



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.

Best Wishes

Kirstyn Sierra,

Pregnancy Consultant



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](#))



Fertility Menu

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.



Fertility Menu

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](#))
- 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**

- 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)



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.



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 acorn squash ([low alkaline](#)) micro waved fifteen minutes with pat of butter.



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 tbsp 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.



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



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.)



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

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 for 1 lb. of ground beef. Can use ½ cup each oatmeal and wheat germ.



**NOTICE: You DO NOT Have Permission
To Reprint or Resell this Lesson!
You MAY NOT Share
Any of the content herein.
You MAY NOT Give Away or Sell
Any of the content.**

If you received this lesson from anywhere other than www.infertility-cure-system.com you've received a pirated copy.

Please help stop Internet Crime by reporting this to support@KirstynSierra.com.

© 2008 - 2010 copyright Kirstyn Sierra, LLC

All Rights Reserved. You do not have permission to copy or transmit this lesson in any form including electronically, manually, photocopying, recording or using any informational storage or retrieval system unless you have written, dated and signed permission from the author.

DISCLAIMER AND / OR LEGAL NOTICES:

The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update information based on new conditions. This lesson is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor her affiliates / partners assume any responsibility for errors, inaccuracies or omissions. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought.

Information in this report is for informational purposes only, and is in no way to be considered medical advice.

Please consult your doctor or health care professional before choosing to follow any course of action. You should always follow the advice of your health care provider.

None of the information in this report should to be used for medical diagnosis or treatment.

Kirstyn Sierra, LLC may receive compensation from some of the websites linked to in the lessons.

Kirstyn Sierra, LLC, Infertility-Cure-System.com, PregnancyKeys.com and contributors, do not take responsibility for any consequence relating directly or indirectly to any action taken by any person using lessons in **The Infertility Cure: A Proven System For Getting Pregnant & Having Healthy Babies** or personal consulting provided by Kirstyn.