

Pregnancy & Fertility Foods

Nutrient Dense Foods for a Developing Baby (and mom!)

The following foods contain essential nutrients for supporting all of the stages of development. Specific pregnancy/fertility nutrients like folate, choline, omega-3's, gelatin (glycine), vitamin A, vitamin D and vitamin K2

FOOD	NOTES	SERVINGS/ WEEK	CHECKLIST
Egg Yolks	- if you know where your eggs are coming from, runny yolks are safe - if eggs are not pasture-raised, cook the yolk fully	10-15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Liver	- pasture-raised chicken livers are the mildest and most palatable - grassfed beef liver is the highest in nutrients	1-2	1 2
Cold-water oily fish	- sardines, salmon, mackerel	3-4 x 4oz	1 2 3 4
Fermented foods	- sauerkraut, homemade yogurt, kombucha, kimchi - consuming small amounts more frequently is most effective	7-14	1 2 3 4 5 6 7 8 9 10 11 12 13 14
Bone broth	- in soups, stews, mashed root veggies, gravies, braised meats	5-7	1 2 3 4 5 6 7
Vegetables	- variety is important - green, bright, starchy, non-starchy - cooked and raw - consume at every single meal	21 +	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21
Grassfed butter/ghee	- if tolerated	daily	1 2 3 4 5 6 7

ADDITIONAL FOODS TO FOCUS ON	BONUS FOODS
- grassfed beef, pasture-raised pork & chicken - fats (avocado, olive, coconut, animal) - fruit, nuts & seeds in moderation	- organ meat (kidney, heart) - collagen/gelatin supplement - grassfed dairy (if tolerated)

Pregnancy & Fertility Foods

Nutrient Dense Foods for a Developing Baby (and mom!)

The following foods contain essential nutrients for supporting all of the stages of development. Specific pregnancy/fertility nutrients like folate, choline, omega-3's, gelatin (glycine), vitamin A, vitamin D and vitamin K2

FOOD	NOTES	SERVINGS/ WEEK	CHECKLIST
Egg Yolks	- if you know where your eggs are coming from, runny yolks are safe - if eggs are not pasture-raised, cook the yolk fully	10-15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Liver	- pasture-raised chicken livers are the mildest and most palatable - grassfed beef liver is the highest in nutrients	1-2	1 2
Cold-water oily fish	- sardines, salmon, mackerel	3-4 x 4oz	1 2 3 4
Fermented foods	- sauerkraut, homemade yogurt, kombucha, kimchi - consuming small amounts more frequently is most effective	7-14	1 2 3 4 5 6 7 8 9 10 11 12 13 14
Bone broth	- in soups, stews, mashed root veggies, gravies, braised meats	5-7	1 2 3 4 5 6 7
Vegetables	- variety is important - green, bright, starchy, non-starchy - cooked and raw - consume at every single meal	21 +	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21
Grassfed butter/ghee	- if tolerated	daily	1 2 3 4 5 6 7

ADDITIONAL FOODS TO FOCUS ON	BONUS FOODS
- grassfed beef, pasture-raised pork & chicken - fats (avocado, olive, coconut, animal) - fruit, nuts & seeds in moderation	- organ meat (kidney, heart) - collagen/gelatin supplement - grassfed dairy (if tolerated)