

3Day Menu Sample

Blood Sugar Balancing & Fertility Friendly



Day 1

Breakfast:

Blood sugar balancing Smoothie

- 1/3 cup Maca & Chocolate Whey Protein powder by *The Organic Protein Company* (approx. 30gr powder /18gr protein)
- 8 walnuts
- 1 tablespoon flaxseeds
- 1 tablespoon hulled hemp seeds (hemp hearts)
- 1/2 banana
- 1/3 cup fresh or frozen mixed berries
- 3/4-1cup unsweetened Almond Milk (depending on desired consistency)
- 1 small courgette (peeled)

Add all ingredients to a blender and blend until smooth.

Macros:

Calories: 450 kcal / Fat: 23gr (45%) / Protein: 30gr (30%) / Carbs: 28gr (25%)

Lunch:

Salmon & Egg Toast, Green Salad

- 60gr smoked salmon
- 2 eggs
- 1 slice toasted bread of choice
- 2 cups mixed salad greens (arugula, spinach, lamb's lettuce)
- ¼ cucumber, sliced
- ½ tomato, chopped
- 1/6 large avocado (approx. 30gr)
- 1 teaspoon extra virgin olive oil
- Squeeze of lemon
- Sea salt

Macros:

Calories: 475 kcal / Fat: 27gr (48%) / Protein: 30gr (27%) / Carbs 27gr (24%)

Fill a saucepan with roughly 5cm of water and bring to a gentle simmer.

Crack both eggs into a small bowl.

Stir the water in one direction to create a gentle whirlpool.

Gently slide in the eggs and cook for 3-4 minutes.

Remove both eggs with a slotted spoon and set aside on a plate.

Add your mixed greens, chopped cucumber and tomato to a bowl and season with olive oil, lemon juice and salt.

Toast the bread and top with the avocado and smoked salmon and serve the poached eggs on the side.

Afternoon Snack:

Sliced Apple with Nut Butter

- 1 small apple
- 1 tablespoon almond or walnut butter

Macros:

Calories: 200 kcal / Fat: 10gr / Protein: 4gr / Carbs: 25gr

Dinner:

Chicken Quinoa Salad with Asparagus

- 150gr chicken breast
- 45gr raw Quinoa (yields ½ cup of cooked Quinoa)
- 6 asparagus spears
- 1 small red bell pepper
- ¼ cup red onion
- 1.5 tablespoon olive oil
- 6-8 almonds
- Lemon juice
- Fresh herbs: thyme, sage or rosemary
- Sea salt & a pinch of black pepper

Macros:

Calories: 600 kcal / Fat: 32gr (45%) / Protein: 45gr (30%) / Carbs: 38gr (25%)

Rinse the Quinoa well under cold water for at least 30 seconds.

Pour into 1.5 cup of salted water (or broth) and bring to a gentle boil.

Once boiling reduce the heat to low, cover with a tight-fitting lid and simmer for 15 minutes. Remove from the heat, and let it sit for 5 more minutes to allow to steam and finish cooking. Gently fluff with a fork and transfer onto a bowl.

(Please note the ideal quinoa to water ratio for fluffy Quinoa is 1 part water-2 parts water. Keep this in mind when batch cooking larger quantities).

Add the chicken breast, bell pepper (chopped up into large squares) and asparagus spears onto a glass bowl and season with olive oil, lemon juice, herbs, sea salt and pepper. If you have time, let sit in the fridge for 30 minutes, otherwise grill straight away in a pre-heated oven or a grill pan for 6-8 minutes per side.

Layer your grilled chicken breast and veggies on top of the quinoa on a large plate, then sprinkle the chopped almonds on top.

Day 2

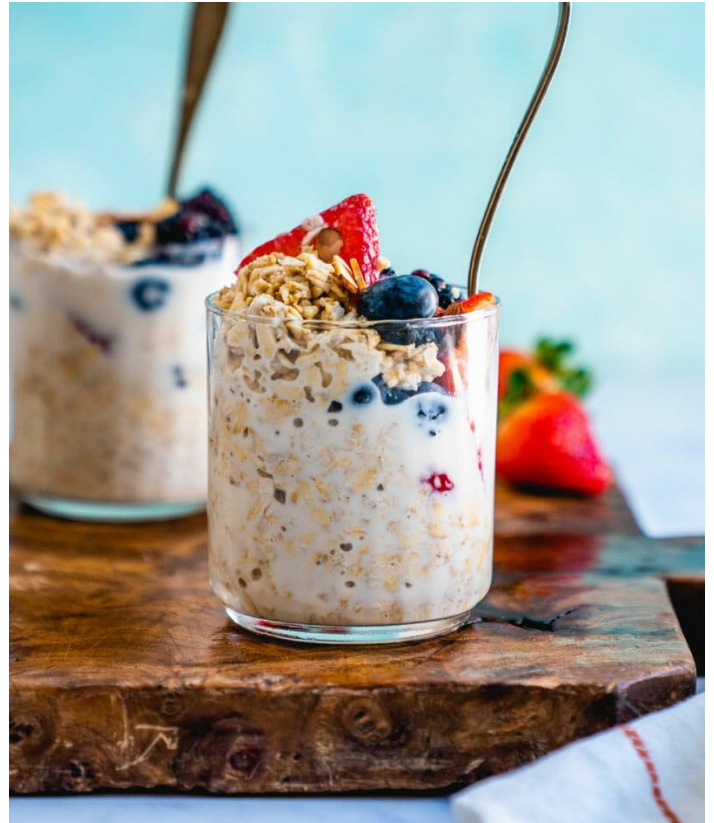
Breakfast

Fertility Friendly Overnight Oats

- 40gr gluten free rolled oats
- ¼ cup Madagascan Vanilla Whey Protein by *The Organic Protein Company* (approx. 25gr powder/18gr protein)
- ½ cup 10% fat Greek yoghurt
- 2 teaspoons chia seeds
- 2 teaspoons flaxseed
- 1 tablespoon walnut or almond butter
- ½ cup coconut or almond milk
- ¼ cup frozen blueberries
- ¼ teaspoon cinnamon

Calories: 513 kcal / Fat: 25gr (44%) / Protein: 32gr (24%) / Carbs: 42gr (32%)

Add all ingredients to an air tight glass jar and let sit in the fridge overnight.



Lunch:

Prawns & Butternut Squash Salad

- 160gr raw King Prawns
- 220gr Butternut squash (peeled)
- 2 cups fresh greens: (rocket, red leaf lettuce, watercress)
- 1 tablespoons hemp seed hearts
- 3 teaspoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon Herbs de Provence
- Sea salt

Calories: 500 kcal / Fat: 25gr (45%) / Protein: 38gr (32%) / Carbs: 30gr (22%)

Cut the butternut squash into small cubes and roast in it in the oven or multicooker for 15-20 minutes at 185C with 1 teaspoon of olive oil and 1/2 teaspoon Herbs de Provence.

Sautee the prawns in a pan with 1 teaspoon of olive oil and a little lemon juice until thoroughly cooked.

Add the greens onto a large bowl and season with 1 teaspoon olive oil and lemon juice.

Toss the hemp seeds on top, along with the roasted squash and the sauteed prawns, then salt liberally and to taste.

Snack

Boiled Egg & Seeds

- 1 small egg (boiled)
- 1 tablespoon pumpkin seeds
- 3 strawberries

Calories: 200 kcal / Fat: 11gr / Protein: 8gr / Carbs: 6gr

Dinner

Ribeye Steak with Sweet Potato & Broccoli Salad

- 1 Sirloin steak (around 150gr)
- 1 small sweet potato (around 150gr raw)
- 1 cup broccoli florets
- 1 teaspoon extra virgin olive oil
- 1 teaspoon ghee
- 1 tablespoon lemon juice and zest
- 1 teaspoon Italian herbs
- Sea salt to taste

Calories: 520 kcal / Fat: 25gr (43%) / Protein: 36gr (28%) / Carbs: 37gr (29%)

Peel and cut the sweet potato into large wedges. Trim and wash the broccoli florets. Roast in the oven (or multi cooker) for 25 minutes at 185C, with 1 teaspoon of olive oil.

Let the steak rest at room temperature for 30 minutes, then season with Italian herbs and salt, and cook at medium-high heat in a heated pan with 1 teaspoon of ghee. Transfer the steak, roasted sweet potato and broccoli onto a plate, and finish the dish with some fresh lemon juice and zest and some more sea salt if desired.

Day 3

Breakfast

Scrambled Eggs & Avocado on Toast

- 1 Slice bread of choice
- 2 eggs
- 100gr cottage cheese
- 1 teaspoon ghee
- ¼ medium avocado
- ½ cup fresh raspberries
- A pinch of salt
- 1 tablespoon fresh parsley (chopped)

Calories: 589 kcal / Fat: 30gr (45%) / Protein: 27gr (30%) / Carbs: 26gr (25%)



Beat the eggs in a bowl with a fork. Stir in the cottage cheese, salt and chopped parsley. Heat a pan over medium-low heat, and add 1 teaspoon of ghee. Pour in the egg mixture and let sit for 10-15 seconds, then gently stir with a spatula. Cook slowly, stirring occasionally, until softly scrambled (about 2-3 minutes).

Serve on toasted bread, with sliced avocado and a serving of raspberries on the side.

Lunch

Potato Salad with Sardines

- 1 can Sardines in olive oil (90gr drained)
- 1 egg
- 250gr New potatoes (skin on)
- ½ stalk celery
- 1 tablespoon chopped red onion
- 1 cup mixed greens of choice
- 1 teaspoon extra-virgin olive oil
- 1 tablespoon chopped parsley
- 1 tablespoon lemon juice
- Salt to taste

Calories: 467 kcal / Fat: 23gr (45%) / Protein: 27gr (23%) / Carbs: 38gr (32%)

Peel and cut the potatoes into medium sized cubes and boil in salted water for 15 minutes. Cook the egg with its shell in the same water but make sure to remove it after 8-10 minutes, and set aside to cool.

Chop up the celery, onion and add onto a large bowl together with the greens.

Now add the boiled egg, sliced.

Then add the sardines, drained, and finally the cooked potatoes (once they have cooled a little). Season with olive oil, chopped parsley, lemon juice and sea salt.

Snack

Greek Yoghurt with Nuts

- 100gr full fat Greek yoghurt
- 5 walnut halves
- A few raspberries

Calories: 170 kcal / Fat: 11gr / Protein: 10gr / Carbs: 6gr

Dinner

Turkey Meatballs with Vegetable Rice

For the meatballs:

- 140gr turkey thigh mince (7% fat)
- 1 teaspoon ground flaxseed (optional but it does improve texture)

- 1 tablespoon fresh coriander, finely chopped
- 1 small garlic clove
- ¼ teaspoon cumin
- ¼ teaspoon paprika
- Zest of ½ lemon
- Pinch of black pepper
- Sea salt to taste

For the vegetable rice

- 40gr basmati rice (uncooked)
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove
- 1 tablespoon onion
- ½ carrot
- ¼ courgette
- ¼ bell pepper
- ½ teaspoon turmeric
- Pinch of salt
- Pinch of black pepper
- 1 cup water or home-made broth
- 1 tablespoon fresh coriander (chopped)

Calories: 518 kcal / Fat: 23gr (38%) / Protein: 32gr (25%) / Carbs: 41gr (32%)

To make the meatballs add all ingredients to a large bowl and use your hands to mix. Form the meatballs with your hands, lay them on a plate and let rest in the fridge for 30 minutes.
Grill or roast them for 12 minutes or until nice and crispy.

To make the rice – In a medium pan, heat 1 tablespoon of olive oil, add finely chopped garlic, carrot, courgette, bell pepper and onion and sauté until golden brown.

Wash the rice in a strainer under cold water and add to the pan stirring for 1-2 minutes to toast lightly.

Add water or broth, turmeric, black pepper, and a pinch of salt. Bring to a boil, cover and reduce heat to low. Simmer for 12-15 minutes or until rice is cooked and all liquid is absorbed. Let rest for 5 minutes.

Fluff the rice with a fork and serve on a plate with the meatballs on top and a sprinkle of fresh coriander to finish.