



FERTILITY MEAL PLAN

A 4-WEEKS TTC NUTRITION PLAN

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WELCOME

NUTRITION PLAYS A VITAL ROLE IN FERTILITY. THIS 4-WEEK PLAN USES LOCALLY AVAILABLE NIGERIAN FOODS TO BOOST REPRODUCTIVE HEALTH, REGULATE HORMONES, AND SUPPORT OVERALL WELL-BEING FOR COUPLES TRYING TO CONCEIVE.





EACH WEEK INCLUDES:

- Day-by-day meal plan (breakfast, lunch, dinner, snacks)
- Weekly shopping list
- Recipe highlights
- Foods are rich in:
 - Folate & Iron (ugu, beans, liver, leafy greens)
 - Zinc & Selenium (beans, groundnuts, fish, eggs)
- Antioxidants & Omega-3 (plantain, avocado, tilapia, mackerel, moi-moi)



WEEK 1



WEEK 1

Day 1

- Breakfast: Oatmeal with banana & groundnuts
- Lunch: Brown rice with vegetable stew (ugu, tomato, fish)
- Dinner: Grilled tilapia with boiled plantain
- Snack: Tiger nuts + coconut water

Day 2

- Breakfast: Moi-moi with pap (ogi)
- Lunch: Beans porridge with ripe plantain
- Dinner: Okra soup with semovita & lean goat meat
- Snack: Fruit salad (pawpaw, watermelon, apple)

Day 3

- Breakfast: Sweet potato porridge with fried egg (olive oil)
- Lunch: Jollof rice with grilled chicken + coleslaw
- Dinner: Afang soup with fufu (cassava)
- Snack: Roasted groundnuts

WEEK 1

Day 4

- Breakfast: Akara (bean cake) with pap
- Lunch: Yam porridge with vegetables
- Dinner: Catfish pepper soup with boiled unripe plantain
- Snack: Banana + tiger nuts

Day 5

- Breakfast: Whole wheat bread with avocado spread
- Lunch: Efo riro with brown rice
- Dinner: Okazi soup with pounded yam
- Snack: Boiled corn with pear (ube)

Day 6

- Breakfast: Ogi with milk & moi-moi
- Lunch: Jollof beans with fried plantain
- Dinner: Bitterleaf soup with wheat swallow
- Snack: Watermelon slices

WEEK 1

Day 7

- Breakfast: Pancakes (made with wheat flour & honey) + hibiscus (zobo) drink
- Lunch: Coconut rice with grilled turkey
- Dinner: Ogbono soup with amala & assorted fish
- Snack: Dates & cashews

WEEK 1 Shopping List

- Whole grains: oats, brown rice, wheat flour, semovita, fufu, amala
- Protein: beans, tilapia, catfish, chicken, goat meat, turkey, eggs, moi-moi ingredients
- Veggies: ugu, spinach, okra, bitterleaf, afang, tomatoes, cabbage, carrots, peppers, onions
- Fruits: banana, pawpaw, watermelon, apple, avocado, dates, coconut, tiger nuts
- Others: groundnuts, honey, cashews, zobo leaves



WEEK 2



WEEK 2

Day 1

- Breakfast: Pap with moi-moi
- Lunch: Yam & garden egg sauce
- Dinner: Vegetable soup (ugu + fish) with semovita
- Snack: Coconut pieces

Day 2

- Breakfast: Oat porridge with milk & pawpaw
- Lunch: Beans porridge with fried plantain
- Dinner: Edikaikong soup with pounded yam
- Snack: Banana & peanuts

Day 3

- Breakfast: Akamu with akara
- Lunch: Jollof rice with grilled fish
- Dinner: Okra soup with eba
- Snack: Apple slices + cashew nuts

WEEK 2

Day 4

- Breakfast: Boiled yam with egg stew
- Lunch: Coconut rice with chicken
- Dinner: Nsala soup with catfish & yam
- Snack: Watermelon & cucumber

Day 5

- Breakfast: Pancakes (wheat flour + eggs) with honey
- Lunch: Beans cake (akara) with pap
- Dinner: Afang soup with fufu
- Snack: Tiger nuts & dates

Day 6

- Breakfast: Whole wheat bread with avocado spread
- Lunch: Yam porridge with vegetables
- Dinner: Ogbono soup with amala
- Snack: Pineapple slices

WEEK 2

Day 7

- Breakfast: Sweet potato porridge + boiled egg
- Lunch: Fried rice with grilled turkey
- Dinner: Bitterleaf soup with semovita
- Snack: Coconut water + roasted groundnuts

WEEK 2 Shopping List

(Yam, sweet potato, beans, semo, fufu, amala, wheat flour, turkey, chicken, fish, goat meat, afang, bitterleaf, ugu, nsala spices, eggs, avocado, pawpaw, pineapple, coconut, tiger nuts, cashews, groundnuts, zobo leaves)



WEEK 3



WEEK 3

Day 1

- Breakfast: Ogi with moi-moi
- Lunch: Jollof beans with fried plantain
- Dinner: Ogbono soup with semo & fish
- Snack: Pawpaw + cashews

Day 2

- Breakfast: Wheat bread with avocado & boiled egg
- Lunch: Yam porridge with vegetables
- Dinner: Afang soup with fufu
- Snack: Watermelon slices

Day 3

- Breakfast: Oatmeal with banana & groundnuts
- Lunch: Coconut rice with grilled fish
- Dinner: Bitterleaf soup with amala
- Snack: Tiger nuts + dates



WEEK 3

Day 4

- Breakfast: Pancakes (wheat flour + honey) + hibiscus tea
- Lunch: Efo riro with semovita & beef
- Dinner: Okra soup with eba & assorted fish
- Snack: Pawpaw & cashews

Day 5

- Breakfast: Akara with pap
- Lunch: Coconut rice with turkey
- Dinner: Ogbono soup with wheat swallow
- Snack: Pineapple + groundnuts

Day 6

- Breakfast: Yam porridge with vegetables
- Lunch: Beans & plantain pottage
- Dinner: Catfish pepper soup with boiled unripe plantain
- Snack: Dates & tiger nuts

WEEK 3

Day 7

- Breakfast: Sweet potato porridge with egg
- Lunch: Fried rice with grilled turkey
- Dinner: Catfish pepper soup with boiled plantain
- Snack: Dates & cashews

WEEK 3 Shopping List

- Grains: oats, brown rice, wheat flour, semo, eba, amala, fufu
- Protein: beans, chicken, turkey, beef, catfish, tilapia, eggs, moi-moi ingredients
- Vegetables: ugu, efo (spinach), bitterleaf, oha, okra, afang, nsala spices, onions, tomatoes, peppers
- Fruits: banana, pawpaw, watermelon, apple, pineapple, dates, coconut
- Nuts/seeds: groundnuts, cashews, tiger nuts
- Extras: honey, palm oil, crayfish, stockfish



WEEK 4



WEEK 4

Day 1

- Breakfast: Pap with moi-moi
- Lunch: Yam & garden egg sauce
- Dinner: Afang soup with fufu
- Snack: Coconut water + roasted groundnuts

Day 2

- Breakfast: Oat porridge with milk & pawpaw
- Lunch: Beans porridge with fried plantain
- Dinner: Nsala soup with catfish
- Snack: Tiger nuts & dates

Day 3

- Breakfast: Boiled sweet potato with egg sauce
- Lunch: Jollof rice with grilled chicken
- Dinner: Bitterleaf soup with amala
- Snack: Watermelon slices



WEEK 4

Day 4

- Breakfast: Akara with pap
- Lunch: Jollof rice with chicken & coleslaw
- Dinner: Nsala soup with yam & catfish
- Snack: Apple + roasted groundnuts

Day 5

- Breakfast: Boiled yam with egg sauce
- Lunch: Beans porridge with ripe plantain
- Dinner: Okra soup with eba & beef
- Snack: Pineapple slices

Day 6

- Breakfast: Pancakes (wheat flour + honey)
- Lunch: Efo riro with brown rice
- Dinner: Oha soup with pounded yam
- Snack: Coconut pieces



WEEK 4

Day 7

- Breakfast: Whole wheat bread with avocado spread
- Lunch: Fried rice with grilled fish
- Dinner: Oha soup with pounded yam
- Snack: Coconut pieces

WEEK 4 Shopping List

- Grains: oats, rice (jollof, fried, coconut), semovita, wheat flour, amala, fufu
- Protein: beans, eggs, chicken, turkey, fish (tilapia, catfish), beef, moi-moi ingredients
- Vegetables: ugu, efo, bitterleaf, afang, oha, okra, garden egg, tomatoes, onions, peppers
- Fruits: banana, pawpaw, pineapple, watermelon, coconut, dates
- Nuts: cashews, groundnuts, tiger nuts
- Extras: crayfish, palm oil, honey, hibiscus leaves (zobo)



Your Notes



CONCLUSION

Consistency is key. Pairing this meal plan with hydration, moderate exercise, stress reduction, and medical checkups increases your chances of conception.

♥ With love,
Solayo Africa



Questions?

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