



NATUROPATH APPROVED

FERTILITY FRIENDLY EATING GUIDE

DR. LAURA VON HAGEN, ND



LAURA VON HAGEN

Your Guide to Healthy
Eating for Optimal Fertility

Table of Contents

Pumpkin Pie for Breakfast

Glowing Antioxidant Granola

World's Easiest Slow Cooker Mexican Chicken

Maple Salmon

Glowing Lentil Stew

Slow Cooker Turkey & Quinoa Chili

Kale, Quinoa & Butternut Squash Salad

Divine Chocolate Avocado Fruit Dip

Makin' Babies Brownies

About the Author

Work With Me



Healthy Diet= Healthy Hormones

As infertility rates continue to rise in Canada, the importance of addressing dietary deficiencies, environmental toxins, egg quality and immune support cannot be overlooked.

In fact, couples who adhere to a "Mediterranean-style" lifestyle rich in whole grains, healthy fats and vegetables have less difficulty conceiving compared to couples who eat a "Western-type" lifestyle of refined carbohydrates and saturated fats.

Disclaimer: These recipes work best in conjunction with a naturopathic treatment plan and are not meant to replace medical care. I strongly recommend an approach of personalized nutrition, acupuncture, Intravenous (IV) therapy and custom supplementation plans for optimal outcomes. Always consult a doctor before beginning any new treatment plan. Check out the 'Work With Me' page on my website to learn more and book an appointment.



Pumpkin Pie for Breakfast

Makes 1 large serving

Ingredients:

$\frac{1}{4}$ cup rolled oats (gluten-free if necessary)

1 tbsp chia seeds

1 tbsp flax seeds

$\frac{1}{2}$ tsp pumpkin pie spice

$\frac{2}{3}$ cup unsweetened almond milk

$\frac{1}{2}$ tbsp pure maple syrup (optional) OR pinch stevia

$\frac{1}{3}$ cup canned pumpkin

Walnuts (topping)

Raisins (topping)

Directions

1. Mix the oats, chia seeds, flax and spices in a small bowl.
2. Add almond milk and maple syrup and whisk until mixed.
3. Add the pumpkin and whisk again until fully incorporated.
4. Place in the fridge for at least 1 hour or overnight.
5. Top with raisins and walnuts, enjoy your creamy pumpkin pie oats!

*Fertility Note → Walnuts are an excellent source of heart-healthy polyunsaturated fatty acids (PUFAs). One study found that men who ate a handful of walnuts daily for 3 months had improved sperm parameters compared to men who were instructed to avoid nuts.



Glowing Antioxidant Granola

Makes 8-10 servings

Ingredients:

- 3 cups mixed raw almonds, pecans and walnuts
- 2 cups rolled oats (gluten-free if necessary)
- $\frac{2}{3}$ cup mixed dried fruit (raisins, goji berries, apricots)
- $\frac{1}{2}$ cup raw pumpkin seeds
- $\frac{1}{3}$ cup raw sunflower seeds
- $\frac{1}{2}$ cup unsweetened shredded coconut
- 1 tbsp cinnamon
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{3}$ cup pure maple syrup
- $\frac{1}{3}$ cup melted coconut oil
- 2 tsp vanilla

Directions

1. Preheat the oven to 275°F and line a large rimmed baking sheet with parchment paper.
2. In large bowl combine nuts, oats, dried fruits, pumpkin seeds, sunflower seeds, coconut, cinnamon and sea salt. Stir to combine.
3. In separate bowl combine maple syrup, coconut oil and vanilla.
4. Pour wet ingredients over dry, mixing well to combine. You might need to use your hands to ensure an even coating.
5. Spread granola onto baking sheet and press down using spatula.
6. Bake for 15 minutes, then rotate pan in the oven and bake for another 15 minutes. Remove and let cool.
7. Store in glass container in fridge for 2-3 weeks or freeze for 1 month.
8. Serve with steamed non-dairy milk for a warming and hearty breakfast.

*Fertility Note → Eating breakfast can help you maintain a healthy weight. A good breakfast contains a serving of healthy fats and protein to keep you feeling full, and fibre to stabilize blood sugar levels.



World's Easiest Slow Cooker Mexican Chicken

Makes 8 servings

Ingredients

5 boneless skinless organic chicken breasts

1 jar Neil Brother's organic corn salsa

1 can organic black beans, drained and rinsed well

1 red bell pepper, diced

1 green bell pepper, diced

3 large tomatoes, chopped

½ cup chopped onion

2 garlic cloves, minced

1 tsp chili powder

½ tsp cumin

optional garnish- freshly squeezed lime and chopped cilantro

Directions

1. Place chicken breasts in bottom of slow cooker.
2. Mix remaining ingredients together in large bowl and place on top of chicken in slow cooker.
3. Set on low for 6 hours.
4. Turn off slow cooker and using two forks, shred chicken apart into bite size pieces and mix well.
5. Serve over a bed of washed romaine lettuce or greens of your choice.

*Fertility Note → Although BPA has been banned from baby products, it is still present in many everyday household items including plastic containers, water bottles and the lining of canned goods. BPA is a potent endocrine disruptor that impairs many important hormonal pathways necessary for fertility. Avoid exposure to BPA in canned foods by purchasing organic.



Maple Salmon

Makes 4 servings

Ingredients

2 tbsp maple syrup

2 tbsp organic tamari sauce

1 clove garlic, minced

1 tsp grainy dijon mustard

1/8 tsp ground black pepper

1 pound wild sockeye salmon fillet

Directions

1. In a small bowl, mix the maple syrup, tamari, garlic, mustard and ground pepper.

2. Place salmon in a shallow glass baking dish lined with parchment paper and coat with the maple syrup mixture. Cover and marinate in fridge for 30 minutes.

3. Preheat oven to 400 degrees F.

4. Place salmon in preheated oven and bake for 20 minutes, or until fish flakes easily with a fork. Serve with roasted vegetables and quinoa for a complete and balanced meal.

*Fertility Note → Salmon is an excellent source omega-3 essential fatty acids (EFAs), which are important for baby's brain development. Choose wild salmon over farmed to avoid exposure to Polychlorinated Biphenyl (PCBs), a known human carcinogen that has been linked to cancer.



Warming Lentil Stew

Makes 4-6 servings

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 large onion, diced
- 2 large garlic cloves, minced
- 2 tsp each ground tumeric and cumin
- ½ tsp cinnamon
- ¼ tsp ground ginger
- 1 15-oz can diced tomatoes
- 1 can organic coconut milk
- ¾ cup uncooked green or red lentils
- 4 small sweet potatoes, diced into 1 inch cubes
- 1 small head cauliflower, chopped into bite size pieces
- 1 litre low-sodium vegetable broth
- 2 cups baby spinach or shredded kale

Directions

1. In a large pot, heat oil and cook onions and garlic until soft, about 5 minutes. Stir in spices.
2. Add the tomatoes, coconut milk, lentils, sweet potatoes, cauliflower and vegetable broth. Increase heat until boiling.
3. Once stew is boiling, reduce heat to medium and stir uncovered until lentils are soft, about 20-30 minutes.
4. Remove from heat and gently stir in spinach or kale. Leftovers freeze very well.



Slow Cooker Turkey & Quinoa Chili

Makes 6 servings

Ingredients

- 2 tsp olive or avocado oil
- 1 cup chopped onion
- 2 tsp finely chopped garlic
- 1 lb ground turkey or chicken
- 2 cups tomato sauce
- 2 cups chicken stock
- 1/3 cup uncooked quinoa
- 2 tsp chili powder
- 1 tsp each dried basil, oregano and cumin
- dash of ground black pepper
- 1 can organic black beans, drained and rinsed

Directions

1. Lightly coat a large, nonstick skillet with oil and place over medium heat. Add the onion and garlic and sauté until browned, about 5 minutes.
2. Add the ground turkey and sauté until it's no longer pink, breaking it up into bite-size pieces with the back of a wooden spoon. Drain excess liquid and fat.
3. Add the tomato sauce, stock, quinoa, spices, and beans into slow cooker along with the turkey mixture.
4. Cook in crockpot on high for 3 hours or low for 5-6 hours.
5. Garnish each serving with a sprinkle of shredded organic cheddar (optional).

*Fertility Note → Especially in the winter time, focus on eating warm, cooked foods to help nourish the body and improve digestion. Avoid raw, cold foods and cold drinks.



Kale, Quinoa & Roasted Butternut Squash Salad

Makes 6-8 Servings

Ingredients

1 ½ cups diced butternut squash

8 cups shredded and washed kale

2 cups cooked quinoa (or bulgur)

1 ½ cups pomegranate seeds

½ cup blueberries or raspberries or strawberries

⅓ cup sliced raw almonds or walnuts or pistachios

Dressing

3 tbsp apple cider vinegar

3 tbsp orange juice

1 tbsp molasses or maple syrup

3 tbsp extra-virgin olive oil

½ tsp crushed garlic

½ tsp Dijon mustard

Dash of sea salt and freshly ground black pepper

Directions

1. Boil squash for 10-15 minutes just until tender. Drain and set aside to cool.
2. Place kale in bowl and add quinoa, pomegranate seeds, berries, nuts and cooled squash.
3. Combine ingredients for dressing. Add to salad and mix.

*Fertility Note → Focus on eating a diet rich in whole grains and carbohydrates with a lower glycemic load. Diets containing large amounts of high glycemic carbohydrates (white rice, white potatoes, processed snacks) have been linked to increased risk of infertility. Good options for whole grains include quinoa, buckwheat, bulgur, brown rice and sweet potatoes or yams.



Divine Chocolate Avocado Fruit Dip

Makes 8 servings

Ingredients

1 100g dark chocolate (70-85%) bar

1 tsp coconut oil

2 large avocados

3 tbsp unsweetened cocoa powder

¼ cup pure maple syrup

¼-½ cup unsweetened vanilla almond milk, depending on desired thickness

½ tsp pure vanilla extract

Dash of sea salt

Directions

1. Melt dark chocolate with coconut oil over double boiler or in microwave until smooth.
2. Add melted chocolate and all remaining ingredients into a food processor.
3. Process until mixture is very smooth, scraping down the sides of the processor as needed.
4. Store in airtight container in the fridge. Serve at room temperature with freshly sliced fruits and berries.

*Fertility Note → A healthy and balanced diet includes sweets in moderation. Reach for dark chocolate with minimum 70% cocoa solids to reduce sugar intake and increase health benefits.



Makin' Babies Brownies

Makes 24 Servings

Ingredients

1 $\frac{3}{4}$ cups adzuki beans (or 1 15 oz. can)

2 tbsp ground flaxseed

5 tbsp warm water

3 tbsp coconut oil

$\frac{3}{4}$ cup unsweetened cocoa powder

$\frac{1}{4}$ tsp sea salt

1 tsp pure vanilla extract

$\frac{1}{3}$ cup maple syrup

1 $\frac{1}{2}$ tsp baking powder

$\frac{1}{2}$ tsp cinnamon

Optional Toppings:

$\frac{1}{3}$ cup raw pecans or $\frac{1}{4}$ cup unsweetened shredded coconut or $\frac{1}{4}$ cup dark chocolate chips (dairy-free options available)

Instructions

Preheat oven to 325F and lightly grease a 24-slot mini-muffin tin.

Rinse and thoroughly drain your adzuki beans.

Combine ground flaxseed with water in the bowl of the food processor and let sit for 3 minutes. Add remaining ingredients and puree for about 3 minutes, or until smooth. The batter should be quite thick, but not dry.

Evenly divide the batter into the muffin tin and smooth the tops as needed. Sprinkle with desired toppings.

Bake for 12-15 minutes until the tops are dry and the edges pull away from the sides.

Remove from the oven and let cool for 10-15 minutes. Remove from tin and place on a wire rack to cool completely. These brownies also freeze well.



This recipe is courtesy of Dr. Stefanie Trowell, ND.

Dr. Laura von Hagen, ND

Before graduating with a Doctor of Naturopathy from the Canadian College of Naturopathic Medicine, I completed my undergrad in Kinesiology at Queen's University. I was then accepted into the exclusive Master's of Science in Clinical Anatomy at Western University. During my Master's, I travelled to Africa for a CIDA internship, where I wrote my thesis entitled Lifestyle Interventions to Improve Gestational Outcomes: A CrossCultural Report.

As a Naturopathic Doctor, I love my job because I treat people, not illnesses. I strongly believe in empowering patients to regain control over their health, I use individualized treatment plans that address the mental, emotional and physical levels of healing. I have a special interest in hormonal disorders, fertility and pregnancy care.

Outside of school, I love to spend my free time biking, running, swimming, kayaking, basically anything outdoors! I've travelled to over 30 different countries and still have a bucket list of places I want to visit. I enjoy experimenting in the kitchen, especially if it involves dark chocolate.



Work With Me

**Toronto Location
Higher Health Naturopathic Centre
& IV Lounge
7 Yonge Boulevard
Tel: 416.482.0707**

Book online at www.lauravonhagen.com

