds, walnuts, hazelnuts or brazil nuts. But I find almond tastes the best.



Almond milk is very easy to make. Here is my recipe:

## Almond Milk

1C. Raw Almonds (soaked in water for 8-24 hrs.)  
2T Honey, Agave, Maple Syrup or 3-4 dates (you choose)  
4C water  
1t vanilla extract  
1 nut milk bag, nylon stocking or mesh strainer (to strain the milk when you are done)

1. Soak almonds for 4-8 hours in water. Strain and rinse almonds.
2. Put almonds, sweetener, 4C water and 1t vanilla in a blender. Blend for 2-3 minutes or until all almonds are pulverized.
3. Place the nut bag into a large jar or bowl. If you are using a strainer you will need a spoon to move the pulp around so it continues to strain.

My favorite is the hemp sprout bag as I can twist it and the milk comes out very easily.

4. Twist, squeeze and milk the milk out of the bag. You will know you are done once all that is left is dry almond meal (you can use this for face scrub or in muffin recipes).

5. Refrigerate in a glass jar or container for up to 4-5 days. Shake before each use.

I use this almond milk in my homemade granola, cafix drinks, smoothies, and drink it as a wonderful milk as well.



## Hemp milk

Hemp milk is also a great cow's milk alternative for women with PCOS as it is high in protein and less congesting than dairy products.

### Recipe

1/2C Hemp Seeds

1 Quart purified water

1-2T Agave nectar

1t vanilla extract

Liquefy in blender for 1 minute. Strain through nut milk bag. Keeps for up to 4 days in fridge.



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