

Diet To Boost Fertility - Quick & Easy Breakfast Suggestion

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<https://natural-fertility-prescription.com/diet-to-boost-fertility/>

Diet to boost fertility does not have to be complicated and take a long time to prepare. Most people struggle to eat healthy for breakfast as they don't have much time in the morning or simply can't stomach a proper meal so early in the day.

Here is a perfect solution that takes 5 minutes to prepare, has all of the essential amino acids, essential fatty acids, fiber, antioxidants, vitamins and minerals including an extra dose of zinc - all you need for optimal fertility!

Ultra Fertility Boosting Breakfast

Ingredients:

- 1 cup frozen mixed berries
- 2 tablespoons ground flaxseeds
- 2 tablespoons liquid coconut oil
- 1 tablespoon chia seeds
- 1 tablespoon pumpkin seeds
- 1/2 cup oat or almond milk
- 1 apple
- 1 tablespoon goji berries

Preparation:

- Add all ingredients to your blender and blend until you get a creamy consistency.

Here are some health and fertility benefits of this delicious breakfast or late afternoon snack.

Health and Fertility Benefits

This is an ultra-healthy, fertility-boosting breakfast for hormone regulation and optimal brain function! It is full of antioxidants, fibre, zinc, omega 3s, lauric acid (anti-microbial properties which help prevent yeast infection) and MCFAs (medium-chain fatty acids) which boost metabolism, lower bad cholesterol, help you burn fat and support your thyroid function! Flaxseeds are great for progesterone production and extending the short luteal phase. PCOS and endometriosis go hand in hand with poor thyroid function and excess estrogen. With such a high fiber content of this dish, you'll be able to mop up any estrogen excess from your diet before it gets a chance to absorb.

Enjoy! And make sure to post comments on what you thought of this yummy dish!