

# The Ultimate Fertility Nutrition Checklist

## Daily Nutrition Habits

- Ate a protein-rich breakfast
- Ate every 3-4 hours to balance blood sugar
- Included at least 1 serve of leafy greens
- Ate 1-2 serves of full-fat dairy or calcium-rich alternatives
- Ate a variety of colourful fruits/veg (aim for 5+)
- Ate healthy fats (olive oil, avocado, nuts, seeds)
- Included fertility superfoods (e.g., eggs, salmon, liver, legumes)
- Limited refined sugar and ultra-processed snacks



## Hydration & Lifestyle

- Drank at least 2L of filtered water
- Limited caffeine to  $\leq 1$  cup/day (or none)
- Avoided alcohol
- Practiced a calming activity (e.g., breathwork, walk, journaling)
- Got at least 7-9 hours of quality sleep
- Moved my body gently (e.g., yoga, walking, stretching)



## Supplement Support

- Took prenatal with methylated folate
- Took omega-3 (or ate oily fish 2-3x/week)
- Took any practitioner-prescribed supplements (e.g., iron, CoQ10)
- Stored supplements away from heat/light (for potency)



## Weekly Focus Tasks

- Planned meals/snacks for the week
- Tried a new fertility-friendly recipe
- Checked in with how I'm feeling (energy, stress, cycle)
- Booked or attended 1:1 support session
- Reflected on progress or adjusted goals



Want expert support to personalise your fertility plan?  
Let's work together 1:1 to boost your egg health and confidence.

■ Book a consultation at [www.feelwellnutrition.com.au](http://www.feelwellnutrition.com.au)