

FREE

# Egg & Fertility Health: Holiday Recipe Guide **2025**



Conceive  
EVOLVE



# Beet Mango Smoothie

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 Beet (large, diced)
- 1 cup Frozen Mango
- 1 cup Frozen Berries
- 1 Carrot (small, peeled, chopped)
- 1 1/2 tsps Ginger (fresh, grated)
- 1 cup Baby Spinach
- 1 Lime (juiced)
- 2 tbsps Mint Leaves
- 1 cup Water (or more as needed)

## DIRECTIONS

- 01 Steam the chopped beets for eight to 10 minutes or until almost tender. Let them cool completely.
- 02 Add all of the ingredients to a high-speed blender. Blend on high until smooth, scraping down sides as needed. Add more water if too thick.
- 03 Divide evenly between glasses and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. To save time, steam the beets ahead of time and refrigerate for up to four days.

### SERVING SIZE

One serving is approximately 1 1/4 cups.

### MORE PROTEIN

Add a scoop of vanilla protein powder.

# Warm Apple Chia Protein Pudding

1 SERVING 10 MINUTES



## INGREDIENTS

3 tbsps Chia Seeds  
3/4 cup Unsweetened Almond Milk  
20 grams Vanilla Protein Powder  
1/4 tsp Cinnamon  
1 Apple (cored and diced)  
2 tbsps Pecans  
1 tbsp Almond Butter

## DIRECTIONS

- 01 Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
- 02 Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
- 03 Remove from heat and stir in protein powder. Add to a bowl. Top with apples, pecans, and almond butter. Enjoy!

## NOTES

### LEFTOVERS

Keeps well in the fridge in an air-tight container up to 3 to 4 days.

### NO HEAT

Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

### NUT-FREE

Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.

# Berry Avocado Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

**2 cups** Plain Coconut Milk (unsweetened, from the box)

**1** Zucchini (chopped, frozen)

**1/2 cup** Frozen Cauliflower

**1 cup** Frozen Berries

**1/2** Avocado

**2 tbsps** Chia Seeds

**1/2 cup** Vanilla Protein Powder

## DIRECTIONS

**01** Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO CHIA SEEDS

Use flax seeds instead.

### NO AVOCADO

Use almond butter or sunflower seed butter instead.

### ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



# Chocolate Cottage Cheese Protein Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 cup Cottage Cheese
- 2 tbsps Cocoa Powder
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Almond Butter
- 1/3 cup Cow's Milk, Whole
- 2 tbsps Almonds (roasted, chopped)

## DIRECTIONS

- 01 In a blender or food processor, combine the cottage cheese, cocoa powder, protein powder, almond butter, and milk. Blend on high speed until smooth, scraping down the sides as needed.
- 02 Transfer to small serving dishes or containers. Top with almonds. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately 3/4 cup.

### LIKES IT SWEET

Drizzle honey on top.

### ADDITIONAL TOPPINGS

Shredded coconut, berries, chopped dark chocolate, and/or your favorite nuts and seeds.

### PROTEIN POWDER:

Whey protein powder was used in this recipe. Please note, if another type of protein powder is used, results may vary.

# Follicular Phase Seed Cycling Balls

15 SERVINGS 1 HOUR



## INGREDIENTS

1 cup Raw Pumpkin Seeds  
1 cup Flaxmeal (or flax seeds)  
3/4 cup Peanut Butter (or almond butter)  
1/3 cup Honey (or maple syrup)  
3/4 cup Dried Cranberries (soaked in hot water 10-15 minutes, optional)  
1 tbsp Vanilla Extract  
1 pinch Salt  
1/2 cup Dark Chocolate Chips  
1/2 cup Shredded Coconut (optional but recommended)

## DIRECTIONS

- 01 Add pumpkin seeds and flax seeds (if not using flaxmeal) to food processor. Pulse until chopped.
- 02 Add remaining ingredients and pulse to combine.
- 03 Use disher to scoop out 2-tablespoon-size ball and roll between palms of hands quickly to smooth. Set on baking sheet. Repeat with remaining mixture.
- 04 Mixture will make 30 follicular phase balls. Eat 2 per day during follicular phase (generally day 1-14 or so of cycle). Keep refrigerated in airtight container.

## NOTES

### RECIPE CREDIT

Adapted from: <https://40aprons.com/seed-cycling-balls/>



# Luteal Phase Seed Cycling Balls

15 SERVINGS 1 HOUR



## INGREDIENTS

- 1 cup Raw Sesame Seeds
- 1 cup Raw Sunflower Seeds
- 3/4 cup Peanut Butter (or almond butter)
- 1/3 cup Honey (or maple syrup)
- 3/4 cup Dried Cranberries (soaked in hot water 10-15 minutes, optional)
- 1 tbsp Vanilla Extract
- 1 pinch Salt
- 1/2 cup Dark Chocolate Chips
- 1/2 cup Shredded Coconut

## DIRECTIONS

- 01 Add sesame seeds and sunflower seeds to clean food processor bowl. Pulse until chopped.
- 02 Add remaining ingredients. Pulse to combine.
- 03 Use disher to scoop out 2-tablespoon-size ball and roll between palms of hands quickly to smooth. Set on baking sheet. Repeat with remaining mixture.
- 04 Mixture will make 30 luteal phase balls. Eat 2 per day during luteal phase (generally day 15-28 or so of cycle). Keep refrigerated in airtight container.

## NOTES

### RECIPE CREDIT

Adapted from: <https://40aprons.com/seed-cycling-balls/>

# Roasted Parmesan & Garlic Cashews

6 SERVINGS 1 HOUR 20 MINUTES



## INGREDIENTS

**2 cups** Cashews (raw, soaked for at least one hour, rinsed)

**1 tbsp** Extra Virgin Olive Oil

**1/4 cup** Parmigiano Reggiano

**1 tsp** Garlic Powder

**1/2 tsp** Sea Salt

## DIRECTIONS

- 01** Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 02** In a bowl, combine the cashews, oil, cheese, garlic powder, and salt.
- 03** Spread out into an even layer onto the baking sheet. Cook for 10 to 12 minutes or until the cashews are lightly browned, turning occasionally. Let them cool for about five minutes before serving. Enjoy!

## NOTES

### LEFTOVERS

Store in the pantry in an airtight container for up to one week.

### SERVING SIZE

One serving is approximately 1/3 cup.

### MORE FLAVOR

Add a squeeze of lemon juice before cooking.



# Maple Cranberry Sauce

8 SERVINGS 30 MINUTES



## INGREDIENTS

1 cup Water  
1 cup Maple Syrup  
3 cups Frozen Cranberries (or fresh)

## DIRECTIONS

- 01 Combine water and maple syrup in a saucepan and bring to a boil.
- 02 Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

## NOTES

### SERVING SIZE

One serving is equal to approximately 1/4 cup of cranberry sauce.

### LEFTOVERS

Refrigerate in an airtight container up to one week or freeze for up to three months.

### SERVE IT WITH

Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.

# Paleo Stuffing

6 SERVINGS 1 HOUR 30 MINUTES



## INGREDIENTS

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
- 03 Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
- 04 While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
- 05 In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.

Remove from oven and transfer into a serving dish. Enjoy!

06

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately one cup.



# Mashed Potatoes & Cauliflower

10 SERVINGS 35 MINUTES



## INGREDIENTS

- 3 Yellow Potato (large, halved, peeled)
- 1 head Cauliflower (medium, chopped into florets)
- 1/2 cup Cow's Milk, Reduced Fat (divided)
- 3 tbsps Butter (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Rosemary (fresh, chopped)

## DIRECTIONS

- 01 Bring a large pot of salted water to a boil. Carefully add the potatoes and cook for 20 to 25 minutes or until cooked through. With ten minutes remaining, add the cauliflower. Drain and let cool slightly. Empty the water from the pot.
- 02 Transfer the steamed cauliflower to a food processor or blender. Add 1/4 of the milk and 1/3 of the butter and blend until desired texture.
- 03 Use a ricer or a potato masher to mash the potatoes into the empty pot. Turn the heat on to low and pour in the remaining milk and butter. Stir to incorporate and add the cauliflower to the potatoes. Season with salt and pepper and add the rosemary.
- 04 Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1/2 cup.

### MORE FLAVOR

Add roasted garlic.

### MAKE IT VEGAN

Use an unsweetened dairy-free milk and dairy-free butter.

# Turkey Chili

8 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 **tbsp** Extra Virgin Olive Oil
- 454 **grams** Extra Lean Ground Turkey
- 1 **Yellow Onion** (chopped)
- 2 **cups** Diced Tomatoes
- 2 **cups** Crushed Tomatoes
- 2 **cups** Black Beans (cooked, rinsed)
- 1 3/4 **cups** Red Kidney Beans (cooked, rinsed)
- 2 **Carrot** (chopped)
- 5 **stalks** Celery (chopped)
- 1 **Red Bell Pepper** (chopped)
- 1 **Jalapeno Pepper** (chopped)
- 3 **tbsps** Chili Powder
- 1 **tsp** Cumin
- 1 **tsp** Sea Salt

## DIRECTIONS

- 01 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 02 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 03 Divide into bowls, serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze for up to two months.

### SERVING SIZE

One serving is equal to approximately two cups of chili.

### MORE FLAVOR

Add a pinch of cayenne.

### ADDITIONAL TOPPINGS

Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.

### MORE VEGGIES

Add sliced mushrooms, sliced kale, or baby spinach.



# Air Fryer Coconut Shrimp

2 SERVINGS 20 MINUTES



## INGREDIENTS

**1/4 cup** Gluten-Free Bread Crumbs  
**1/4 cup** Unsweetened Shredded Coconut  
**1 tsp** Dried Parsley  
Sea Salt & Black Pepper (to taste)  
**1** Egg  
**1/4 cup** All Purpose Gluten-Free Flour  
**283 grams** Shrimp (peeled, deveined)  
**2 grams** Avocado Oil Spray  
**1/2** Lemon (for serving)

## DIRECTIONS

- 01** Preheat the air fryer to 360°F (180°C).
- 02** In one bowl, combine the bread crumbs, shredded coconut, dried parsley, salt, and pepper. In another bowl, whisk the egg, and in a third bowl add the flour.
- 03** Dredge each shrimp first into the flour, then whisked eggs, then into the coconut mixture. Place the shrimp into the air fryer basket and spray with avocado oil.
- 04** Cook for about eight to ten minutes or until crispy and slightly browned, flipping halfway through. Drizzle with lemon juice before serving and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is approximately six to seven shrimp.

### MORE FLAVOR

Add paprika and garlic powder to the coconut mixture.

### AVOCADO OIL SPRAY

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

# Air Fryer Zucchini Chips

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 Zucchini (large, sliced)  
1/2 tsp Garlic Powder  
Sea Salt & Black Pepper (to taste)  
2 grams Avocado Oil Spray

## DIRECTIONS

- 01 Preheat the air fryer to 365°F (185°C).
- 02 In a bowl, toss together zucchini slices with the garlic powder, salt, and pepper.
- 03 Place the zucchini slices into the air fryer basket in a single layer. Work in batches if necessary. Spray with avocado oil and cook in the air fryer for 13 to 15 minutes or until crispy, flipping halfway through. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately one cup.

### MORE FLAVOR

Add grated parmesan.

### TIP

Do not slice the zucchinis too thin, or they will burn before crisping up.

### AVOCADO OIL SPRAY

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



# Pomegranate Molasses Brussels Sprouts

4 SERVINGS 40 MINUTES



## INGREDIENTS

**4 cups** Brussels Sprouts (trimmed)  
**1 tbsp** Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
**1 tbsp** Maple Syrup  
**3 tbsps** Pomegranate Molasses  
**1** Garlic (clove, minced)  
**2 tbsps** Pecans (chopped)

## DIRECTIONS

- 01** Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02** Place the Brussels sprouts on a baking sheet and drizzle with oil, salt, and pepper. Toss to combine and spread out evenly. Transfer to the oven and bake for 20 minutes.
- 03** Meanwhile, in a bowl whisk together the maple syrup, pomegranate molasses, and garlic.
- 04** Remove the Brussels sprouts from the oven. Drizzle the molasses mixture on top and stir well. Cook in the oven for another 10 to 15 minutes or until cooked through.
- 05** Transfer into a serving plate. Top with pecans and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately one cup.

### MORE FLAVOR

Add chili flakes and ginger.

### ADDITIONAL TOPPINGS

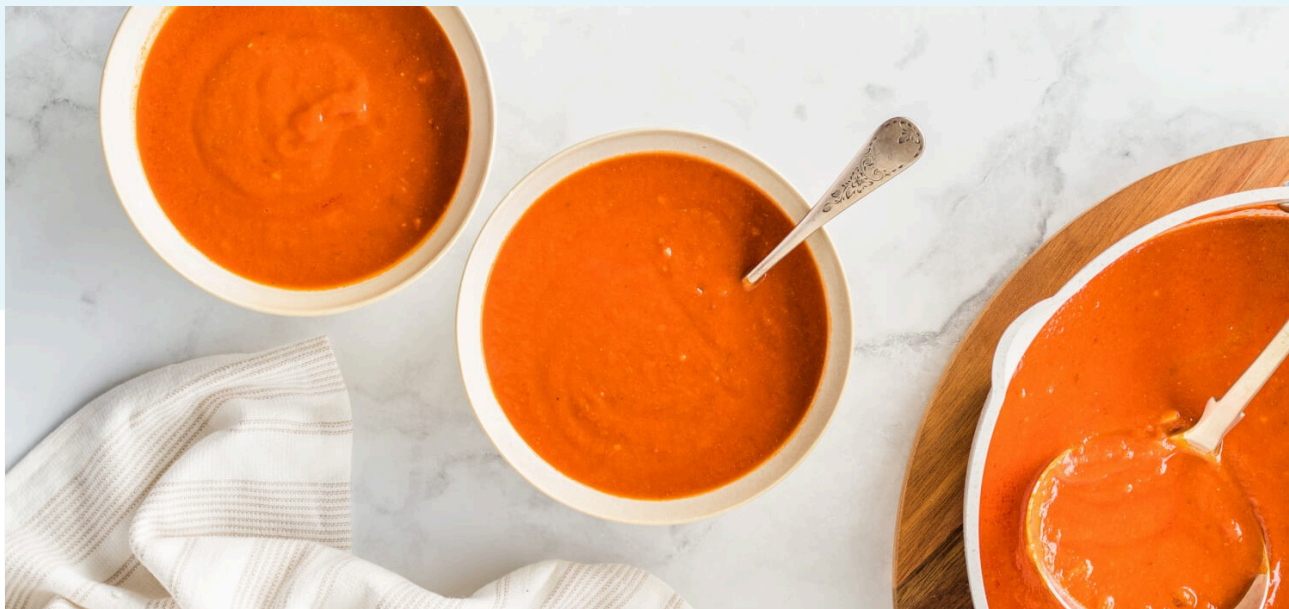
Green onions.

### NO PECANS

Omit or use walnuts or almonds instead.

# Creamy Pumpkin & Tomato Soup

4 SERVINGS 35 MINUTES



## INGREDIENTS

1 **tbsp** Extra Virgin Olive Oil  
1 **Yellow Onion** (medium, finely chopped)  
2 **Garlic** (clove, minced)  
2 **tbps** Ginger (fresh, minced)  
1 **tsp** Cumin  
1 **tsp** Coriander (ground)  
2 **1/2 cups** Crushed Tomatoes  
2 **cups** Pureed Pumpkin  
1 **1/2 cups** Canned Coconut Milk  
1 **1/2 cups** Vegetable Broth  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the onion and cook for about two to three minutes, stirring until softened.
- 02 Add the garlic, ginger, cumin, and coriander. Cook, stirring frequently, until fragrant, about one minute.
- 03 Stir in the tomatoes, pumpkin, coconut milk, and broth. Bring to a simmer, cover, reduce the heat, and cook for 15 minutes.
- 04 Divide evenly between bowls. Add salt and pepper to taste, if needed, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### SERVING SIZE

One serving is approximately two cups.

### ADDITIONAL TOPPINGS

Cilantro, toasted pumpkin seeds, and/or drizzle coconut milk or extra virgin olive oil on top.

### SERVE IT WITH

Naan or crusty bread.



# Baked Sun Dried Tomato & Crab Dip

12 SERVINGS 45 MINUTES



## INGREDIENTS

**1/2 cup** Cream Cheese, Regular (softened)  
**1 cup** Plain Greek Yogurt  
**227 grams** Fresh Lump Crab Meat, Cooked  
**4 stalks** Green Onion (chopped)  
**1/4 cup** Sun Dried Tomatoes (drained, chopped)  
**1/2 tsp** Chili Flakes (optional)  
**1/2 tsp** Old Bay Seasoning  
**85 grams** Cheddar Cheese (shredded, divided)  
Sea Salt & Black Pepper (to taste)  
**142 grams** Whole Grain Crackers

## DIRECTIONS

- 01** Preheat the oven to 400°F (205°C).
- 02** In a large bowl, whisk together the cream cheese and yogurt until smooth. Add the crab, green onions, sun dried tomatoes, chili flakes (optional), old bay seasoning, and 2/3 of the cheddar cheese. Season with salt and pepper and mix well to combine.
- 03** Transfer the mixture to a baking dish. Smooth the top and sprinkle with the remaining cheddar cheese.
- 04** Bake for 25 to 30 minutes or until bubbly and golden on top. Serve warm and enjoy with crackers!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

An 8-inch (20 cm) casserole dish was used to make eight servings. One serving is about 1/3 cup of dip and 1/2 cup of crackers.

### SERVE IT WITH

Chopped veggies, tortilla chips, and/or corn chips.

# Peppermint Mocha

1 SERVING 10 MINUTES



## INGREDIENTS

- 1/2 cup Cow's Milk, Whole
- 1 tbsp Maple Syrup
- 1 tsp Cacao Powder
- 1/8 tsp Sea Salt
- 1/4 tsp Peppermint Extract
- 1/4 cup Coffee (espresso, brewed)
- 2 tbsps Whipped Cream
- 1 tsp Dark Chocolate Chips (optional)

## DIRECTIONS

- 01 In a small saucepan, combine the milk, maple syrup, cacao powder, sea salt and peppermint extract. Continuously whisk until warmed and frothy.
- 02 Pour the brewed espresso into a cup, then pour the warmed milk mixture over top. Top with whipped cream and chocolate chips. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh.

### SERVING SIZE

One serving is approximately one cup.

### MAKE IT VEGAN

Use plant-based milk and a whipped cream alternative.

### ADDITIONAL TOPPINGS

Top with crushed candy cane pieces for a fun treat.



# Gingerbread Cookies

24 SERVINGS 2 HOURS 40 MINUTES



## INGREDIENTS

340 grams Unbleached All Purpose Flour  
2 tsps Ground Ginger  
1 1/2 tsps Cinnamon  
3/4 tsp Nutmeg  
1/4 tsp Baking Soda  
1/4 tsp Sea Salt  
1/2 cup Butter (unsalted, room temperature)  
1/2 cup Brown Sugar  
1/3 cup Fancy Molasses  
1 Egg (large)

## DIRECTIONS

- 01 Sift together the flour, spices, baking soda, and salt. Set aside.
- 02 Beat the butter and brown sugar with an electric mixer for one minute until creamy. Add the molasses and the egg and mix for two more minutes on medium speed.
- 03 Gradually add the dry ingredients in three parts, mixing the final portion with a wooden spoon or your hands.
- 04 Divide the dough into two, wrap in plastic wrap, and refrigerate for at least two hours, or overnight.
- 05 Preheat the oven to 350°F (180°C). Let the dough sit at room temperature for a few minutes until rollable.
- 06 Roll out to 1/4-inch (1/2 cm) in thickness on floured parchment paper. Chill again if the dough becomes too soft. Cut shapes with cookie cutters and place on a parchment-lined baking sheet.
- 07 Bake for 10 to 12 minutes. Cool on a wire rack and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container for up to four days. Freeze for up to three months.

### SERVING SIZE

One serving is approximately one cookie.

### MORE FLAVOR

Decorate with icing.