



Recipes and Nutritional Tips to Boost your Fertility:

Becoming more aware of the choices you are making and exploring new foods you are less familiar with can bring great joy as you discover new tastes and feel your health improving and energy increasing. Asking less of your digestive system will allow your other body systems to preserve energy for other processes (ie: reproduction).

Breakfast:

Quinoa, the Mother of Grains

Quinoa packs 16% more protein than any other grain, warming you from the inside out. Its plant protein contains manganese, magnesium, iron and all 9 essential amino acids. Soaking quinoa overnight helps to release nutrients and improves digestibility. Nurture yourself with this nutrient-dense start to the day or enjoy with lunch or dinner as a savory side dish.

Serves 2:

- 2 Cups water
- 1 cup quinoa, soaked
- ½ cup steamed almond, hemp or goat milk
- ¼ cup slivered almonds
- ½ cup organic raspberries

¼ tsp cinnamon
1 tsp flaxseed

Place water and quinoa in a covered saucepan. Bring to a boil, reduce heat to low and simmer for 30 minutes. Turn off heat and let sit 5 minutes. Uncover and add almonds, raspberries, steamed milk and cinnamon.

Beverage:

Green Smoothie

Apples, limes, avocado and mint all support the liver and replenish an overtaxed system. In Chinese Medicine, the color green corresponds to the liver. Avocados are an excellent source of monounsaturated fat and protein and help to nourish the blood, while apples stabilize blood sugar levels and address depressive tendencies. To further cleanse the liver, mix these ingredients with wheat grass, a cereal grass high in protein, B vitamins and anti-inflammatory properties that also promotes cell regeneration.

Yields: 2 generous servings

2 green apples, unpeeled
1 ripe avocado, peeled with pit removed
1 cup unsweetened apple juice
3 sprigs mint leaves
1 tablespoon powdered wheat grass
1 tsp freshly squeezed lime juice
(optional: 1 oz fresh or frozen wheat grass)

Remove the core from the apples, leaving the skin on. Pit avocado. Combine all ingredients in a blender and puree until smooth.

Soup:

Longevity Soup “Bone Broth”

In China, the broth from broken bone soup is referred to as longevity soup. This soup replenishes your very essence and builds the blood with the valuable Omega 3 fatty acid DHA. This soup is also recommended for breastfeeding mothers to support development of the baby’s nerves, cells, tissues and bones.

Yields: 4 liters
Cooking time: 5-6 hours

6 organic beef bones
2 onions, chopped
2 carrots, sliced
2 celery stalks, sliced
2 bay leaves
1 bunch parsley stems
½ tsp black pepper
½ tsp dulse (seaweed; tastes like bacon but much healthier)
1 tablespoon fresh squeezed lemon juice
6 quarts cold water

Combine all ingredients in a large pot and bring to a boil. Reduce and simmer uncovered for 5 or more hours. Remove bones and save the broth, using as a base for other soups or to sip on throughout the day.

Salad:

Roasted Beet, Pistachio and Pear Salad

In Traditional Chinese Medicine, the color red in the beet indicates its benefits to both the heart and the blood. It is a helpful food for stimulating more frequent menstruation for those with longer cycles or for treating amenorrhea.

Serves: 2-4

Cooking time: 45 minutes, 375 degrees

2 organic beets, peeled
1 cup fresh pear, diced
¼ cup celery
2 tablespoons pistachios, chopped
3 tablespoons freshly squeezed lemon juice
1 tablespoon agave syrup
¼ tablespoon white pepper

Heat oven to 375 degrees and roast cleaned beets for 45 minutes or until tender. Cool and dice. Combine beets, pear, celery and pistachios in a small bowl. In a separate bowl, whisk together lemon juice, agave syrup and white pepper. Drizzle beets with lemon juice mixture, and serve alone or with organic mixed greens.

Sides:

Loaded Yams with Mighty Greens

An excellent alternative to the traditional baked potato. Yams are a colorful, low glycemic choice and with the protein from the turkey bacon can be enjoyed as a full meal.

Serves 2-4

Cooking time: 60 minutes, 375 degrees

2 medium yams

1 tablespoon extra virgin olive oil

¼ cup red and/or green peppers, sliced

¼ cup red onion, sliced

1 cup mighty greens (any combination of kale, nettles, chard and spinach)

2 tablespoons garlic, crushed

2 strips organic turkey bacon, cooked and sliced

Heat oven to 375 degrees. Bake yams for 45-60 minutes until soft. Toward the end of the baking period, sauté olive oil, peppers, greens, onion and garlic on medium heat. Slice open yams, and top with vegetable mixture. Top with crumbled turkey bacon bits if desired.

Meals:

Pumpkin Pesto

Pumpkin seeds are a good source of omega fatty acids and zinc, both essential for conception, hormone balance, sperm production and proper immune function. Garlic and basil vitalize the energy flow to alleviate PMS, blood clotting and fibroids and to release stuck emotions.

Yields: 1 ½ cup pesto

2 cups fresh basil

1 cup organic kale

½ cup pumpkin seeds

½ cup extra virgin olive oil

3 garlic cloves, finely minced

Juice of ½ of a fresh lemon

Optional: For a creamier texture, add ½ avocado peeled and cored. Blend ingredients in a food processor, using lemon juice to achieve desired consistency. Serve with hot pasta (preferably quinoa or whole grain pasta)

Turkey Meatloaf

“Melatonin, a hormone produced by the pineal gland, is said to reduce stress, boost immunity, deepen sleep and promote longevity.” In Chinese Medicine, ample

melatonin production is a direct reflection of your kidney and adrenal performance, the paired organs of the reproductive system. Turkey contains tryptophan, the precursor needed for creating melatonin. By eating foods with tryptophan and B vitamins, you can reduce the impact of stress on your body and replenish all aspects of your vitality. (Remember, don't supplement with melatonin directly; eat food containing its precursors.)

Yields: 1 medium loaf

Cooking time: 55-60 minutes, 375 degrees

1 cup finely minced broccoli and cauliflower
1 clove garlic, minced
1 medium onion, minced
1 pound organic ground turkey
2 organic eggs or egg replacement
1 cup wheat-free bread crumbs
1 tablespoon wheat-free tamari
1 tspn Herb de Provence
½ cup of marinara sauce plus 1 tablespoon
1 tspn extra virgin olive oil

Preheat oven to 375. Place vegetables, garlic and onion in a food processor and blend thoroughly. Combine meat and eggs. Add processed vegetables, breadcrumbs, seasonings, 1 tablespoon of marinara and olive oil, mixing until thoroughly combined. Place in loaf pan and top with remaining marinara sauce.

Dessert:

Fertile Soul Cookies

The sweet healing properties of these cookies help soothe symptoms of PMS. Oats calm the heart, cinnamon moves and invigorates stagnant blood and coconut and goji berries nourish yin fluids like blood, semen and cervical mucus.

Yields: 12-15 cookies

Cooking time: 15 minutes, 350 degrees

1 cup brown rice flour
½ cup tapioca flour
¾ cup rolled oats
½ cup shredded unsweetened coconut
½ tspn xanthan gum
¼ cup melted clarified butter/ghee
1 tspn vanilla

½ cup agave nectar
¼ cup dark chocolate chips
¼ -½ tspn cinnamon
¼ cup pumpkin seeds, crushed
1/8 cup goji berries

Preheat oven to 350 degrees. Combine flours and oats, coconut and xanthan in a bowl. Next add melted butter (ghee), vanilla and agave nectar mixing until thoroughly combined. Finally add chocolate chips, pumpkin seeds and goji berries and chill in the refrigerator for about 1 hour. Drop spoonfuls of dough onto lightly greased cookie sheets. Bake for 15 minutes, remove from oven, and leave on pan for an additional 5 minutes.

Recipes from "Cooking for Fertility", foods to nourish your fertile soul, by Kathryn Simmons Flynn

Golden Valley Acupuncture Center
17525 Ventura Blvd. Suite 108 Encino, CA 91316
818-817-0049
info@goldenvalleyacu.com

Connect with us on Facebook 