

B O N U S

## CREATING A BABY FRIENDLY BODY

YOUR WEEK BY WEEK JOURNEY TO A HEALTHY PREGNANCY

### *Fertility Menu*

The basis of this fertility menu is to keep your diet as alkaline as possible while still getting some quality animal protein, some whole grains, nuts and legumes.

Please check with your health care practitioner before starting any diet. Each of us is unique and may have unique needs. Some may need more salt than others - some may need more carbohydrates than others and still some may need more protein than others, or different types of protein.

This is a healthy diet, but I can't stress enough that it's not a "one size fits all" diet. I believe that it's important to take your blood type into consideration like Dr. Peter D'Adamo teaches, or to take your metabolic type into consideration like Dr. Mercola teaches. You can apply those things using this diet as a guideline and it will work very well because you do want to be sure you are eating plenty of alkaline foods each day.

I hope you enjoy this menu I've prepared for you. Feel free to substitute your own recipes if they have similar ingredients. Dr. Ben Kim also has some good recipes on his site so check those out too.

*Christyn Sierra*

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## CREATING A BABY FRIENDLY BODY

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### *Fertility Menu*

#### **MONDAY**

##### **Morning**

Apple Tart Smoothie and 1/4 cup prune juice (low acid) mixed with 1/4 cup pure water

##### **Apple Tart Smoothie**

2 cucumbers or ½ bunch celery ([high alkaline](#))  
2 Granny Smith apples ([alkaline](#))  
1 head kale (about 7 leaves) ([alkaline](#))  
1 lemon, skin removed (pith intact) ([low alkaline](#))

Blend and enjoy!

##### **Snack**

Half grapefruit ([low alkaline](#)) and handful of almonds ([alkaline](#))

##### **Afternoon**

Turkey and Avocado Sandwich

##### **Turkey and Avocado Sandwich**

2 slices of spelt bread ([low alkaline](#))  
Several spinach leaves ([high alkaline](#))  
Turkey slices (acid)  
8 tomato slices ([low alkaline](#))  
1 ripe avocado ([low alkaline](#))  
salt and pepper to taste

##### **Directions**

Stack bread with lettuce and turkey, tomato, and avocado slices. Enjoy!

##### **Evening**

Spicy Salmon, Oven-Warmed Brown Rice and steamed broccoli ([high alkaline](#))



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#### **Spicy Salmon**

Salmon fillet(s) – one inch thick (acid)

- 1 Tbsp ground coriander
- 1 Tbsp ground cumin
- 1 Tbsp black pepper
- 1 Tbsp cayenne pepper
- 1 Tbsp fennel seed
- 1 Tbsp powdered ginger
- 1 Tbsp cardamom
- 1 tsp ground clove
- 1 tsp ground nutmeg

#### **Directions**

Pre-heat oven to 450. Combine all spices in small bowl. Rub spices on salmon and store remainder of spices in airtight jar and put in refrigerator. Spray cookie sheet with non-stick spray and place salmon fillet(s) on sheet. Bake 5 minutes, flip, cook 5 more and enjoy.

#### **Oven-Warmed Brown Rice**

- 1 cup brown rice (low acid)
- 1 cup beef broth
- 1 (14.5 oz) can chicken broth
- ¼ cup butter, melted
- 1 tsp minced garlic ([high alkaline](#))

#### **Directions**

Preheat oven to 350 degrees F (175 degrees C).

Mix rice, beef broth, chicken broth, butter, and garlic in a 2-qt glass casserole dish. Bake uncovered in preheated oven for 60 minutes or until liquid is absorbed and rice is tender.

Note: Soak brown rice for about 8 hours (6 at the least) and rinse with fresh water. If you don't like brown rice, mix with half white rice.



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#### **TUESDAY**

##### **Morning**

1 glass of Nature's Perfect Smoothie and 1/4 cup prune juice (low acid) mixed with 1/4 cup pure water

##### **Nature's Perfect Smoothie**

- 1 kiwi, sliced (alkaline)
- 1 banana, peeled and chopped (low acid)
- ½ cup blueberries (low acid)
- 1 cup strawberries (low alkaline)
- 1 handful of romaine leaves (alkaline)
- 1 cup ice cubes
- ½ cup orange juice (low acid)
- 1 tbsp flaxseed meal (low alkaline)

##### **Directions:**

Blend the kiwi, banana, blueberries, strawberries, ice, orange juice, and flax meal in a blender until smooth. Enjoy!

##### **Snack**

1 Autumn Harvest Muffin

##### **Autumn Harvest Muffins**

- 1 ½ cups whole wheat flour (substitute half with brown rice flour) (low acid)
- ¾ cup flaxseed meal (low acid)
- ¾ cup oat bran (low acid)
- 1 cup brown sugar (acid)
- 2 tsp baking soda
- 1 tsp baking powder
- 2 tsp cinnamon
- 1 ½ cups shredded carrots (alkaline)
- 2 large apples (alkaline)
- ½ cup raisins (optional) (high alkaline)
- 1 cup nuts chopped (alkaline)
- ¾ cup goat milk (low alkaline)



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- 2 large eggs beaten (acid)
- 1 tsp vanilla

#### Directions:

Stir flour, flaxseed meal, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl. Fold in carrots, apples, raisins, and nuts. Combine goat milk, eggs and vanilla. Pour liquid ingredients into dry ingredients. Stir until ingredients are moistened. Do not over mix. Fill muffin cups 3/4 full. Bake at 350° for 15-20 minutes or until tops test done.

#### **Afternoon**

##### Chilled Salmon and Spinach Salad

##### **Chilled Salmon and Spinach Salad**

- 4 oz. fillet of salmon (acid)
- 1 cup fresh spinach (high alkaline)
- 2 ½ cups green leaf lettuce (alkaline)
- 1 small sweet onion (low alkaline)
- 2 roma tomatoes (low alkaline)
- ½ cup carrots (alkaline)
- ½ cup mandarin oranges (low alkaline)
- 1 medium avocado (low alkaline)

#### Directions:

Cook salmon in a pan on low to medium heat for 30 minutes or until the flesh flakes easily with a fork. Put salmon in refrigerator. Combine rest of ingredients in medium bowl, toss, and set aside. Mix dressing in a small dish if desired. Remove salmon from refrigerator, cut into half-inch pieces, and top salad with them. Drizzle salad with dressing (optional).

Optional: Dressing made by mixing extra-virgin olive oil (alkaline) and freshly squeezed orange juice (low alkaline).

#### **Snack**

- Handful of almonds (alkaline)



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#### **Evening**

Quinoa and Veggies with slices of avocado ([low alkaline](#)) and a side of fresh pineapple ([low alkaline](#))

#### **Quinoa and Veggies**

- 2 cups quinoa ([low alkaline](#))
- 1 cup wild rice ([low alkaline](#))
- 1 tablespoon olive oil or peanut oil ([low alkaline](#))
- 1 cup mushrooms, diced ([low alkaline](#))
- 1/2 cup diced chives ([low alkaline](#))
- 1/2 cup diced orange bell pepper ([low alkaline](#))
- 1/2 cup diced yellow bell pepper ([low alkaline](#))
- 1 teaspoon sea salt
- 1 teaspoon cayenne or crushed red pepper

#### **Directions**

Rince quinoa in cold water very well. Quinoa (pronounced keenwah) tends to be bitter if you do not rinse it first. Bring four cups of water to a boil in a skillet, then add rinsed quinoa. Stir occasionally until expanded out of its shell (about 10 minutes). Be careful not to overcook. Next, bring two cups of water to boil in a medium saucepan. Add rice and cook, stirring occasionally until done (about 20 minutes).

Then heat the olive oil over medium heat in a large skillet. Add mushrooms, chives, bell peppers, salt, and cayenne pepper. Cook, while stirring (about 3 minutes). Add the quinoa and rice and stir until hot. Serve and enjoy.



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#### WEDNESDAY

##### Morning

1 cup gluten-free steel cut oats (low acid) with side of papaya ([alkaline](#)) and kiwi ([alkaline](#)) and 1/4 cup prune juice (low acid) mixed with 1/4 cup pure water

##### Snack

Handful of hazelnuts ([alkaline](#)), almonds ([alkaline](#)) and raisins ([high alkaline](#)) mixed

##### Afternoon

##### Asparagus and Avocado Salad

2 lbs fresh asparagus ([low alkaline](#))  
6 cups romaine lettuce ([alkaline](#))  
3 large avocados, peeled and sliced ([low alkaline](#))  
1 cup cherry tomatoes, halved ([low alkaline](#))  
¼ cup chopped purple onion ([low alkaline](#))  
Oregano Vinaigrette

##### Directions

Cut off tough ends of asparagus and place in boiling water for 2 minutes. Drain and cool. Arrange salad greens on plate and top with asparagus, avocado, tomato, and onion. Drizzle with Oregano Vinaigrette.  
Makes 6 servings.

##### Oregano Vinaigrette:

¼ cup fresh lemon juice (low acid)  
1 tablespoon capers, drained  
1 cup loosely packed oregano leaves  
½ cup olive oil ([low alkaline](#))

##### Directions

Process first 4 ingredients in a blender until smooth, stopping to scrape down sides. Turn blender on high; gradually add oil in a slow, steady stream. Chill if desired. Makes about 2/3 cups.

##### Snack

Half an acorn squash ([low alkaline](#)) microwaved fifteen minutes with pat of butter.



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#### **Evening**

Garlic Ginger Chicken served with a side of steamed broccoli ([high alkaline](#)).

#### **Garlic-Ginger Chicken**

- 1 lb boneless, skinless chicken breasts (acid)
- 1 cup plain, non-fat yogurt (low acid)
- 1 tsp ginger
- 1 tsp garlic powder or fresh garlic ([high alkaline](#))
- ½ tsp cayenne pepper
- 1 tsp salt
- ¼ cup lemon juice (low acid)
- 2 tbspc flour (substitute half with brown rice flour)

#### **Directions:**

Trim chicken of any fat and set aside. Mix the other ingredients in a small bowl. Set the boneless, skinless chicken breasts into a casserole dish and pour garlic-ginger mixture over chicken. Marinate 4 to 6 hours and place chicken onto broiler pan. Broil 15 minutes on each side 7 to 9 inches from top burner.



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#### THURSDAY

##### Morning

1 glass of Deliciously Green Smoothie and 1/4 cup prune juice (low acid) mixed with 1/4 cup pure water

##### Deliciously Green Smoothie

- 1 zest of an orange ([low alkaline](#))
- 1 whole seedless orange, cut in quarters, flesh and sections (pith and all, for fiber) ([low alkaline](#))
- ½ banana (low acid)
- 1 large Swiss chard leaf (ribs sliced away) ([alkaline](#))
- Water to thin (optional)
- 1 tablespoon flax meal or oil ([low alkaline](#))

Blend all ingredients in the blender. Enjoy!

##### Snack

1 medium apple ([alkaline](#)) with two Tbsp natural peanut butter (high acid)

##### Afternoon

Crunchy Spinach Salad with one medium bunch of grapes ([alkaline](#))

##### Crunchy Spinach Salad

- 6 slices turkey bacon (with no nitrites or nitrates),  
cooked according to package directions (acid)
- 1 bunch fresh spinach (or 1 bag of baby spinach) ([high alkaline](#))
- 1 ½ tsp raw sugar ([low alkaline](#))
- 1 tsp salt
- ¼ tsp mustard
- 1/3 cup light tasting olive oil ([low alkaline](#))
- 1 Tbsp lemon juice (low acid)
- 1 red onion, sliced ([low alkaline](#))
- 1 orange, peeled and sliced into wedges or chunks ([low alkaline](#))

Wash spinach well, dry and refrigerate. Tear spinach pieces into large salad bowl (or open the bag and pop the baby spinach in a salad bowl). Add orange slices and thinly sliced red onion. Snip bacon pieces into salad



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with kitchen sheers or cut up into pieces with a sharp knife.

Combine lemon juice, sugar, salt, dry mustard and salad oil. Pour over salad and toss. Serve immediately.

#### **Snack**

##### **Avocado on Whole Grain Crackers**

Whole Grain Crackers (low acid)

Mayonnaise (low acid)

Avocado ([low alkaline](#))

#### **Directions**

Spread mayonnaise on each cracker, slice avocados into 1/2 inch thick pieces. Place a slice on top to cover entire cracker. Serve arranged nicely on a plate or eat as you go.

#### **Evening**

##### **Lentil Rice Bake**

3/4 cup uncooked lentils ([alkaline](#))

1/2 cup uncooked brown rice (low acid)

1/4 cup dried onion flakes ([low alkaline](#))

1 tsp. salt

1/2 tsp. basil

1/4 tsp. oregano

1/4 tsp. thyme

1/4 tsp. garlic powder ([high alkaline](#))

3 cups chicken broth or water

Blend all ingredients together. Pour into an 8x8 casserole dish and cover. Bake covered at 300° for 2 to 2 1/2 hours, or until tender and the water is absorbed. Chop or shred lettuce ([alkaline](#)) and fill your plate with it. Add 1/2 cup lentil rice bake and sprinkle with tomatoes ([low alkaline](#)), chopped onion or green onion ([low alkaline](#)), and avocado ([alkaline](#)). Add hot sauce if desired.

(If you just don't like lentils, then try adding some sour cream and see if you enjoy it that way.)



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#### FRIDAY

##### Morning

Oven Oat Pancakes and 1/4 cup prune juice (low acid) mixed with 1/4 cup pure water.

##### Oven Oat Pancakes

- 4 eggs separated (acid)
- 2 cups rolled oats (low acid)
- 2 cups buttermilk (alkaline)
- 2 Tbps brown sugar (acid)
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt

##### Directions

Put 2 tablespoons butter and 2 tablespoons brown sugar in a 13x9 casserole dish. Melt in 350 degree oven. Take out of oven and set dish aside. Whip the egg whites. In another bowl, beat egg yolks well and add oatmeal, yogurt, and sugar. Mix together. Then add baking powder, soda and salt. Mix. Gently fold in beaten egg whites. Pour in the casserole dish, and put in oven for 20 minutes, or until set.

##### Snack

- 1 medium apple (alkaline) with two slices of cheese (low alkaline)

##### Afternoon

##### Romano Spelt Pasta

- 1 cup uncooked spelt pasta (low alkaline)
- 3 spring onion (low alkaline)
- ½ cup fresh basil leaves
- ¼ cup olive oil (low alkaline)
- 1 pinch sea salt
- 1 teaspoon minced garlic (high alkaline)
- 8 roma tomatoes (low alkaline)

##### Directions



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Steam fry spring onion garlic until softer. Mix in a bowl with olive oil and cut up tomatoes.

Cook pasta until al dente and drain. In large bowl, incorporate pasta, tomato mix and fresh basil leaves. Serve warm or cold.

#### **Snack**

Juice 6 leaves romaine lettuce ([alkaline](#)), 2 leaves green cabbage ([low alkaline](#)), and 2 carrots ([alkaline](#))

#### **Evening**

Best Meat Loaf with steamed asparagus ([low alkaline](#)) and spinach ([high alkaline](#))

#### **Best Meat Loaf**

1 ½ pounds lean ground beef (high acid)

¾ cup oatmeal (low acid)

2 eggs (low acid)

¼ cup onion chopped ([low alkaline](#))

¾ cup tomato juice ([low alkaline](#))

1 tsp salt

¼ tsp pepper

1 ½ tsp worcestershire sauce

2 carrots grated ([alkaline](#))

ketchup([low alkaline](#))

Combine all ingredients thoroughly and pack into a loaf pan. Spoon ketchup over the top. Bake at 350 for 1 hour.

Notes: Can substitute 1 lb. ground turkey or 1 lb. of the ground beef. Can use ½ cup each oatmeal and wheat germ.



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