



This meal plan provides a variety of fertility-promoting foods across different meals and snacks throughout the week. Feel free to adjust portion sizes and modify the plan based on your preferences and dietary needs.

**Day 1:**

- Breakfast: Spinach and Mushroom Omelet with Whole Wheat Toast (Calories: 350)
- Snack: Greek Yogurt with Berries (Calories: 150)
- Lunch: Quinoa Salad with Grilled Chicken (Calories: 400)
- Snack: Carrot Sticks with Hummus (Calories: 100)
- Dinner: Baked Salmon with Roasted Vegetables (Calories: 450)
- Snack: Mixed Nuts (Calories: 200)

Total Calories: 1650

**Day 2:**

- Breakfast: Berry Smoothie with Spinach, Greek Yogurt, and Chia Seeds (Calories: 300)
- Snack: Apple Slices with Almond Butter (Calories: 200)
- Lunch: Lentil Soup with a Side Salad (Calories: 400)
- Snack: Trail Mix with Nuts and Dried Berries (Calories: 250)
- Dinner: Grilled Chicken Breast with Brown Rice and Steamed Broccoli (Calories: 450)
- Snack: Yogurt Parfait with Mixed Berries and Granola (Calories: 300)

Total Calories: 1900

**Day 3:**

- Breakfast: Overnight Oats with Chia Seeds, Berries, and Almonds (Calories: 350)
- Snack: Celery Sticks with Peanut Butter (Calories: 150)
- Lunch: Quinoa-Stuffed Bell Peppers with a Side of Mixed Greens (Calories: 400)
- Snack: Roasted Chickpeas (Calories: 150)
- Dinner: Baked Cod with Quinoa Pilaf and Roasted Brussels Sprouts (Calories: 450)
- Snack: Orange Slices (Calories: 80)

Total Calories: 1580

**Day 4:**

- Breakfast: Veggie Scramble with Eggs, Spinach, Bell Peppers, and Feta Cheese (Calories: 350)
- Snack: Mixed Berries and Greek Yogurt (Calories: 150)
- Lunch: Whole Wheat Wrap with Grilled Chicken, Avocado, and Mixed Greens (Calories: 400)
- Snack: Edamame (Calories: 150)
- Dinner: Turkey Meatballs with Whole Wheat Spaghetti and Tomato Sauce (Calories: 450)
- Snack: Almond and Coconut Energy Balls (Calories: 200)



Total Calories: 1700

**Day 5:**

- Breakfast: Whole Wheat Pancakes with Blueberry Compote (Calories: 400)
- Snack: Cottage Cheese with Sliced Peaches (Calories: 150)
- Lunch: Quinoa Salad with Roasted Vegetables and Feta Cheese (Calories: 400)
- Snack: Hard-Boiled Egg (Calories: 70)
- Dinner: Shrimp Stir-Fry with Brown Rice and Steamed Bok Choy (Calories: 450)
- Snack: Frozen Grapes (Calories: 80)

Total Calories: 1550

**Day 6:**

- Breakfast: Green Smoothie with Spinach, Banana, Almond Milk, and Flaxseeds (Calories: 300)
- Snack: Hummus with Bell Pepper Strips (Calories: 150)
- Lunch: Chickpea Salad with Mixed Greens, Cucumber, and Feta Cheese (Calories: 400)
- Snack: Yogurt with Chia Seeds and Berries (Calories: 200)
- Dinner: Grilled Salmon with Quinoa and Steamed Asparagus (Calories: 450)
- Snack: Trail Mix with Nuts and Dried Fruit (Calories: 250)

Total Calories: 1750

**Day 7:**

- Breakfast: Avocado Toast with Poached Eggs and Cherry Tomatoes (Calories: 400)
- Snack: Mixed Berries and Cottage Cheese (Calories: 150)
- Lunch: Lentil and Vegetable Curry with Brown Rice (Calories: 400)
- Snack: Homemade Kale Chips (Calories: 100)
- Dinner: Baked Chicken Breast with Sweet Potato Mash and Sautéed Spinach (Calories: 450)
- Snack: Almond Butter with Banana Slices (Calories: 200)

Total Calories: 1700

Please note that these calorie totals are approximate and can vary based on specific ingredients and portion sizes. Adjustments can be made according to your individual calorie needs and dietary goals.