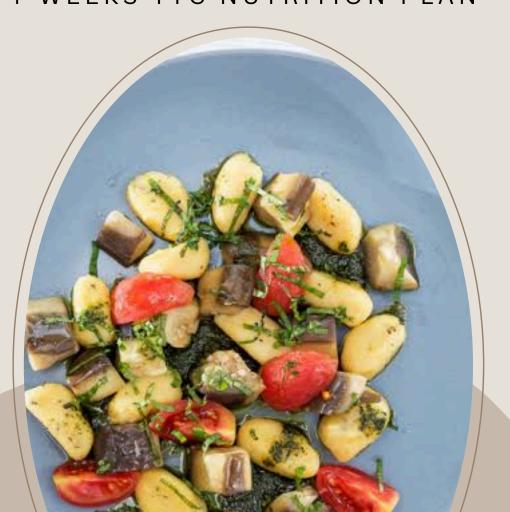


FERTILITY MEAL PLAN

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.



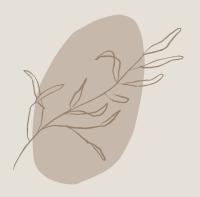


EACH WEEK INCLUDES:

- 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)





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)

- 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

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)

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



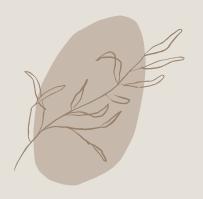
Day 7

- 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







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

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



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

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





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)







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

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



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

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

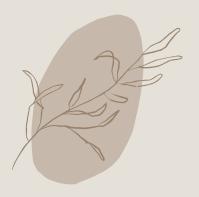
Day 7

- 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







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

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



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

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



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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