



Fertility Cooking Guide

By Jack & Conrad

Co-Founders @ Lifespark

www.lifespark.bio

© 2023 Lifespark LLC.



Welcome to our cooking & recipe guide!

Maintaining a nutritious diet can be a challenge with our busy schedules, but it's vital for optimal health and fertility. This cookbook is your ally in crafting meals that support your well-being and reproductive needs.

Within these pages you'll discover dishes to fit into any schedule---be it a quick breakfast, a simple lunch, or a satisfying dinner---each tailored to enhance fertility, with benefits for sperm and egg quality.

Our recipes are designed for accessibility, needing only basic cooking know-how and kitchen tools. . We provide precise instructions and ingredient lists to ensure you can create these healthy meals with ease.

In line with the Lifespark Fertility Diet, our recipes include ingredients known to boost healthy sperm production and enhance overall reproductive health. We've meticulously selected ingredients that serve a dual purpose: optimizing fertility while delivering exceptional taste.

Incorporating these meals into your everyday life means taking an essential step toward a diet that's satisfying and supportive of your fertility and health ambitions. These recipes are your bridge to a health-focused lifestyle, turning every meal into a chance to favorably impact your reproductive health and general well-being.

Table of Contents

Part I – Individual Recipes

- 4. Grocery Guide
- 5-9. Breakfast
- 10-14. Lunch
- 15-19. Dinner

Part II – Couples Recipes

- 20. Grocery Guide
- 21-25. Breakfast
- 26-30. Lunch
- 31-35. Dinner



Part I – Grocery Guide: Individual Recipes for Men



Fruits

Lemons: 3
 Limes: 2
 Avocados: 2
 Bananas: 1
 Mixed berries: 2 (6-ounce containers)



Vegetables

Cherry tomatoes: 2 pints
 Cucumber: 1
 Red bell peppers: 4
 Green bell peppers: 1
 Red onions: 2 medium
 Cilantro: 1 bunch
 Parsley: 1 bunch
 Kalamata olives: 1 jar
 Celery: 1 stalk
 Asparagus: 1 bunch
 Sweet potatoes: 2 small
 Broccoli: 2 medium heads
 Zucchini: 2
 Mixed greens: 1 pre-packed bag or box
 Carrots: 1 small bag
 Baby spinach: 1 pre-packed bag or box



Miscellaneous

Skewers: 1 pack (if needed)



Dairy & Eggs

Feta cheese: 1 small container
 Plain Greek yogurt: 1 large container
 Parmesan cheese: 1 small block
 Egg: 1 dozen



Protein

Canned chickpeas: 1 can (15 ounces)
 Canned tuna: 1 can (5 to 6 ounces)
 Chicken breast: 2 pounds (raw)
 Ground turkey: 1 lb
 Salmon fillets: 2 (6 ounces each)
 Firm tofu: 1 block
 Shrimp: 1 lb
 Sirloin steak: 1 lb



Broths

Chicken broth: 1 small can or box
 Vegetable broth: 1 small can or box (if using for quinoa instead of water)



Oils & Condiments

Extra virgin olive oil: 1 medium bottle
 Lemon juice: 1 small bottle



Baking & Spices

Honey: 1 small bottle
 Cornstarch: 1 small box
 Italian seasoning: 1 small jar
 Sesame oil: 1 small bottle
 Soy sauce: 1 small bottle
 Rice vinegar: 1 small bottle
 Garlic: 1 bulb (pre-minced if preferred)
 Ginger: 1 small root (pre-minced if preferred)
 Salt: 1 box or shaker
 Pepper: 1 small can or mill
 Fresh dill: 1 small packet



Seeds & Nuts

Mixed nuts: 1 small bag or container
 Chia seeds: 1 small bag
 Ground flaxseed: 1 small package
 Almonds: 1 small bag
 Walnuts: 1 small bag
 Pumpkin seeds: 1 small bag
 Sunflower seeds: 1 small bag



Grains & Bread

Quinoa: 1-pound bag
 Breadcrumbs: 1 small container
 Brown rice: 1-pound bag
 Whole wheat tortillas: 1 package

Breakfast: Berry Blast Fertility Fuel



Serves: 1 person | **Prep time:** 5 minutes | **Cook Time:** 0 minutes

Berries are high in antioxidants, which can help protect sperm from oxidative stress. Spinach is rich in folate, which supports sperm health. Flaxseed is a good source of Omega-3 fatty acids, which can improve sperm parameters.

Recipe ingredients:

- 1 cup mixed berries
- 1 cup baby spinach
- 1 banana
- 1 cup unsweetened almond milk
- 1 tbsp ground flaxseed

Cooking instructions:

1. Wash fruit with water several times
2. Combine all ingredients in a blender
3. Blend until smooth and creamy
4. Pour into a glass and enjoy

Tip: Take SeedBoost with breakfast for maximum absorption.

Breakfast: Honeyed Walnut Wellness Bowl

Serves: 1 person | **Prep time:** 5 minutes | **Cook Time:** 0 minutes

Greek yogurt is a good source of protein, calcium, and vitamin D, which can support testosterone production. Walnuts are rich in Omega-3 fatty acids and antioxidants, which can improve sperm quality.

Recipe ingredients:

- 1 cup plain Greek yogurt
- 1/4 cup chopped walnuts
- 1 tbsp honey
- Bonus — add fruit of choice

Cooking instructions:

1. Spoon Non-Fat Greek yogurt into a bowl
2. Top with chopped walnuts (heated for an extra warm kick) and drizzle with honey

Tip: Take [SeedBoost](#) with breakfast for maximum absorption.

Breakfast: Protein Power Omelet



Serves: 1 person | **Prep time:** 5 minutes | **Cook Time:** 10 minutes

Eggs are a good source of protein, vitamins, and minerals, which can support male reproductive health. Vegetables provide essential vitamins, minerals, and antioxidants. Whole wheat toast is high in fiber, which can help maintain a healthy weight and help you feel satiated longer.

Recipe ingredients:

- 2 large eggs
- 1/4 cup diced bell peppers, tomatoes, onions, spinach
- 1 tbsp extra virgin olive oil
- Salt and pepper to taste
- 1 slice whole wheat toast

Cooking instructions:

1. Whisk eggs with salt and pepper.
2. Heat extra virgin olive oil in skillet over medium heat. Add bell peppers, tomatoes, onions, and spinach, and cook for 2-3 minutes until softened.
3. Pour the whisked eggs over the vegetables and cook until almost set, then gently fold the omelet in half.
4. Cook for another 1-2 minutes until fully set. Serve with whole wheat toast.

Tip: Take [SeedBoost](#) with breakfast for maximum absorption.

Breakfast: Chia Charge Pudding



Serves: 1 person | **Prep time:** 5 minutes | **Cook Time:** 0 minutes

Chia seeds are rich in Omega-3 fatty acids, especially DHA, plus antioxidants, which can improve fertility quality. Berries are high in antioxidants, which can help protect sperm from oxidative stress. Almonds are a good source of healthy fats, vitamins, and minerals.

Recipe ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 1 tbsp honey
- 1/2 tsp vanilla extract
- 1/4 cup mixed berries
- 2 tbsp chopped almonds

Cooking instructions:

1. In a mason jar or airtight container, combine chia seeds, almond milk, honey, and vanilla extract.
2. Stir well, then cover and refrigerate overnight.
3. In the morning, top with mixed berries and chopped almonds before serving.

Tip: Take [SeedBoost](#) with breakfast for maximum absorption.

Breakfast: Seed & Nuts Synergy Parfait



Serves: 1 person | **Prep time:** 5 minutes | **Cook Time:** 0 minutes

Greek yogurt is a good source of protein, calcium, and vitamin D, which can support testosterone production. Nuts and seeds are rich in healthy fats, vitamins, and minerals that can support male reproductive health.

Recipe ingredients:

- 1 cup plain Greek yogurt
- ¼ cup mixed nuts (such as almonds, walnuts, and cashews), chopped
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tbsp honey

Cooking instructions:

1. In a glass or bowl, layer Greek yogurt, nuts, and seeds.
2. Drizzle with honey.
3. Serve immediately.

Tip: Take [SeedBoost](#) with breakfast for maximum absorption.

Lunch: Bean & Quinoa Balance Bowl



Serves: 1 person | **Prep time:** 10 minutes | **Cook Time:** 0 minutes

Quinoa is a good source of zinc, which is essential for sperm production. Black beans provide plant-based protein and fiber. Tomatoes and avocados are rich in antioxidants, vitamins, and healthy fats that support male reproductive health.

Recipe ingredients:

- 1 cup cooked quinoa
- 1 cup canned black beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- 1/4 cup chopped cilantro
- 1/4 cup chopped red onion
- Juice of 1 lime
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

Cooking instructions:

1. In a large mixing bowl, combine quinoa, black beans, cherry tomatoes, avocado, cilantro, and red onion.
2. In a small bowl, whisk together lime juice, extra virgin olive oil, salt, and pepper.
3. Pour dressing over the quinoa mixture and toss to combine.
4. Serve immediately or refrigerate until ready to serve.

Lunch: Avocado Boost Wrap



Serves: 1 person | **Prep time:** 5 minutes | **Cook Time:** 0 minutes

Whole wheat tortilla is a good source of fiber, which can help maintain a healthy weight. Turkey is a lean protein source that can support hormone balance. Avocado is rich in healthy fats, vitamins, and antioxidants that support male reproductive health.

Recipe ingredients:

- 1 large whole wheat tortilla
- 3 ounces sliced turkey breast
- 1/2 avocado, sliced
- 1/2 cup mixed greens
- 1/4 cup shredded carrots
- 1 tbsp hummus

Cooking instructions:

1. Lay the whole wheat tortilla flat on a plate.
2. Spread hummus evenly over the tortilla.
3. Layer turkey, avocado, mixed greens, and shredded carrots on top of the hummus.
4. Roll the tortilla tightly, tucking in the sides as you go.
5. Slice the wrap in half and serve.

Lunch: Mediterranean Mojo Mix



Serves: 1 person | **Prep time:** 10 minutes | **Cook Time:** 0 minutes

Chickpeas are a good source of plant-based protein, fiber, and folate, which supports sperm health. Tomatoes, cucumber, and olives provide essential vitamins, minerals, and antioxidants. Feta cheese provides calcium, an essential mineral for overall health.

Recipe ingredients:

- 1 can chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, chopped
- 1/4 cup pitted Kalamata olives, halved
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped parsley
- 2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

Cooking instructions:

1. In a large mixing bowl, combine chickpeas, cherry tomatoes, cucumber, olives, feta cheese, and parsley.
2. In a small bowl, whisk together lemon juice, extra virgin olive oil, salt, and pepper.
3. Pour dressing over the salad and toss to combine.
4. Serve immediately or refrigerate until ready to serve.

Lunch: Avocado Clutch Cobb



Serves: 1 person | **Prep time:** 5 minutes | **Cook Time:** 0 minutes

Chicken breast is a lean source of protein, which can support hormone balance. Avocado is rich in healthy fats, vitamins, and antioxidants that support male reproductive health. Tomatoes and onions provide essential vitamins and antioxidants.

Recipe ingredients:

- 2 cups chopped cooked chicken breast
- 1 avocado, diced
- 1/2 cup halved cherry tomatoes
- 1/4 cup chopped red onion
- 1/4 cup chopped cilantro
- Juice of 1 lime
- Salt and pepper to taste

Cooking instructions:

1. In a large mixing bowl, combine chicken, avocado, cherry tomatoes, red onion, and cilantro.
2. Drizzle lime juice over the salad and season with salt and pepper. Toss to combine.
3. Serve immediately or refrigerate until ready to serve.

Lunch: Omega Bell Bounty



Serves: 1 person | **Prep time:** 10 minutes | **Cook Time:** 0 minutes

Tuna is high in Omega-3 fatty acids, which can improve sperm quality. Bell peppers are rich in vitamin C, an antioxidant that can support sperm health. Greek yogurt is a good source of protein, calcium, and vitamin D, which can support testosterone production.

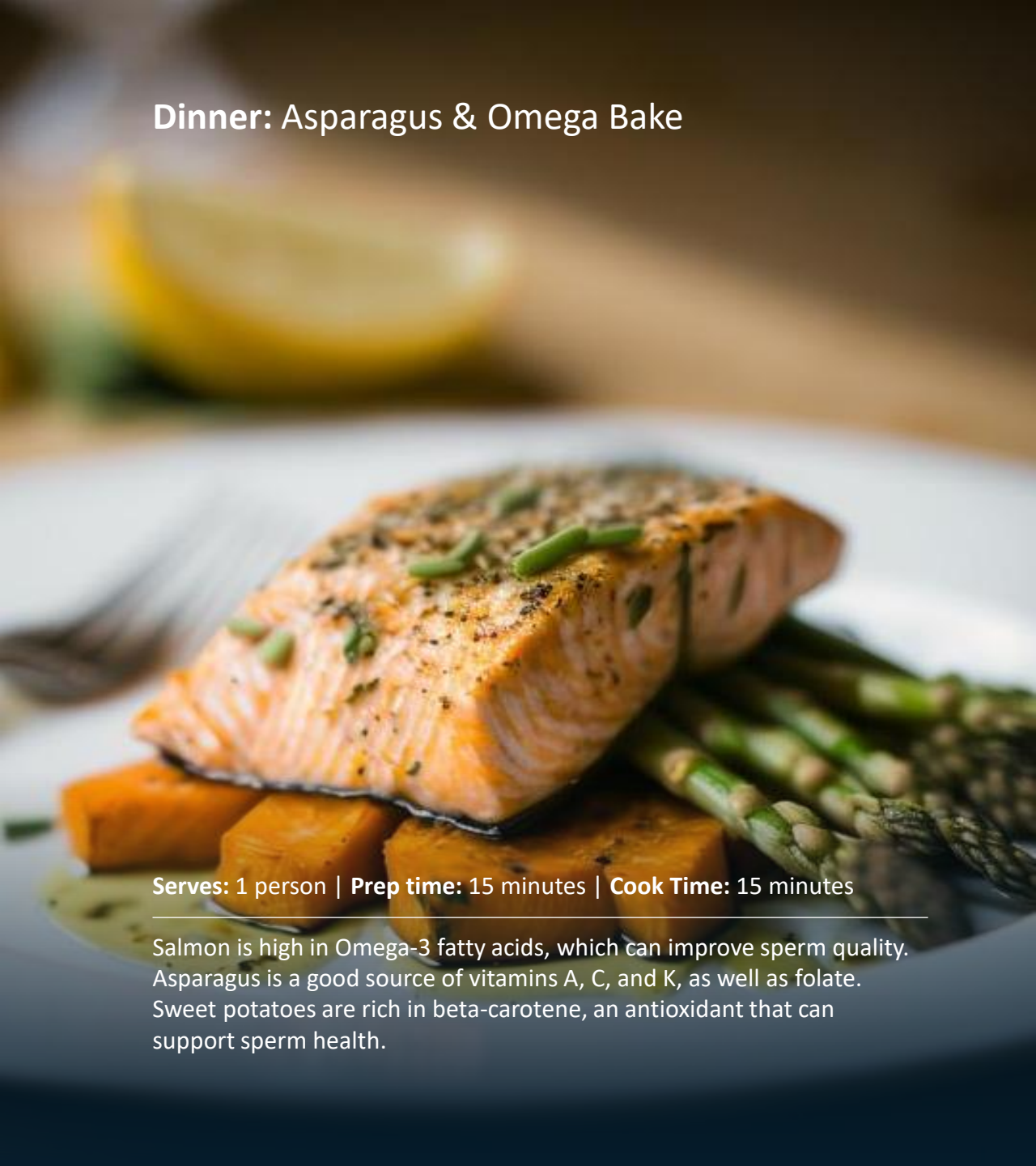
Recipe ingredients:

- 1 can tuna, drained
- 1/4 cup diced celery
- 1/4 cup diced red onion
- 1/4 cup plain Greek yogurt
- 1 tbsp lemon juice
- Salt and pepper to taste
- 2 bell peppers, halved and seeds removed

Cooking instructions:

1. In a mixing bowl, combine tuna, celery, red onion, Greek yogurt, lemon juice, salt, and pepper.
2. Stuff the tuna salad mixture into the bell pepper halves.
3. Serve immediately or refrigerate until ready to serve.

Dinner: Asparagus & Omega Bake



Serves: 1 person | **Prep time:** 15 minutes | **Cook Time:** 15 minutes

Salmon is high in Omega-3 fatty acids, which can improve sperm quality. Asparagus is a good source of vitamins A, C, and K, as well as folate. Sweet potatoes are rich in beta-carotene, an antioxidant that can support sperm health.

Recipe ingredients:

- 2 (6-ounce) salmon fillets
- 1 bunch asparagus, trimmed
- 2 small sweet potatoes, scrubbed and sliced into 1/4-inch rounds
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste
- 1/4 cup freshly squeezed lemon juice
- 1 tbsp chopped fresh dill

Cooking instructions:

1. Preheat oven to 400°F (200°C).
2. Place salmon filets, asparagus, and sweet potato slices on a large baking sheet. Drizzle with extra virgin olive oil and season with salt and pepper.
3. Bake for 15-20 minutes, or until salmon is cooked through and vegetables are tender.
4. Remove from oven and drizzle lemon juice over the salmon and vegetables. Sprinkle with fresh dill.
5. Serve immediately.

Dinner: Tofu Power Sauté



Serves: 1 person | **Prep time:** 10 minutes | **Cook Time:** 15 minutes

Broccoli is high in vitamin C and antioxidants, which can protect sperm from oxidative stress. Tofu is a good source of plant-based protein and essential minerals like zinc, which is essential for sperm production. Bell peppers provide vitamins and antioxidants that support male reproductive health.

Recipe ingredients:

- 1 tbsp sesame oil
- 1 block firm tofu, drained and cubed
- 1 head broccoli, cut into florets
- 1 red bell pepper, sliced
- 1/4 cup low-sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp honey
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1 tbsp cornstarch mixed with 2 tbsp water
- Cooked brown rice for serving

Cooking instructions:

1. Heat sesame oil in a large skillet or wok over medium-high heat. Add tofu and cook until golden brown on all sides. Remove from skillet and set aside.
2. Add broccoli and bell pepper to the skillet and stir fry for 5-7 minutes, or until vegetables are tender-crisp.
3. In a small bowl, whisk together soy sauce, rice vinegar, honey, garlic, and ginger. Pour over the vegetables and stir to combine.
4. Add the tofu back to the skillet and stir in the cornstarch mixture to thicken the sauce.
5. Serve over cooked brown rice.

Dinner: Turkey Totem Stir Fry



Serves: 1 person | **Prep time:** 15 minutes | **Cook Time:** 15 minutes

Ground turkey, rich in protein, supports healthy sperm production. Broccoli, with its vitamin C and antioxidants, helps protect sperm from oxidative stress, while olive oil's healthy fats may reduce inflammation and improve sperm function. Bell peppers add extra vitamins and antioxidants, essential for male fertility.

Recipe ingredients:

- 1 lb ground turkey
- 1 tablespoon olive oil
- 2 cups mixed vegetables (frozen or fresh; such as bell peppers, carrots, and broccoli)
- 2 tablespoons soy sauce
- 1 tablespoon honey
- Salt and pepper to taste
- Cooked rice, for serving

Cooking instructions:

1. Heat the olive oil in a large skillet over medium heat. Add the ground turkey, season with salt and pepper, and cook until browned and no longer pink, breaking it up as it cooks.
2. Add the mixed vegetables to the skillet with the turkey. Cook for about 5-7 minutes or until the vegetables are just tender.
3. In a small bowl, mix the soy sauce and honey. Pour this mixture over the turkey and vegetables in the skillet. Stir well to combine.
4. Cook for another 2-3 minutes to allow the sauce to heat through and slightly thicken.
5. Serve the turkey stir fry over cooked rice.

Dinner: Gusto Garlic Shrimp Pilaf



Serves: 1 person | **Prep time:** 10 minutes | **Cook Time:** 15 minutes

Quinoa is a good source of zinc, which is essential for sperm production. Shrimp is a lean protein source and contains selenium, an antioxidant that can support sperm health. Garlic and parsley provide essential vitamins and antioxidants.

Recipe ingredients:

- 1 cup uncooked quinoa
- 2 cups water or vegetable broth
- 1 lb large shrimp, peeled and deveined
- 3 tbsp extra virgin olive oil
- 4 cloves garlic, minced
- 1/4 cup chopped parsley
- Juice of 1 lemon
- Salt and pepper to taste

Cooking instructions:

1. In a medium saucepan, combine quinoa and water or vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes, or until quinoa is cooked and all liquid has been absorbed.
2. In a large skillet, heat extra virgin olive oil over medium heat. Add garlic and cook for 1-2 minutes, until fragrant.
3. Add shrimp to the skillet and cook for 2-3 minutes per side, until pink and cooked through.
4. Stir in parsley, lemon juice, salt, and pepper.
5. Serve shrimp over cooked quinoa.

Dinner: Steak & Sprout Spears

Serves: 1 person | **Prep time:** 15 minutes | **Cook Time:** 15 minutes

Sirloin steak is a good source of protein, iron, and zinc, which are essential for sperm production and overall reproductive health. Bell peppers, onion, and zucchini provide essential vitamins, minerals, and antioxidants that support male reproductive health.

Recipe ingredients:

- 1 lb sirloin steak, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 green bell pepper, cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 1 zucchini, cut into 1-inch rounds
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste
- Wooden or metal skewers

Cooking instructions:

1. If using wooden skewers, soak in water for at least 30 minutes before grilling to prevent burning.
2. Preheat a grill or grill pan to medium-high heat.
3. Thread steak, bell peppers, onion, and zucchini onto skewers, alternating between ingredients.
4. Brush the skewers with extra virgin olive oil and season with salt and pepper.
5. Grill kabobs for 4-5 minutes per side, or until steak is cooked to your desired doneness and vegetables are tender.
6. Remove from grill and let rest for a few minutes before serving.

Part II – Grocery Guide: Group Recipes for Couples



Fruits

Mixed Berries: 3 small containers
Cherry Tomatoes: 3 pint containers
Avocado: 3 pieces
Lemon: For juice (1 small bottle or fresh lemons)



Vegetables

Bell Peppers: 12 pieces
Tomatoes: 2-3 medium (for 1 cup diced)
Onions: 2 medium
Spinach: 2 bags
Cucumber: 1 medium
Carrots: 1 small bag
Parsley: 1 small bunch
Salad Greens: 1 large bag
Red Onion: 1 medium
Celery: 1 bunch
Broccoli: 2-3 medium heads
Snap Peas: 2 cups
Zucchini: 5 medium
Garlic: 1 small bulb
Basil Leaves: 1 small bunch



Miscellaneous

Wooden or Metal Skewers



Dairy & Eggs

Plain Greek Yogurt: 1 large container
Eggs: 1 dozen
Feta Cheese: 1 small container



Protein

Tuna: 2 cans
Salmon Fillets: 2 (6 oz. each, skinless)
Boneless, Skinless Chicken Breast: 1 pound (for slicing)
Sirloin Steak: 2 lbs
Large Shrimp: 1/2 pound
Ground Turkey: 1 lb



Broths

Vegetable Broth: 1 quart



Oils & Condiments

Extra Virgin Olive Oil: 1 medium bottle
Honey or Pure Maple Syrup: 1 small bottle
Lemon Juice: 1 small bottle or fresh lemons
Low-Sodium Soy Sauce: 1 small bottle
Chicken Broth: 1 small container



Baking & Spices

Ground Cinnamon or Nutmeg: 1 small container each (optional)
Salt and Pepper: 1 of each
Fresh Dill: 1 small packet
Fresh Ginger: 1 small root
Italian Seasoning: 1 small container
Cornstarch: 1 small package



Seeds & Nuts

Walnuts: 1 small bag
Mixed Nuts (almonds, walnuts, cashews): 1 small bag
Pumpkin Seeds: 1 small bag
Sunflower Seeds: 1 small bag
Breadcrumbs: 1 small package



Grains & Bread & Legumes

Quinoa: 1 small bag (for cooking and additional servings)
Whole Wheat Bread: 1 loaf
Whole Wheat Tortillas: 1 package
Green or Brown Lentils: 1 small bag
Chickpeas: 1 can
Brown Rice: 1 large bag

Breakfast: Antioxidant Ambrosia Parfait



Serves: 2 people | **Prep time:** 5 minutes | **Cook Time:** 0 minutes

This parfait is excellent for both men and women. Greek yogurt contains probiotics for gut health, which is linked to balanced hormones in both sexes. Berries offer antioxidants like vitamin C and folate, supporting egg health and sperm DNA. Walnuts provide omega-3 fatty acids essential for sperm quality and menstrual cycle regulation.

Recipe ingredients:

- 2 cups Greek yogurt (full-fat, plain)
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup walnuts, roughly chopped
- 1 tablespoon honey or pure maple syrup
- 1 teaspoon chia seeds (optional)
- 1 teaspoon ground flaxseeds (optional)

Cooking instructions:

1. In two serving glasses or bowls, layer half of the Greek yogurt into each, add layer of mixed berries evenly.
2. Sprinkle half of the chopped walnuts over the berries in each glass or bowl, repeating the layers as you go.
3. Drizzle honey or maple syrup over the top of each parfait. Sprinkle chia and flaxseeds on top.
4. Serve immediately and enjoy!

Tip: Take [SeedBoost](#) with breakfast for maximum absorption.

Breakfast: Mighty Morning Omelet



Serves: 2 people | **Prep time:** 10 minutes | **Cook Time:** 10 minutes

This omelet is ideal for reproductive health in both genders. Eggs are a source of vitamin D and choline, crucial for male fertility and female egg quality. Veggies like bell pepper and tomatoes are rich in vitamins A and C, promoting sperm health and assisting in hormone synthesis for ovulation. Spinach offers iron and folate, supporting sperm motility and preventing ovulatory infertility. The optional feta adds calcium, important for both male and female reproductive systems.

Recipe ingredients:

- 4 large eggs
- 1 tablespoon extra virgin olive oil or butter
- 1/2 cup diced bell pepper & 1/2 cup tomatoes
- 1/4 cup finely chopped onion & 1/2 cup spinach
- Salt and pepper, to taste
- Optional: 1/4 cup crumbled feta cheese

Cooking instructions:

1. Heat the extra virgin olive oil or butter over medium heat. Add the diced bell pepper, tomatoes, and onion to the skillet and cook for 3-4 minutes, or until the vegetables are tender.
2. Add the chopped spinach to the skillet and cook for another 1-2 minutes.
3. Whisk eggs and pour over the vegetables in the skillet, ensuring the ingredients are evenly distributed. Cook the omelet for 3-4 minutes, crumble feta if desired.

Tip: Take [SeedBoost](#) with breakfast for maximum absorption.

Breakfast: Power-Up Breakfast Quinoa Bowl



Serves: 2 people | **Prep time:** 10 minutes | **Cook Time:** 10 minutes

This bowl combines quinoa with berries and nuts for a fertility-friendly meal. Quinoa's protein supports cellular health for both eggs and sperm, while berries' antioxidants combat oxidative stress. Nuts add omega-3s for hormone balance and Greek yogurt introduces probiotics for reproductive well-being.

Recipe ingredients:

- 1 cup cooked quinoa, cooled (follow package instructions for cooking)
- 1 cup mixed berries (blueberries, raspberries, strawberries)
- 1/2 cup chopped nuts (walnuts, almonds, or a mix)
- 1/2 cup Greek yogurt (plain or flavored)
- 1 tablespoon honey or pure maple syrup (optional)
- Ground cinnamon or nutmeg, to taste (optional)

Cooking instructions:

1. In a medium bowl, combine the cooked and cooled quinoa, mixed berries, and chopped nuts.
2. Divide the quinoa mixture evenly between two serving bowls.
3. Top each bowl with a dollop of Greek yogurt, drizzle with honey or maple syrup if desired, and sprinkle with ground cinnamon or nutmeg to taste.
4. Serve the Power-Up Breakfast Quinoa Bowls immediately and enjoy!

Tip: Take [SeedBoost](#) with breakfast for maximum absorption.

Breakfast: Balance & Bloom Veggie Omelet



Serves: 2 people | **Prep time:** 5 minutes | **Cook Time:** 10 minutes

This omelet is rich in vitamins and minerals from fresh vegetables and whole grains. Eggs are a source of choline and vitamin D, critical for fetal development and fertility. Whole wheat toast adds fiber for hormonal balance and digestive health, aiding in overall reproductive function

Recipe ingredients:

- 2 large eggs
- 1/2 cup diced bell peppers, tomatoes, & onions
- 1/4 cup chopped spinach
- 1 tbsp extra virgin olive oil
- Salt and pepper to taste
- 1 slice whole wheat toast

Cooking instructions:

1. In a small bowl, whisk eggs with salt and pepper.
2. Heat extra virgin olive oil in a non-stick skillet over medium heat. Add bell peppers, tomatoes, onions, and spinach, and cook for 2-3 minutes until softened.
3. Pour the whisked eggs over the vegetables and cook until almost set, then gently fold the omelet in half.
4. Cook for another 1-2 minutes until fully set. Serve with whole wheat toast.

Tip: Take [SeedBoost](#) with breakfast for maximum absorption.

Breakfast: Seed & Nuts Synergy Parfait



Serves: 2 people | **Prep time:** 5 minutes | **Cook Time:** 0 minutes

Greek yogurt is a good source of protein, calcium, and vitamin D, which can support testosterone production. Nuts and seeds are rich in healthy fats, vitamins, and minerals that can support male reproductive health.

Recipe ingredients:

- 2 cups plain Greek yogurt
- 1/2 cup mixed nuts (such as almonds, walnuts, and cashews), chopped
- 2 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 2 tbsp honey

Cooking instructions:

1. In a glass or bowl, layer Greek yogurt, nuts, and seeds.
2. Drizzle with honey.
3. Serve immediately.

Tip: Take [SeedBoost](#) with breakfast for maximum absorption.

Lunch: Regenerative Rainbow Lentil Salad



Serves: 2 people | **Prep time:** 10 minutes | **Cook Time:** 20 minutes

Lentils are a fantastic source of folic acid, beneficial for sperm health and crucial for preventing neural tube defects during pregnancy. Mixed greens add iron and folate, supporting healthy ovulation and sperm count. The tomatoes, cucumber, and carrots provide antioxidants and fiber, which aid in detoxification and hormonal balance. The lemon and extra virgin olive oil dressing contributes vitamin C and healthy fats, improving the absorption of iron and supporting overall reproductive function.

Recipe ingredients:

- 1 cup cooked green or brown lentils, cooled
- 2 cups mixed salad greens (spinach, arugula, kale)
- 1 cup cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/2 cup grated carrots
- 1/4 cup chopped parsley
- 1/4 cup crumbled feta cheese (optional)
- 2 tablespoons fresh lemon juice
- 1/4 cup extra virgin olive oil
- Salt and pepper, to taste

Cooking instructions:

1. In a large bowl, mix cooled lentils, greens, tomatoes, cucumber, carrots, and parsley.
2. Whisk lemon juice, olive oil, salt, and pepper in a small bowl for dressing.
3. Toss salad with dressing for even coating.
4. Optional: Top with feta cheese.
5. Serve the salad in two portions.

Lunch: Salmon & Spinach Wellness Wrap

Serves: 2 people | **Prep time:** 15 minutes | **Cook Time:** 0 minutes

Rich in omega-3s, this wrap aids in improving sperm quality and female hormone regulation. Spinach provides folate for sperm vitality and egg health, while avocado adds fertility-boosting fats. The lemon-dill yogurt dressing enhances flavor without compromising the nutritional value. Use pre-cooked or canned salmon to avoid cook time.

Recipe ingredients:

- 2 large whole wheat tortillas
- 1 cup cooked salmon, flaked (canned or pre-cooked)
- 2 cups fresh baby spinach leaves
- 1 ripe avocado, sliced
- 1/2 cup thinly sliced red onion
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh dill
- 1/4 cup Greek yogurt
- Salt and pepper, to taste

Cooking instructions:

1. Combine lemon juice, dill, and Greek yogurt for the dressing.
2. Spread dressing on tortillas, leaving a border.
3. Add an even layer of spinach to each tortilla.
4. Top with salmon, avocado, and onion.
5. Roll tortillas, tucking the sides; cut diagonally in half.
6. Serve now or wrap for a grab-and-go lunch.

Lunch: Chickpea Bloom Salad



Serves: 2 people | **Prep time:** 10 minutes | **Cook Time:** 0 minutes

Chickpeas are a great source of protein and fiber, essential for hormonal health and egg quality. The antioxidants in tomatoes, cucumbers, and parsley support both male and female fertility, while extra virgin olive oil's healthy fats are beneficial for hormonal regulation. Feta adds calcium for reproductive tissues.

Recipe ingredients:

- 1 can chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, chopped
- 1/4 cup pitted Kalamata olives, halved
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped parsley
- 2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

Cooking instructions:

1. In a large mixing bowl, combine chickpeas, cherry tomatoes, cucumber, olives, feta cheese, and parsley.
2. In a small bowl, whisk together lemon juice, extra virgin olive oil, salt, and pepper.
3. Pour dressing over the salad and toss to combine.
4. Serve immediately or refrigerate until ready to serve.

Lunch: Avocado Clutch Cobb



Serves: 2 people | **Prep time:** 10 minutes | **Cook Time:** 0 minutes

Chicken breast is a lean source of protein, which can support hormone balance. Avocado is rich in healthy fats, vitamins, and antioxidants that support male reproductive health. Tomatoes and onions provide essential vitamins and antioxidants.

Recipe ingredients:

- 4 cups chopped cooked chicken breast
- 2 avocados, diced
- 1 cup halved cherry tomatoes
- 1/2 cup chopped red onion
- 1/2 cup chopped cilantro
- Juice of 2 limes
- Salt and pepper to taste

Cooking instructions:

1. In a large mixing bowl, combine chicken, avocado, cherry tomatoes, red onion, and cilantro.
2. Drizzle lime juice over the salad and season with salt and pepper. Toss to combine.
3. Serve immediately or refrigerate until ready to serve.

Lunch: Omega Bell Bounty



Serves: 2 people | **Prep time:** 10 minutes | **Cook Time:** 0 minutes

Tuna is high in Omega-3 fatty acids, which can improve sperm quality. Bell peppers are rich in vitamin C, an antioxidant that can support sperm health. Greek yogurt is a good source of protein, calcium, and vitamin D, which can support testosterone production.

Recipe ingredients:

- 2 cans tuna, drained
- 1/2 cup diced celery
- 1/2 cup diced red onion
- 1/2 cup plain Greek yogurt
- 2 tbsp lemon juice
- Salt and pepper to taste
- 4 bell peppers, halved and seeds removed

Cooking instructions:

1. In a mixing bowl, combine tuna, celery, red onion, Greek yogurt, lemon juice, salt, and pepper.
2. Stuff the tuna salad mixture into the bell pepper halves.
3. Serve immediately or refrigerate until ready to serve.

Dinner: Omega Harmony Salmon Sauté

Serves: 2 people | **Prep time:** 15 minutes | **Cook Time:** 15 minutes

Salmon's omega-3s are essential for sperm membrane health and promote healthy hormonal balance in women, aiding in regular ovulation. The vegetables add important vitamins and minerals, which support the female reproductive system and egg quality. For both, the anti-inflammatory properties of garlic and ginger can improve overall reproductive health.

Recipe ingredients:

- 2 cubed salmon fillets (6 oz. each), skinless
- 1 tbsp extra virgin olive oil
- 1 cup each: broccoli florets, snap peas, thinly sliced bell pepper
- 1/2 cup diced onion
- 2 minced garlic cloves
- 1/4 cup low-sodium soy sauce
- 2 tbsp honey
- 1 tbsp grated fresh ginger
- Salt and pepper, to taste
- Cooked brown rice or quinoa, for serving

Cooking instructions:

1. Whisk soy sauce, honey syrup, and ginger for the sauce; set aside.
2. Cook salmon in heated oil until opaque, 4-5 min; set aside.
3. Stir-fry vegetables until tender crisp for 4-5 min.
4. Add garlic, cook until fragrant, 1 min.
5. Return salmon to skillet, add sauce, combine, and cook 2-3 min.
6. Season with salt and pepper as needed.
7. Serve atop brown rice or quinoa.

Dinner: Nourish & Flourish Chicken Stir-Fry

Serves: 2 people | **Prep time:** 10 minutes | **Cook Time:** 15 minutes

This stir-fry boosts fertility with lean protein from chicken, providing a full amino acid profile for sperm development. Broccoli and bell peppers contain nutrients that help maintain regular menstrual cycles and enhance sperm DNA integrity. Snap peas add folate, supporting healthy development in early pregnancy. Garlic and ginger have anti-inflammatory effects that can enhance fertility in both sexes, while the low-sodium soy sauce and honey add a balance without spiking blood sugar levels.

Recipe ingredients:

- 1 pound boneless, skinless chicken breast, thinly sliced
- 1 tablespoon extra virgin olive oil
- 1 cup broccoli florets
- 1 cup bell pepper, thinly sliced (any color)
- 1 cup snap peas
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 2 tablespoons honey or pure maple syrup
- 1 tablespoon freshly grated ginger
- Salt and pepper, to taste
- Cooked brown rice or quinoa for serving

Cooking instructions:

1. Combine soy sauce, honey or maple syrup, and ginger for sauce; set aside.
2. Heat oil in a skillet; cook chicken until no longer pink, 4-5 min, then set aside.
3. Stir-fry broccoli, bell pepper, snap peas, and onion in the skillet for 4-5 min.
4. Add garlic; cook for 1 min.
5. Add chicken back to skillet, pour in sauce, mix and cook 2-3 min.
6. Serve over brown rice or quinoa.

Dinner: Steak & Sprout Spears

Serves: 2 people | **Prep time:** 30 minutes | **Cook Time:** 15 minutes

Sirloin steak is a good source of protein, iron, and zinc, which are essential for sperm production and overall reproductive health. Bell peppers, onion, and zucchini provide essential vitamins, minerals, and antioxidants that support male reproductive health.

Recipe ingredients:

- 2 lbs sirloin steak, cut into 1-inch cubes
- 2 red bell pepper, cut into 1-inch pieces
- 2 green bell pepper, cut into 1-inch pieces
- 2 red onion, cut into 1-inch pieces
- 2 zucchini, cut into 1-inch rounds
- 3 tbsp extra virgin olive oil
- Salt and pepper to taste
- Wooden or metal skewers

Cooking instructions:

1. Soak wooden skewers in water for 30 min to avoid charring.
2. Preheat grill to medium-high.
3. Thread steak, bell peppers, onion, and zucchini onto skewers, alternating them.
4. Brush skewers with olive oil, sprinkle with salt and pepper.
5. Grill 4-5 min per side until steak is to preference and veggies are tender.
6. Let kabobs rest for a few minutes post-grill before serving.

Dinner: Aqua Garden Zoodle Delight

Serves: 2 people | **Prep time:** 15 minutes | **Cook Time:** 15 minutes

Shrimp and vegetables offer a blend of zinc and antioxidants for sperm health and ovulation support. The lightness of zucchini noodles ensures nutrient-dense eating without heaviness, and basil's anti-inflammatory properties complement overall reproductive function.

Recipe ingredients:

- 2 medium zucchinis, spiralized or cut into thin noodles
- 1/2 pound large shrimp, peeled and deveined
- 1 tablespoon extra virgin olive oil
- 1 cup cherry tomatoes, halved
- 1/2 cup diced bell pepper (any color)
- 2 cloves garlic, minced
- 1/4 cup fresh basil leaves, chopped
- 1/4 cup grated Parmesan cheese (optional)
- Salt and pepper, to taste

Cooking instructions:

1. Warm the oil in a skillet; sauté shrimp until pink, about 2-3 min/side, then set aside.
2. Toss in tomatoes and bell pepper, cooking until just tender, around 3-4 min.
3. Stir in garlic and let it sizzle for a minute.
4. Add zucchini noodles, stir-frying until crisp-tender, roughly 2-3 min.
5. Reintroduce shrimp to the skillet, mingling with the veggies.
6. Season with a pinch of salt, a twist of pepper, and fresh basil.
7. Serve hot, garnished with Parmesan if you fancy.

Dinner: Turkey Medley Toss-Up



Serves: 2 people | **Prep time:** 15 minutes | **Cook Time:** 15 minutes

Lean turkey provides high-quality protein for hormone production without excess saturated fats. The variety of vegetables supply vitamins and antioxidants to support fertility, and whole-grain breadcrumbs add fiber. Olive oil's monounsaturated fats are good for hormone health, while the low-sodium sauce maintains proper mineral balance.

Recipe ingredients:

- 1 lb ground turkey
- 1/2 cup breadcrumbs, 1/4 cup grated Parmesan cheese
- 1 large egg, 1 tsp Italian seasoning
- 2 cups broccoli florets,
- 1 zucchini, sliced, 1 red bell pepper, sliced
- 1/4 cup low-sodium soy sauce
- 1/4 cup chicken broth
- 1 tbsp honey
- 1 tbsp cornstarch mixed with 1 tbsp water
- 2 tbsp extra virgin olive oil
- Cooked brown rice for serving

Cooking instructions:

1. Mix turkey, breadcrumbs, Parmesan, egg, Italian seasoning, salt, and pepper; form into meatballs.
2. Cook meatballs in 1 tbsp oil in a skillet until browned; set aside.
3. Sauté broccoli, bell pepper, and zucchini in remaining oil until tender-crisp, 5-7 min.
4. Whisk soy sauce, broth, and honey; pour over veggies.
5. Return meatballs to skillet, add cornstarch mix to thicken.
6. Serve atop brown rice.

Lifespark

Thank you!

Questions? Reach us at:

hello@lifespark.bio