



Basic Fertile Food Plan

While there is no “one-size-fits-all” when it comes to “fertile” eating, there are a few general guidelines when it comes to food quality and macronutrient balance that are beneficial for everybody and that I summarize for you in this free guide. For more detail please check out my video course [“Regenerative Mind Body Nutrition Foundations”](#).

Foods to eat	Foods to avoid
Real Food, only minimally processed, ideally grown in a regenerative way (supporting soil health & fertility).	Industrially processed edible food products (most packaged & tinned foods). Food grown in a degenerative way.
Vegetables, fresh, frozen or canned at home	Vegetables grown with pesticides Industrially canned vegetables
Fruit, fresh or dried (in moderation) Fruit preserved at home with no or only little added sugar	Fruit grown with pesticides Canned fruit with lots of sugar Fruit juice and nectar
Pastured meat, chicken and eggs from pastured chickens (ideally holistically grazed) not fed any GMO soy or corn	Meat, chicken and eggs from chickens raised in stables on corn and soy and treated with antibiotics or hormones Too much processed meat / charcuterie
Wild-caught fish not in danger of extinction and fished in sustainable ways	Farmed fish (incl. “bio” fish), fish in danger of extinction or fish caught in unsustainable ways (i.e. bottom trawling)
Raw dairy from pastured animals	Pasteurized and especially UHT dairy
Whole grains and grain products (soaked, fermented, sprouted) Sourdough or sprouted bread	White flour + bread + pasta + pastry Wheat (incl. whole wheat) Unsoaked / unfermented whole grains
Legumes (lentils, beans, peas – soaked, fermented and/or sprouted)	Unfermented soy and seitan Unsoaked / unsprouted legumes
Potatoes and sweet potatoes	Fries, crisps
Nuts and seeds (activated)	Peanuts, unactivated nuts and seeds
Raw butter, ghee, lard, tallow, duck grease, coconut oil – for cooking Extra virgin olive oil – for salads High quality fish oil, cod liver oil, black currant seed oil – as supplement	The following vegetable oils: canola, soy, corn, peanut, sunflower, cotton seed, especially if industrially processed. Oils sold in plastic bottles. Margarine
Home-made bone broth	Bouillon-cubes
Lacto-fermented vegetables Home-made kefir or kombucha	Commercial “probiotic” yogurts
Dark chocolate (>80%), raw honey	Sugar, candy, sweets, desserts
Water, herbal tea	Coffee, black tea, alcohol, sugary drinks

From here, you can further finetune. For example, some Metabolic Types do better on light poultry, fish or even vegetarian protein sources, while others do need red meat. Some need lots of fat, while others only need the fat naturally contained in the foods. Some need grains and lots of vegetables, while others feel better with less grains and vegetables (or only certain types of them). Request your complete [Astro-Metabolic Profile](#) on my website.

Fertile Food Plate

Starches

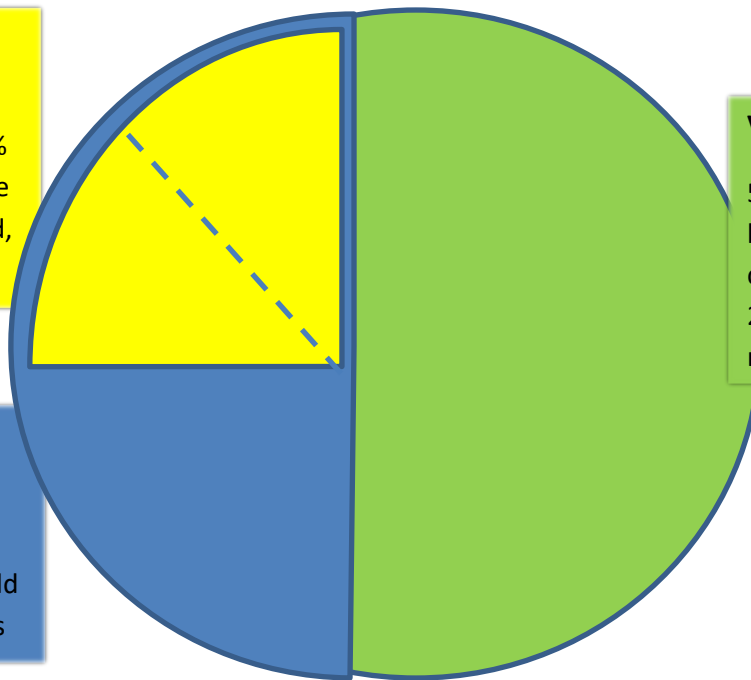
Depending on your Metabolic Type, 0-25% of your plate should be starches (grains, bread, legumes, potatoes)

Vegetables

50% of your plate should be fresh, steamed or cooked vegetables. Max. 25% of those should be raw or lacto-fermented.

Proteins & Fats

Depending on your Metabolic Type, 25%-50% of your plate should be protein plus fats/oils



Vegetables			
Very low starch	Low starch	Medium starch	High starch
Alfalfa Sprouts	Asparagus	Avocado	Artichokes
Arugula	Broccoli	Bamboo	Beet Roots
Bean Sprouts	Brussels Sprouts	Bell Pepper	Carrots
Dandelion	Cabbage	Bok Choy	Corn
Endives	Cauliflower	Eggplant	Green Peas
Garden cress	Cucumber	Fennel	Parsnip
Kale	Garlic	Green Beans	Pumpkin
Lemongrass	Ginger	Jerusalem Artichoke	Rutabaga
Parsley	Green Celery	Kohlrabi	Squash
Radicchio	Hot Pepper	Leeks	Sweet Potato
Salads	Mushrooms	Okra	Yam
Savoy Cabbage	Onions	Olives	
Spinach	Shallots	Radish	
Swiss Chard	Spring Onions	Turnips	
	Tomatoes	Zucchini	

Starches
Grains
Bread
Lentils & Beans
Potato
Fruit

Proteins	
Animal Proteins (complete)	Plant Proteins (incomplete) Combine with
Meat	Lentils & Beans + Whole Grains, Bread or Nuts/Seeds
Poultry	Nuts & Seeds + Lentils/Beans
Fish	Tempeh + Whole Grains or Nuts/Seeds
Eggs	
Raw Dairy	

Fats/Oils
Ghee or Raw Butter
Lard / Tallow
Olive Oil
Coconut Oil or Milk
Fish Oil & Fatty Fish
Nuts / Seeds
Avocado

Basic Fertile Food Menu Suggestions

Here are some meal suggestions to help get you started on the Fertile Food journey

- Eat according to your appetite. **You do not need to nor should you weigh your foods, measure out serving sizes or count calories.**
- Eat at least 3 meals a day. Snack if you need to and eat before you get hungry, if you have unstable blood sugar.
- Eat some protein and fat with *each* food intake.
- Have some home-made **bone broth** and **fermented food** every day.
- You do not have to eat something different every day. Choose 2-3 breakfasts or lunches you like and repeat those throughout the week (you can exchange all meals, eating a dinner for lunch or even for breakfast and vice versa).
- Cook several portions in advance.

Breakfast

For most people, especially women, a *warm* breakfast is much better than a cold one. Eating hearty is usually also better for lasting energy than eating sweet. Depending on your appetite in the morning, pick one or combine several of the provided options.

- **Soup** made with home-made bone broth (or collagen), vegetables, healthy fat. Optionally add meat, chicken, egg, a cooked grain, lentils, seeds and/or herbs and spices. Some ideas:
 - Pumpkin-cauliflower soup with curry and coconut milk
 - Green pea-broccoli-mint soup with butter or cream and some ham on top
 - Red beet-parsley root soup with coconut milk
 - Nettle-potato soup with butter or cream
 - Red cabbage-parsnips-apple soup with butter or cream
 - White beans-spinach-garlic soup
 - Creamy leek soup with minced beef and coconut milk (or cream)
 - Red lentils-green celery-carrots with coconut milk
 - Broth with carrots, chicken and rice
- **Soup porridge:** Cook some oats in a portion of your vegetable soup to get a hearty “soup porridge”. Optionally add a protein or seeds.
- **Beans or lentils** combined with vegetables and oil, i.e.:
 - Red kidney or black beans with corn, green celery and olive tapenade
 - Broad beans with onion and lard, dried tomatoes, mushrooms and egg
 - Sprouted mung beans with quinoa, dried tomatoes, seaweed, olive oil
- **Eggs**, i.e. omelet or scrambled eggs with vegetables (such as spinach, green beans, mushrooms or tomatoes). Optionally add ham, bacon or raw cheese. Combine with (non-wheat) sourdough bread and butter, beans, a cooked grain, buckwheat crackers or a boiled potato...
- **Protein-Shakes / smoothies**
 - with coconut milk, raw milk or home-made almond milk, a small amount of fruit, cacao or carob powder, bee pollen + collagen powder
 - with avocado, barley grass, a small amount of fruit, green vegetables, collagen powder, bee pollen, hemp seeds

- **Traditional (non-wheat) sourdough bread**, or gluten-free buckwheat crackers with butter, ham, smoked fish, eggs, avocado or raw cheese, plus a cup of bone broth (in the weekend, add spinach, mushrooms and bacon for a delicious brunch)
- **Porridge** from soaked gluten-free oats cooked in water, milk, coconut or almond milk, mixed with coconut oil or coconut butter, collagen protein powder, nuts... Fruit or chestnut flakes can add in natural sweetness. Cooking an egg with the oats adds in high quality fats and protein, creating an even better balance.
- **Pancakes or muffins** made with nut flours or gluten-free flours (+ eggs):
 - From buckwheat flour plus avocado, tahini, chicken, spinach
 - From carob powder, chestnut and/or almond flour with fruit and coconut oil
- **Oat-Lentil Burgers** with flax seeds (or eggs) and vegetables (i.e. onions, celery, carrots, tomatoes, spinach). Eat pure or with some raw cheese or guacamole.
- **Meat Balls** served with steamed vegetables, potato and olive oil or butter. For variation, you can use different types of meat (beef, lamb, poultry), use herbs and spices (sambal oelek, herbs of Provence, Italian herbs...), add onion, garlic, egg, bread crumbs, desiccated coconut and even a pureed chicken liver for additional nutrients! You can also make a combination of ground meat and lentils...
- **Yogurt or kefir** with fruit, nuts, oats, cinnamon (not recommended in winter or if you are constantly feeling cold)
- **A dinner or lunch** from yesterday

Lunch/Dinner

Tip: If you have a strong appetite, take a soup or salad as starter

- **Soup** (see breakfast), + bread or a salad
- **Stews**, i.e.
 - Dried peas, beans or lentils with bacon, vegetables, broth and meat
 - Chili con Carne (with some rice, quinoa or “cauliflower rice”)
 - Vegetablestew with beef (and maybe extra chickpeas or beans)
- **Salads with vegetables**, protein and a good fat. Note that for many people cooked or steamed vegetables are much easier to digest than raw ones. Ideas:
 - Red beets, green apple, smoked herring or mackerel with olive oil
 - Green salad, lamb’s lettuce or arugula with avocado, chicken or sardines, corn, mushrooms, dried tomatoes, cucumber, olive oil and seeds
 - Green beans with sardines, dried tomatoes, shitakee, olive oil and seeds
 - Salad of steamed broccoli with sardines and dried tomatoes
 - Grated carrots and/or beetroot with apple and a sauce of tahin and soy sauce. Optionally add grated cheese.
- **Salads with grains or legumes** + veggies + protein + seeds, i.e.
 - White beans-tuna-salad with cooked spinach or kale
 - Lentilsalad with bacon, spring onions, corn, dried tomatoes
 - Green beans with bacon, onion, dried tomatoes and mushrooms
 - Green pea salad with bacon, dried tomatoes, olive oil, egg
 - Quinoasalad with bell peppers, spring onion and cheese or egg
 - Barley with cooked red cabbage, sardines and olive oil
 - Millet, chickpeas, eggplant, zucchini and raw goat cheese

- **Vegetables + protein + fat (+ starch), i.e.**
 - Meat, fish or chicken with oven-roasted, steamed or pan-fried vegetables, (sweet) potatoes and butter or olive oil
 - Fish with vegetables and parsnip or sweet potato fries (“fried” in a bit of coconut oil in the pan or baked in the oven)
 - Chicken Curry in coconut milk with sesame seeds, carrots and cauliflower “rice” (shredded cooked cauliflower) or real rice
 - Meat balls and vegetables + quinoa
 - Minced meat, vegetables (i.e. kale or leeks) + mashed potatoes or quinoa
 - Spaghetti sauce Bolognese to be eaten with quinoa, rice, lentil pasta, vegetable noodles made from zucchini or spaghetti squash, or occasionally real whole grain pasta (spelt, rice or kamut)
 - Asparagus with ham, sauce hollandaise and pork filets
 - Liver or black pudding with onions and apple, potatoes, red cabbage
 - Stew meat with carrots, sourdough bread and mustard in the sauce
 - Chicken leg, cauliflower, baked sweet potato, coconut oil
 - Mussels with veggies in broth, home-made sweet potato fries

Snacks

- Nuts + fruit
- A spoon of coconut butter, almond butter or cashew butter on a buckwheat or chestnut cracker
- Nut butter combined with ½ fruit
- Nut butter combined with a piece of dark chocolate
- Coconut butter combined with chestnuts (cooked or dried flakes)
- Dried coconut flakes
- Olives
- Guacamole on a buckwheat cracker
- Dried sausage or ham
- Hard-boiled egg
- Vegetable sticks with hummus
- Boiled potato with hummus and olives and/or boiled egg
- A slice of sourdough or sprouted bread with hummus or cheese
- Kale chips
- Tin of smoked fish (pure or on bread or mixed into an avocado)
- Chicken or beef broth or a portion of soup
- Breakfast shake
- Healthy “cake”, cookie or pancake
- Plain full-fat yogurt or kefir with some fruit and/or nuts
- Raw cheese or ham with some carrots or bread
- Raw cheese combined with chestnuts (ready-to-eat ones)
- Liverpaté with slices of green apple or kohlrabi
- Vegetable juice with some nuts
- Gazpacho
- Beef Jerkey