

# Fertility Diet Shopping List

Foods that support egg health, hormones, and fertility

## General rules of thumb at the grocery store:

- Spend more time in the outer aisles (produce, fresh foods) and less in the inside aisles (packaged foods).
- Avoid 'low-fat' diet items — your hormones need healthy fats.
- Get protein from more plant-based sources, not just animal sources.
- Don't be afraid to try something new!

## Produce

- Avocados
- Bananas
- Strawberries
- Oranges
- Watermelon
- Spinach
- Kale
- Asparagus
- Broccoli
- Bell peppers

## Meat + Seafood

- Chicken
- Ground turkey
- Wild-Caught Salmon

## Dairy

- Whole or 2% milk

- Full-fat yogurt (like Siggi's)
- Organic, free-range eggs

## **Grains**

- Whole grain bread
- Brown rice
- Quinoa
- Special K + Protein

## **Nuts + Seeds**

- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Walnuts
- Almonds
- Brazil nuts

## **Other**

- Olive oil
- Almond butter
- Hummus
- Black beans
- Chickpeas

# **7 Foods to Increase Your Fertility**

**Salmon:** Fish high in omega-3s improve fertility. Choose wild-caught salmon to avoid mercury.

**Avocado:** Loaded with healthy fats and fiber to regulate hormones and support brain function.

**Nuts and Seeds:** Walnuts, sunflower seeds, and beans provide healthy fats and folic acid to improve ovulation.

**Beans & Legumes:** Plant-based protein helps increase cycle regularity and fertility success.

**Water:** Staying hydrated keeps your body functioning optimally — drink plenty daily.

**Leafy Greens:** Kale, swiss chard, collards, and beet greens provide folic acid and iron for reproductive health.

**High-Fat Dairy:** Whole milk and full-fat yogurt may decrease infertility in women sensitive to low-fat dairy.

Created by Heather Kish | The Egg Awakening™