

# *Optimizing Fertility*

## 1 day Nutrition Plan



Dr. Melissa Vandermissen



# Optimizing Fertility 1 Day Nutrition Plan

Congratulations on taking the first step to optimizing your fertility and beginning your preconception journey to better health for you and baby! Many women wait until they see a positive pregnancy test before thinking about their health and the health of their baby. But with all the emerging research in the area of epigenetics and preconception, we know that you can give your baby the best health possible by making healthy changes during the preconception period, or 6 months prior to conception.

There are so many different claims and products floating around the internet for planning and expecting moms, that it can get overwhelming if you try and do some research on your own. I know this because i have been there!

I have a 3 year old daughter and remember all the emails, coupons, magazines and such that began to overload my inbox and mailbox after becoming pregnant. I still am not sure how all of these companies knew that i was pregnant and that i was a potential customer to them? But i was very thankful that i had my education to fill the gaps on what i didn't know as a women. Learning everything about optimizing health for myself and my developing baby became my obsession.

Since my own pregnancy journey, i continued my research and education in this area to help others on their journey, because of the joy it brings me when i hear about the happy healthy baby that is born from a mama that i have helped. And that is what we all want more than anything as a mom, is a happy, healthy, thriving baby!

Nourished Mommy Methodology is a 6 week program that i created to help moms prepare and optimize their health during the preconception period, to give their baby the best health possible. This program will give moms 6 weeks of compressed information, by videos and written guides, to help make healthy changes to their lifestyle. There could have been hundred of hours of videos and information, but i chose to review only the most important tips to keep things as simple as possible to incorporate easily into a daily routine.

Below is a sneak peak into one of the daily nutrition plans from the program. I have included several options for healthy meal ideas into the program because i feel it can be a struggle to meal plan from a list of optimal foods.

## What to Include into Daily Diet

### Vegetables

- Aim for at least 5 servings daily of fresh vegetables. Organic if possible, especially when rated on the dirty dozen list. Make sure to include plenty of greens and cruciferous veggies.

### Healthy Fats

- Don't be afraid to use healthy oils with your meals! Coconut, avocado, and olive are my go-to oils. EGGS are at the top of the list for fertility and pregnancy optimization. Cholesterol is the precursor to hormones and we need adequate amounts to ensure hormone production and balance as well as blood sugar stabilization.

### Protein

- Lean, pasture-raised meat is a great source of protein, as well as eggs. For those that for-go meat, make sure to load up on nuts, seeds, and legumes.

### Drink

- CLEAN WATER is essential for optimal body function. Easy way to estimate how much water to take in on a daily basis -  $\frac{1}{2}$  your body weight in oz = daily water needs

## Meal Plan

### Breakfast

- 1-2 eggs cooked with a handful of organic spinach on top sprouted gluten free toast with avocado (spread or sliced) and sprinkled with hemp seeds.

### Lunch

- Mixed organic greens salad with pasture-raised chicken breast, avocado, organic blueberries, strawberries, and blackberries, pecans, and sprinkled with hemp and sunflower seeds. Example of easy dressing - 2 Tbsp olive oil, 1 Tbsp balsamic vinegar, 1 tsp maple syrup

### Snacks

- Fresh veggies such as carrots, peppers, cucumbers or sprouted seed crackers with hummus. Smoothie with wild blueberries, 1 tsp maca powder, 1 tsp raw cacao powder, handful of spinach or kale, 1 Tbsp flax seed, 1 Tbsp almond butter, blended with coconut milk. (can sweeten with a couple dates or ½ banana).

### Dinner

- Grilled salmon topped with lemon and fresh dill, baked sweet potato topped with coconut oil or ghee, roasted broccoli and brussel sprouts topped with avocado oil, sesame seeds, and nutritional yeast.

### Dessert

- Chocolate avocado pudding (blend 1 - 2 avocados (depending on size), ¼ cup raw cacao powder, ¼ cup raw honey or maple syrup, ¼ cup coconut milk)

Nutrition and healthy diet is only one week of the 6 week program that i formulated to help moms along the start of their pregnancy journey. Everything we put in our body, on our body, and think within our body affects our health in either a positive or negative way. I want to give you the essentials to obtaining optimal health before conception, and can carry on throughout and after pregnancy too!

Interested in the Nourished Mommy Methodology 6 weeks program? [Click here](#) for more information. Also, follow me on facebook and instagram for more helpful tips on women's wellness.

Thank you and wishing you only the best on your pregnancy journey.

***Dr. Melissa Vandermissen***

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