

IVF FRIENDLY KITCHEN

# 20 IVF-Friendly Recipes



Created by [Viv Vivanco](#)

Powered by [TrackMyIVF](#) - IVF community support

# Welcome to Our Community

When my husband and I decided to grow our family, we never imagined the heartbreaking road ahead. IVF tested us emotionally, physically, and logistically in ways I could not have prepared for.

During treatment, food became one small place where I could care for myself with gentleness. Not as a protocol, not as a promise, and never as a replacement for clinical care - just one steady way to make difficult days feel a little more supported.

This recipe guide gathers meals that felt comforting, practical, and nourishing during common IVF moments. Use what fits your body, your care team's guidance, and your real life.

*With love and hope,*

*Viv* 

# Together

community support beside you

## IMPORTANT INFORMATION

**Medical Note:** These recipes are for general wellness only. Always consult your healthcare provider before making dietary changes during IVF.

**Food Safety:** Ensure fresh ingredients and proper food handling. Recipes may contain nuts, dairy, eggs, and gluten.

**Your Journey:** Listen to your body. Adapt recipes to your needs and preferences.

## How to Use This Cookbook

Each recipe includes:

- Ingredient and nutrient notes plainly marked
- Time requirements for energy planning
- Gentle encouragement woven throughout

*Cook what feels right for your body today.  
You're doing beautifully.*

# Your Healing Journey

|                                                |    |
|------------------------------------------------|----|
| Honey Citrus Glazed Chicken Bowl               | 4  |
| Coconut Lime Shrimp Salad with Mango           | 6  |
| Miso Glazed Salmon Rice Bowl                   | 8  |
| Mexican Chicken Tortilla Soup                  | 10 |
| Crispy Salmon Salad with Citrus                | 12 |
| Turkey Meatball Zoodle Bowl                    | 14 |
| Thai Peanut Quinoa Salad                       | 16 |
| Maple Balsamic Chicken with Roasted Vegetables | 18 |
| Wild Mushroom & Walnut Grain Bowl              | 20 |
| Golden Turmeric Chicken Soup                   | 22 |

|                                        |    |
|----------------------------------------|----|
| Honey Garlic Glazed Salmon             | 24 |
| Eggplant Lasagna with Cashew Ricotta   | 26 |
| Coconut Curry Chicken                  | 28 |
| Sheet Pan Fajitas                      | 30 |
| Herb-Crusted Cod with Roasted Tomatoes | 32 |
| Teriyaki Glazed Cod                    | 34 |
| Moroccan Spiced Chicken                | 36 |
| Thai Basil Turkey Stir-Fry             | 38 |
| Lemon Herb Roasted Chicken             | 40 |
| Cashew Cream Mushroom Pasta            | 42 |

*"Every meal is an opportunity to nourish not just your body, but your dreams"*



30 minutes total

1

## Honey Citrus Glazed Chicken Bowl

*The bright scent of citrus cutting through morning fog - each zest releasing oils that whisper 'new beginnings are possible'*

## GATHER WITH LOVE • 4 SERVINGS

- 2 boneless, skinless chicken breasts (6 oz each)
- 2 cups baby spinach or kale
- 1 cup cucumber, sliced
- 1 orange, zested
- 1 cup cooked quinoa
- 2 tablespoons honey
- 1 tablespoon orange juice
- 2 teaspoons lemon juice
- 1 clove garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste

## INGREDIENT NOTES

**Vitamin C - 85mg (94% DV):** included as a general wellness ingredient note.

**Lean protein - 35g:** included as a general wellness ingredient note.

**Complex carbohydrates - 45g:** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Mix honey, orange juice, lemon juice, zest, and garlic in small bowl. (Look for: smooth, golden mixture) - Room temperature honey whisks more easily
- 2 Season chicken with salt and pepper on both sides. (Look for: even coating) - Pat chicken completely dry first - moisture is the enemy of golden crust
- 3 Heat oil in skillet over medium-high heat until shimmering. (Look for: oil moves easily in pan) - Test with a drop of water - it should sizzle immediately
- 4 Add chicken, cook 3 minutes until golden. (Look for: golden-brown crust forming) - Don't move the chicken - let it develop that beautiful crust
- 5 Flip chicken, reduce heat to medium. Pour glaze over chicken. (Look for: glaze bubbling around edges) - Save a bit of glaze for serving
- 6 Cook 10-12 minutes, turning and basting, until chicken reaches 165°F. (Look for: glossy coating, clear juices) - Use a meat thermometer for perfect doneness
- 7 Rest chicken 5 minutes, then slice. (Look for: juices staying in meat) - Tent with foil to keep warm
- 8 Serve over quinoa and greens with extra glaze. (Look for: vibrant colors, glossy finish) - Warm bowls in oven first - extends the comfort

20 minutes total

## Coconut Lime Shrimp Salad with Mango

2

*The crack of fresh coconut, the spray of lime  
- tropical escape from clinical corridors*

## GATHER WITH LOVE • 4 SERVINGS

- 8 oz large shrimp, peeled and deveined
- 2 cups mixed greens
- 1 ripe mango, diced
- 1/2 red bell pepper, thinly sliced
- 2 tablespoons fresh cilantro
- 1 lime, juiced and zested
- 1/4 avocado, sliced (optional)
- 1 tablespoon coconut oil
- 2 tablespoons unsweetened coconut flakes
- 2 teaspoons olive oil
- 1 teaspoon honey
- Salt and pepper to taste

## INGREDIENT NOTES

**Selenium - 48mcg (87% DV):** included as a general wellness ingredient note.

**Vitamin E - 4.2mg (28% DV):** included as a general wellness ingredient note.

**Omega-3 fatty acids - 850mg:** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Toss shrimp with salt, pepper, and half the lime zest. (Look for: evenly coated shrimp) - Pat shrimp dry first for better searing
- 2 Heat coconut oil over medium-high until melted. (Look for: clear, shimmering oil) - Coconut oil has a lower smoke point, watch carefully
- 3 Add shrimp in single layer, cook 1-2 minutes. (Look for: pink color starting at edges) - Don't overcrowd - they'll steam instead of sear
- 4 Flip shrimp, cook 1-2 minutes more. (Look for: complete pink color, C-shape curl) - Don't overcook shrimp - they're done when they form a C shape
- 5 Remove from heat, toss with remaining lime juice and zest. (Look for: glossy coating on shrimp) - The residual heat will finish cooking them perfectly
- 6 Mix olive oil, lime juice, and honey for dressing. (Look for: well-combined, smooth mixture) - Whisk vigorously to emulsify
- 7 Arrange greens, mango, and peppers on plates. (Look for: colorful presentation) - Dry greens thoroughly for best dressing adherence
- 8 Top with shrimp, coconut, cilantro, and drizzle dressing. (Look for: vibrant, fresh appearance) - Toast coconut flakes in dry pan for extra flavor

25 minutes total

3

## Miso Glazed Salmon Rice Bowl

*The earthy aroma of miso meeting ginger -  
ancient healing wisdom in modern bowls*

## GATHER WITH LOVE • 4 SERVINGS

- 2 salmon fillets (6 oz each), skin-on
- 1 cup broccoli florets
- 1/2 cup carrots, sliced thin
- 2 radishes, sliced
- 1 inch fresh ginger, grated
- 1 cup cooked brown rice
- 1 tablespoon white miso paste
- 1 teaspoon honey
- 2 teaspoons rice vinegar
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sesame oil
- 2 teaspoons sesame seeds

## INGREDIENT NOTES

**DHA Omega-3 - 2200mg:** included as a general wellness ingredient note.

**Vitamin D - 447IU (112% DV):** included as a general wellness ingredient note.

**B12 - 4.9mcg (204% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Preheat oven to 400°F. Line baking sheet with parchment. (Look for: oven fully heated) - Parchment prevents sticking and makes cleanup easier
- 2 Whisk miso, honey, vinegar, soy sauce, sesame oil, and ginger. (Look for: smooth, glossy glaze) - Dissolve miso in warm water first to prevent lumps
- 3 Pat salmon dry, place skin-side down on sheet. (Look for: dry surface on fish) - Use paper towels, press gently
- 4 Brush salmon generously with miso glaze. (Look for: thick, even coating) - Save some glaze for serving
- 5 Roast 12-14 minutes until salmon flakes easily. (Look for: glaze bubbling, caramelized edges) - Check at 12 minutes - salmon should reach 145°F internal temp
- 6 Steam broccoli and carrots 3-4 minutes. (Look for: bright green color, tender-crisp texture) - Use steamer basket or microwave with 2 tablespoons water
- 7 Divide rice between bowls, add vegetables. (Look for: fluffy rice, vibrant veggies) - Fluff rice with fork before serving
- 8 Top with salmon, sprinkle sesame seeds. (Look for: glossy fish, even seed distribution) - Place salmon skin-side up if you achieved crispy skin

45 minutes total

4

## Mexican Chicken Tortilla Soup

*The bloom of cumin in hot oil - warm comfort  
filling your kitchen sanctuary*

## GATHER WITH LOVE • 4 SERVINGS

- 1 cup cooked chicken, shredded
- 1/2 can (7.5 oz) black beans, drained
- 1/2 medium onion, diced
- 1 clove garlic, minced
- 1/2 jalapeño, minced (optional)
- 1/2 cup corn (frozen is fine)
- 2 tablespoons fresh cilantro
- 1/2 avocado, diced
- 1/2 lime, cut in wedges
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1 teaspoon chili powder
- 1/2 tablespoon tomato paste
- 4 cups low-sodium chicken broth
- 1/2 can (7 oz) fire-roasted tomatoes
- 1 cup tortilla strips
- Salt to taste

## INGREDIENT NOTES

**Protein - 32g:** included as a general wellness ingredient note.

**Vitamin A - 2150IU (43% DV):** included as a general wellness ingredient note.

**Fiber - 12g:** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Heat oil in pot over medium heat. (Look for: shimmering oil) - Use a heavy-bottomed pot for even heating
- 2 Add onion, garlic, cook 5 minutes until soft. (Look for: translucent onion, no browning) - Stir occasionally to prevent burning
- 3 Add spices and tomato paste, stir 1 minute. (Look for: fragrant spices, darker paste) - This blooms the spices and deepens tomato flavor
- 4 Add broth and tomatoes, bring to boil. (Look for: small bubbles breaking surface) - Scrape up any browned bits from bottom
- 5 Reduce heat, simmer 20 minutes. (Look for: gentle bubbles, rich color) - Partially cover to prevent too much evaporation
- 6 Add chicken, beans, corn, heat 5 minutes. (Look for: everything heated through) - Don't overcook the chicken, just warm through
- 7 Taste and adjust seasoning. (Look for: balanced flavors) - Add salt gradually, broth may be salty
- 8 Serve with tortilla strips, avocado, cilantro, lime. (Look for: colorful toppings, fresh appearance) - Warm bowls first for extra comfort



23 minutes total

5

## Crispy Salmon Salad with Citrus

*The satisfying crack of pepper mill, the bright spray of citrus zest - awakening all senses*

## GATHER WITH LOVE • 4 SERVINGS

- 2 salmon fillets (6 oz each), skin-on
- 4 cups mixed salad greens
- 1 orange, peeled and sectioned
- 1/2 grapefruit, peeled and sectioned
- 1 avocado, sliced
- 1/4 red onion, thinly sliced
- 2 tablespoons olive oil
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 2 tablespoons pumpkin seeds
- Salt and pepper to taste

## INGREDIENT NOTES

**EPA Omega-3 - 1800mg:** included as a general wellness ingredient note.

**Vitamin C - 95mg (105% DV):** included as a general wellness ingredient note.

**Folate - 165mcg (41% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Pat salmon completely dry with paper towels. (Look for: no moisture on surface) - Dry fish is the secret to crispy skin
- 2 Season both sides with salt and pepper. (Look for: even seasoning) - Season from height for even coverage
- 3 Heat oil in skillet over medium-high heat. (Look for: oil shimmers and moves freely) - Test with a drop of water - it should sizzle immediately
- 4 Place salmon skin-side down, press gently with spatula. (Look for: skin making full contact with pan) - Press for 30 seconds ensures even crisping
- 5 Cook 4-5 minutes without moving. (Look for: golden crispy skin, fish cooking halfway up) - Don't move salmon while cooking for crispiest skin
- 6 Flip carefully, cook 2-3 minutes more. (Look for: opaque throughout, flakes easily) - Fish is done at 145°F internal temperature
- 7 Make dressing: whisk juices, mustard, honey. (Look for: creamy, emulsified dressing) - Add oil slowly while whisking for best emulsion
- 8 Assemble salad, top with salmon, drizzle dressing. (Look for: vibrant colors, crispy skin on top) - Place salmon skin-side up to maintain crispness

40 minutes total



6

Turkey Meatball Zoodle Bowl

*Hands in the mixture, forming spheres of nourishment - primal and grounding*

## GATHER WITH LOVE • 4 SERVINGS

- 1/2 lb ground turkey (93% lean)
- 1 egg
- 2 tablespoons grated Parmesan
- 2 medium zucchini, spiralized
- 1 cup cherry tomatoes, halved
- 2 cups baby spinach
- 1 clove garlic, minced
- 2 tablespoons fresh parsley
- 1/2 teaspoon dried oregano
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1/2 lemon for squeezing

## INGREDIENT NOTES

**Lean protein - 28g:** included as a general wellness ingredient note.

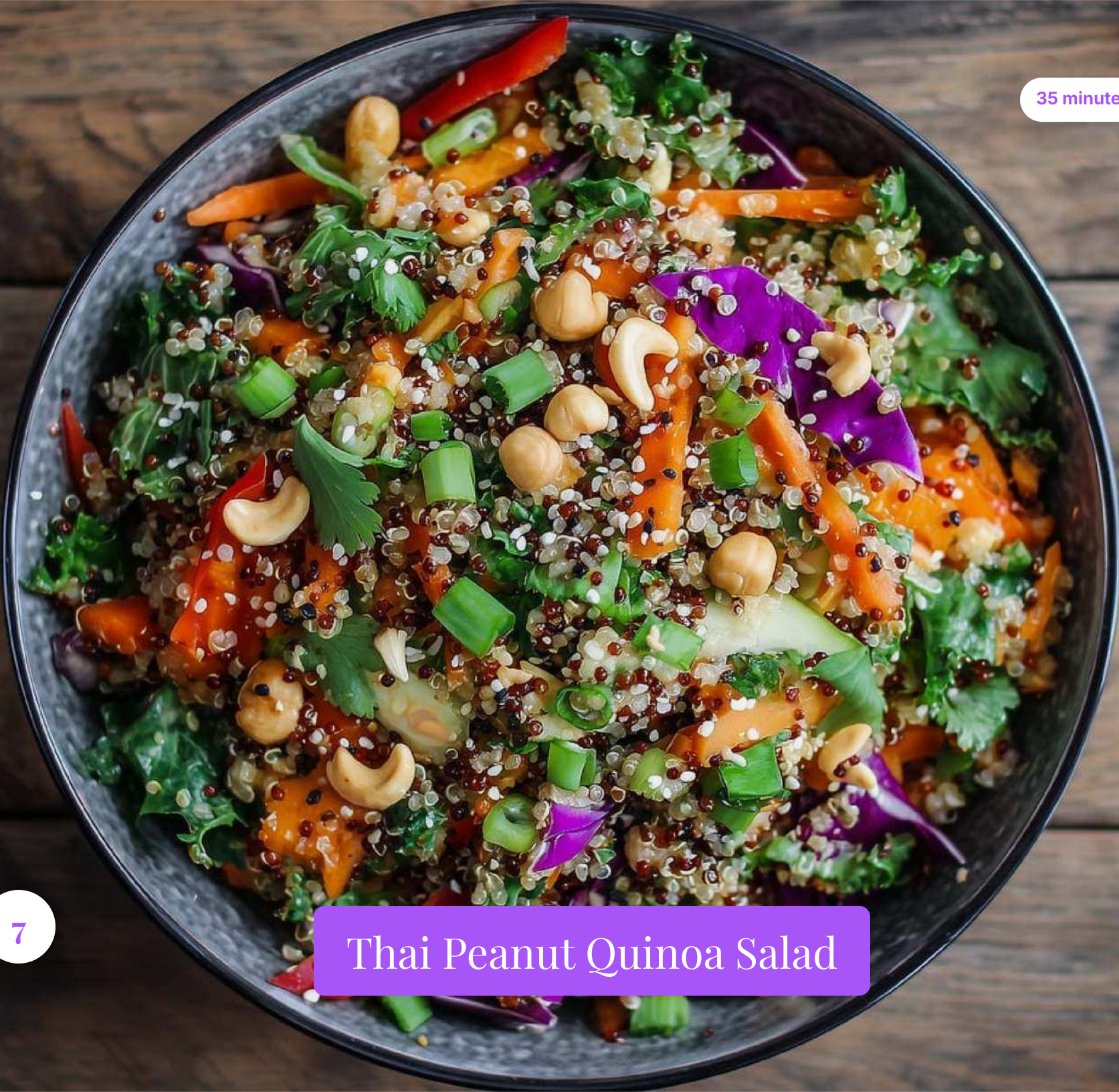
**Iron - 3.2mg (18% DV):** included as a general wellness ingredient note.

**B6 - 0.8mg (47% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Preheat oven to 400°F. Line baking sheet. (Look for: oven fully heated) - Parchment paper prevents sticking
- 2 Mix turkey, egg, garlic, Parmesan, oregano, salt, pepper. (Look for: just combined, don't overmix) - Use fork to keep mixture light and tender
- 3 Form into 8 meatballs, about 1.5 inches each. (Look for: uniform size for even cooking) - Damp hands prevent sticking
- 4 Bake 15-18 minutes until golden and cooked through. (Look for: browned exterior, 165°F internal temp) - Turn once halfway for even browning
- 5 Heat 1 tablespoon oil, sauté zoodles 3-4 minutes. (Look for: bright green, slightly softened) - Don't overcook zoodles or they'll get watery
- 6 Add tomatoes and spinach, cook 2 minutes. (Look for: wilted spinach, blistered tomatoes) - Tomatoes add moisture to the dish
- 7 Season with salt, pepper, and lemon juice. (Look for: bright, fresh appearance) - Lemon juice brightens all the flavors
- 8 Serve zoodles topped with meatballs and parsley. (Look for: colorful presentation) - Use tongs to twirl zoodles into neat nests

35 minutes total



7

## Thai Peanut Quinoa Salad

*The nutty aroma of toasting quinoa - ancient grains awakening to serve you*

## GATHER WITH LOVE • 4 SERVINGS

- 1 cup shredded purple cabbage
- 1/2 cup grated carrot
- 1/2 cup snow peas, sliced
- 1/4 cup fresh cilantro
- 2 green onions, sliced
- 1 inch fresh ginger, grated
- 3/4 cup quinoa
- 1 1/2 cups water
- 2 tablespoons peanut butter
- 1 1/2 tablespoons soy sauce
- 1/2 tablespoon maple syrup
- 1/2 tablespoon rice vinegar
- 1/2 teaspoon sesame oil
- 1 tablespoon lime juice
- 2 tablespoons chopped peanuts
- Pinch red pepper flakes

## INGREDIENT NOTES

**Plant protein - 18g:** included as a general wellness ingredient note.

**Magnesium - 185mg (44% DV):** included as a general wellness ingredient note.

**Vitamin E - 6.8mg (45% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Rinse quinoa, combine with water in pot. (Look for: clear rinse water) - Rinse until water runs clear to remove saponins
- 2 Bring to boil, then simmer covered 15 minutes. (Look for: water absorbed, fluffy texture) - Don't peek! Let steam work its magic
- 3 Let quinoa rest 5 minutes, then fluff with fork. (Look for: individual grains, tiny spirals visible) - The spirals mean it's perfectly cooked
- 4 Whisk peanut butter, soy sauce, maple syrup, vinegar, sesame oil, ginger, lime juice. (Look for: smooth, creamy sauce) - Add water if too thick - should pour easily
- 5 Prep all vegetables while quinoa cools. (Look for: uniform cuts for even distribution) - Similar sizes ensure every bite has variety
- 6 Combine cooled quinoa with vegetables. (Look for: colorful mixture) - Quinoa should be room temperature to prevent wilting
- 7 Pour dressing over, toss thoroughly. (Look for: everything coated evenly) - Use hands for gentler, more thorough mixing
- 8 Top with peanuts and green onions before serving. (Look for: glossy coating, vibrant colors) - Save some garnish for individual servings

38 minutes total



8

## Maple Balsamic Chicken with Roasted Vegetables

*The marriage of maple and balsamic - sweet meeting sharp, creating balance*

## GATHER WITH LOVE • 4 SERVINGS

- 2 boneless skinless chicken breasts
- 1 cup sweet potato, diced
- 1 cup Brussels sprouts, halved
- 1/2 cup carrots, sliced
- 1/2 red onion, wedged
- 2 cloves garlic, minced
- 3 tablespoons olive oil, divided
- 1 tablespoon balsamic vinegar
- 1/2 tablespoon pure maple syrup
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon dried thyme
- Salt and pepper to taste

## INGREDIENT NOTES

**Antioxidants - ORAC 4500:** included as a general wellness ingredient note.

**B vitamins complex - B6, B12, folate:** included as a general wellness ingredient note.

**Potassium - 980mg (28% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Preheat oven to 425°F. (Look for: oven fully heated) - Use convection if available for extra caramelization
- 2 Mix 2 tablespoons oil, vinegar, maple syrup, mustard, garlic, thyme. (Look for: well-combined marinade) - Whisk vigorously to emulsify
- 3 Marinate chicken 30 minutes if time allows. (Look for: chicken taking on color from marinade) - Even 10 minutes helps if short on time
- 4 Toss vegetables with 1 tablespoon oil, salt, pepper. (Look for: evenly coated veggies) - Use your hands for even distribution
- 5 Spread vegetables on baking sheet. (Look for: single layer, not crowded) - Leave space for chicken in center
- 6 Place chicken among vegetables. (Look for: everything fits without overlapping) - Chicken in center cooks more evenly
- 7 Roast 25-28 minutes, flipping vegetables once. (Look for: golden chicken, caramelized veggie edges) - Flip vegetables at 15 minutes for even browning
- 8 Rest chicken 5 minutes before slicing. (Look for: juices run clear, 165°F internal temp) - Tent with foil to keep warm



45 minutes total

9

## Wild Mushroom & Walnut Grain Bowl

*The earthy perfume of mushrooms hitting hot oil - earthy comfort in your kitchen*

## GATHER WITH LOVE • 4 SERVINGS

- 2 cups mixed mushrooms, sliced
- 2 cups baby spinach
- 1 shallot, thinly sliced
- 1 cup farro or brown rice
- 2 tablespoons olive oil, divided
- 1/2 cup walnuts, chopped
- 2 teaspoons balsamic vinegar
- Salt and pepper to taste

## INGREDIENT NOTES

**Vitamin D - 400IU (100% DV):** included as a general wellness ingredient note.

**Selenium - 32mcg (58% DV):** included as a general wellness ingredient note.

**Alpha-linolenic acid - 2.5g:** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Cook grain according to package directions. (Look for: tender but still chewy texture) - Use broth instead of water for more flavor
- 2 Heat 1 tablespoon oil over medium-high heat. (Look for: shimmering oil) - Make sure pan is hot before adding mushrooms
- 3 Add shallot, cook 1 minute until fragrant. (Look for: softened, not browned) - Keep heat moderate to avoid burning
- 4 Add mushrooms and salt, cook 6-8 minutes. (Look for: golden brown, moisture evaporated) - Don't crowd mushrooms or they'll steam instead of brown
- 5 Add spinach, stir 1-2 minutes until wilted. (Look for: bright green, reduced volume) - Add in batches if pan is too full
- 6 Toast walnuts in dry pan 2-3 minutes. (Look for: fragrant, slightly darker color) - Stir constantly - they burn quickly
- 7 Combine grain with mushroom mixture. (Look for: evenly distributed) - Fold gently to maintain textures
- 8 Drizzle with remaining oil and vinegar, top with walnuts. (Look for: glossy finish) - Serve immediately while warm

40 minutes total



10

# Golden Turmeric Chicken Soup

*Grating fresh turmeric, watching golden juice stain your fingers - wearing healing like jewelry*

## GATHER WITH LOVE • 4 SERVINGS

- 1/2 lb boneless chicken breast, diced
- 1/2 onion, diced
- 1 clove garlic, minced
- 1 carrot, sliced
- 1 celery stalk, sliced
- 1 cup fresh spinach
- 1/2 inch fresh ginger, grated
- 1 tablespoon olive oil
- 1/2 teaspoon ground turmeric
- 3 cups low-sodium chicken broth
- 1/2 cup cooked brown rice
- Juice of 1/4 lemon
- Salt and pepper to taste

## INGREDIENT NOTES

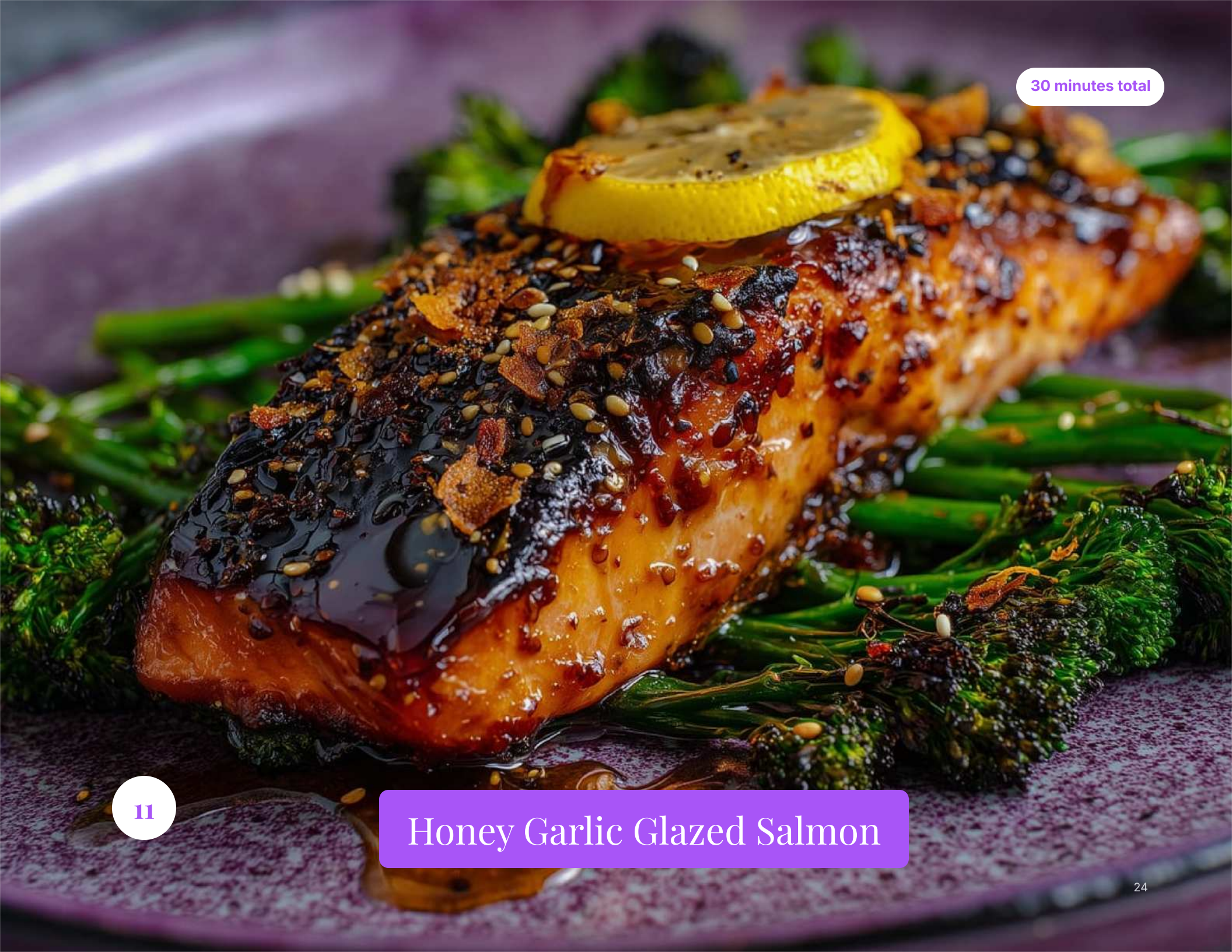
**Curcumin - 500mg active:** included as a general wellness ingredient note.

**Collagen - 12g:** included as a general wellness ingredient note.

**Zinc - 4.2mg (38% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Heat oil in pot over medium heat. (Look for: shimmering oil) - Use a heavy-bottomed pot for even heating
- 2 Sauté onion 3-4 minutes until translucent. (Look for: softened, see-through onion) - Don't rush - caramelization adds depth
- 3 Add garlic, carrot, celery, cook 3 minutes. (Look for: slightly softened vegetables) - Cut vegetables similar size for even cooking
- 4 Stir in turmeric and ginger until vegetables are coated. (Look for: everything turned golden yellow) - Turmeric stains - that's its power showing
- 5 Add chicken, cook 3-4 minutes until opaque outside. (Look for: no pink showing on exterior) - Smaller pieces cook faster and are easier to eat
- 6 Pour in broth, bring to gentle boil. (Look for: small bubbles around edges) - Scrape any browned bits from pot bottom
- 7 Simmer 15-18 minutes until chicken is cooked through. (Look for: chicken easily shreds, vegetables tender) - Taste and adjust seasoning as it cooks
- 8 Stir in rice, spinach, and lemon juice. Season to taste. (Look for: wilted spinach, bright golden color) - Add spinach last to preserve nutrients



30 minutes total

11

## Honey Garlic Glazed Salmon

*Mincing garlic, releasing its sharp perfume -  
each chop releasing protective compounds*

## GATHER WITH LOVE • 4 SERVINGS

- 2 salmon fillets (5 oz each), skinless
- 1 large head broccoli (12 oz), cut in florets
- 2 cloves garlic, minced
- 2 teaspoons olive oil
- 2 teaspoons honey
- 3 teaspoons Dijon mustard
- Salt and pepper to taste

## INGREDIENT NOTES

**DHA Omega-3 - 2100mg:** included as a general wellness ingredient note.

**Iodine - 95mcg (63% DV):** included as a general wellness ingredient note.

**B12 - 5.4mcg (225% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Preheat oven to 425°F. Line sheet pan with parchment. (Look for: oven fully heated) - Parchment prevents sticking and makes cleanup easy
- 2 Toss broccoli with oil, salt, and pepper. (Look for: evenly coated florets) - Use hands for most even coating
- 3 Spread broccoli around edges of pan. (Look for: single layer, not crowded) - Leave center space for salmon
- 4 Place salmon in center, season with salt and pepper. (Look for: fish at room temperature) - Room temp fish cooks more evenly
- 5 Mix honey, mustard, and garlic for glaze. (Look for: smooth, well-combined mixture) - Whisk vigorously to emulsify
- 6 Brush glaze generously over salmon. (Look for: thick, even coating) - Save some glaze for serving
- 7 Bake 15 minutes until salmon flakes and broccoli is tender. (Look for: caramelized edges on broccoli, opaque salmon) - Salmon is done at 145°F internal temp
- 8 Optional: Broil 2-3 minutes for deeper color. (Look for: golden glaze, slightly charred broccoli tips) - Watch closely - broilers vary in intensity



85 minutes total

12

## Eggplant Lasagna with Cashew Ricotta

*Slicing eggplant into purple moons - each round a possibility, each layer a hope*

## GATHER WITH LOVE • 4 SERVINGS

- 1 large eggplant, sliced lengthwise 1/4-inch thick
- 1 clove garlic
- 3/4 cup raw cashews, soaked 4 hours
- 1-2 tablespoons lemon juice
- 1 tablespoon nutritional yeast
- 1/4 teaspoon sea salt
- 1/4 cup water
- 2 tablespoons olive oil
- 1 jar (12 oz) marinara sauce
- 1/2 teaspoon Italian herbs
- Salt to taste

## INGREDIENT NOTES

**Magnesium - 156mg (37% DV):** included as a general wellness ingredient note.

**Calcium - 285mg (22% DV):** included as a general wellness ingredient note.

**Fiber - 14g (50% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Preheat oven to 400°F. Line two baking sheets. (Look for: oven ready) - Two sheets ensure even roasting
- 2 Brush eggplant slices both sides with oil, season with salt. (Look for: glossy, evenly coated slices) - Salt eggplant slices 30 minutes before cooking to remove bitterness
- 3 Roast eggplant 20-25 minutes, flipping once. (Look for: golden edges, soft texture) - Flip when edges start to curl
- 4 Blend drained cashews, lemon juice, nutritional yeast, garlic, salt, water. (Look for: smooth, ricotta-like consistency) - Add water gradually for desired consistency
- 5 Reduce oven to 375°F. (Look for: temperature adjusted) - Lower temp prevents burning
- 6 Layer in 8-inch dish: sauce, eggplant, cashew ricotta, repeat. (Look for: even layers, sauce on top) - End with sauce to prevent drying
- 7 Bake 30-35 minutes until bubbly. (Look for: bubbling edges, golden top) - Cover with foil if browning too quickly
- 8 Cool 10 minutes before serving. (Look for: set layers when cut) - Use sharp knife for clean slices

35 minutes total

13

## Coconut Curry Chicken

*Toasting whole spices until they pop -  
awakening ancient healing wisdom in your  
kitchen*

## GATHER WITH LOVE • 4 SERVINGS

- 1/2 lb boneless chicken breast or thighs, cubed
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1/2 inch ginger, grated
- 1/2 red bell pepper, sliced
- 1 cup broccoli florets
- 1 carrot, sliced
- Fresh cilantro for garnish
- 1 tablespoon coconut oil
- 1 tablespoon red curry paste
- 1/2 can (7 oz) full-fat coconut milk
- 1/2 tablespoon soy sauce
- 1/2 teaspoon turmeric
- Lime wedges for serving
- Salt to taste

## INGREDIENT NOTES

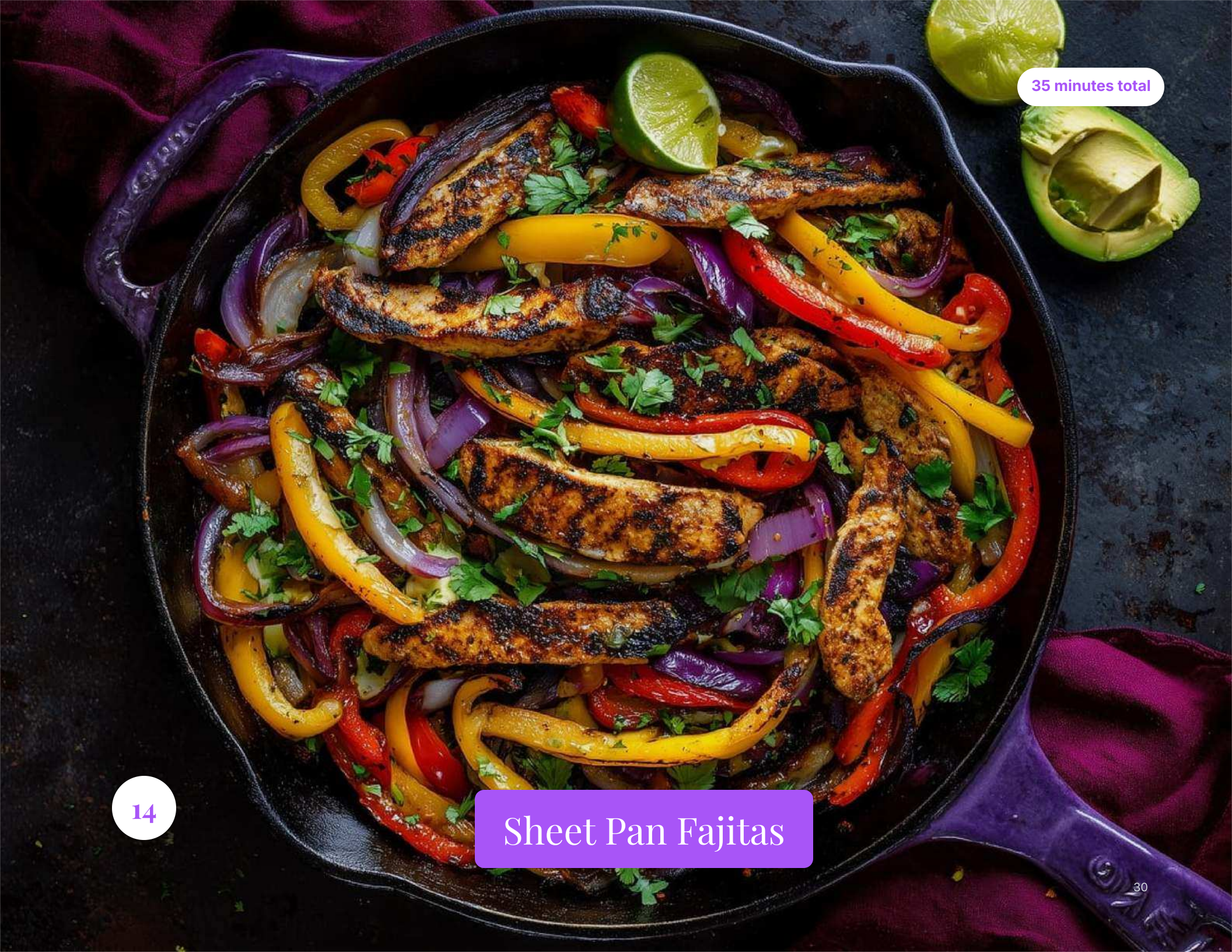
**Anti-inflammatory spices - 1000mg curcumin equivalent:** included as a general wellness ingredient note.

**Lauric acid - 8g:** included as a general wellness ingredient note.

**Protein - 35g:** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Heat coconut oil over medium heat. (Look for: melted, clear oil) - Coconut oil adds authentic flavor
- 2 Sauté onion, garlic, ginger 2-3 minutes. (Look for: fragrant, softened onion) - Don't let garlic brown
- 3 Add chicken, cook 3-4 minutes until browned. (Look for: golden exterior, no pink showing) - Don't overcrowd the pan
- 4 Stir in curry paste and turmeric. (Look for: everything coated in spices) - 30 seconds stirring awakens the spices
- 5 Pour in coconut milk and soy sauce, stir well. (Look for: smooth, creamy sauce) - Shake coconut milk can first
- 6 Add vegetables, simmer 10-15 minutes. (Look for: tender veggies, cooked chicken) - Add harder vegetables first
- 7 Taste and adjust seasoning. (Look for: balanced flavors) - Add salt gradually
- 8 Garnish with cilantro, serve with lime. (Look for: vibrant color, creamy consistency) - Lime juice brightens all the flavors

A top-down view of a cast-iron skillet filled with fajitas. The dish consists of grilled chicken strips, sliced bell peppers in red, yellow, and orange, and sliced red onions. It is garnished with fresh green cilantro leaves and a lime wedge. The skillet is set on a dark surface with a purple cloth underneath. To the right of the skillet, there is a halved lime and a halved avocado.

35 minutes total

14

## Sheet Pan Fajitas

*The rainbow of peppers on your cutting board - choosing color, choosing joy*

## GATHER WITH LOVE • 4 SERVINGS

- 3/4 lb boneless skinless chicken breast, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1/2 green bell pepper, sliced
- 1/2 red onion, sliced
- Cilantro for serving
- Lime wedges
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- Salt and pepper to taste
- 4 small corn or whole wheat tortillas
- Optional: avocado, salsa

## INGREDIENT NOTES

**Vitamin C - 190mg (211% DV):** included as a general wellness ingredient note.

**Lean protein - 32g:** included as a general wellness ingredient note.

**Fiber - 8g:** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Preheat oven to 425°F. Line sheet pan. (Look for: oven ready) - Use parchment for easy cleanup
- 2 Combine chicken, peppers, and onion on pan. (Look for: even distribution) - Similar-sized pieces cook evenly
- 3 Drizzle with oil, sprinkle all spices. (Look for: everything lightly coated) - Use your hands for best distribution
- 4 Toss everything together on the pan. (Look for: even spice distribution) - Do this right on the pan to save dishes
- 5 Spread in single layer. (Look for: not overcrowded) - Use two pans if needed
- 6 Roast 22-25 minutes, stirring once halfway. (Look for: golden chicken, caramelized peppers) - Stir at 12 minutes for even browning
- 7 Check chicken reaches 165°F internal temp. (Look for: juices run clear) - Use meat thermometer for accuracy
- 8 Serve in warm tortillas with toppings. (Look for: colorful, sizzling presentation) - Warm tortillas wrapped in foil last 5 minutes

28 minutes total

15

## Herb-Crusted Cod with Roasted Tomatoes

*Chopping fresh herbs, releasing their green perfume - aromatherapy while you cook*

## GATHER WITH LOVE • 4 SERVINGS

- 2 cod fillets (5-6 oz each)
- 1 cup cherry tomatoes, halved
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- 1 clove garlic, minced
- Zest of 1/2 lemon
- Lemon wedges for serving
- 2 tablespoons olive oil, divided
- 1/3 cup panko breadcrumbs
- Salt and pepper to taste

## INGREDIENT NOTES

**Lean protein - 28g:** included as a general wellness ingredient note.

**Selenium - 58mcg (105% DV):** included as a general wellness ingredient note.

**Lycopene - 25mg:** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Preheat oven to 400°F. (Look for: oven ready) - Position rack in center
- 2 Toss tomatoes with 1 tablespoon oil, salt, pepper. (Look for: glossy, seasoned tomatoes) - Cut side up for caramelization
- 3 Spread tomatoes on baking tray edges. (Look for: cut side up) - Leave center space for fish
- 4 Mix panko, herbs, garlic, lemon zest, 1 tablespoon oil. (Look for: evenly mixed, slightly moist crumbs) - Mix with fork for even distribution
- 5 Place cod in center of tray, season with salt and pepper. (Look for: dry fish surface) - Pat fish dry for best crust adhesion
- 6 Press herb crust firmly onto cod. (Look for: crust adhering well) - Press gently but firmly
- 7 Bake 15-18 minutes until fish flakes easily. (Look for: golden crust, opaque fish) - Fish is done at 145°F internal temp
- 8 Serve with roasted tomatoes and lemon. (Look for: blistered tomatoes, flaky fish) - Squeeze lemon just before eating

25 minutes total



16

## Teriyaki Glazed Cod

*Whisking teriyaki glaze, watching it thicken -  
patience creating glossy perfection*

## GATHER WITH LOVE • 4 SERVINGS

- 2 cod fillets (5-6 oz each)
- 1/2 red bell pepper, sliced
- 1/2 cup snap peas
- 1 carrot, julienned
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon honey
- 1/2 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1/2 tablespoon cornstarch
- 1/2 tablespoon water
- 1 tablespoon sesame seeds

## INGREDIENT NOTES

**Iodine - 158mcg (105% DV):** included as a general wellness ingredient note.

**Lean protein - 26g:** included as a general wellness ingredient note.

**B12 - 2.4mcg (100% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Mix soy sauce, honey, vinegar, sesame oil, garlic, ginger. (Look for: well combined) - Whisk until honey dissolves
- 2 Heat sauce in small pan until simmering. (Look for: gentle bubbles) - Don't let it boil hard
- 3 Mix cornstarch and water, whisk into sauce. (Look for: thickened, glossy sauce) - Stir constantly to prevent lumps
- 4 Preheat oven to 400°F. Line baking tray. (Look for: oven ready) - Parchment prevents sticking
- 5 Place cod on tray, brush with half the teriyaki sauce. (Look for: generous coating) - Save half for serving
- 6 Roast 12-15 minutes until fish flakes. (Look for: caramelized glaze, opaque fish) - Fish is done at 145°F internal temp
- 7 Meanwhile, stir-fry vegetables in sesame oil 3-4 minutes. (Look for: tender-crisp, bright colors) - High heat, quick cooking
- 8 Serve cod over vegetables, drizzle remaining sauce, sprinkle sesame seeds. (Look for: glossy finish, even seed distribution) - Toast sesame seeds for extra flavor

38 minutes total



17

# Moroccan Spiced Chicken

*Inhaling the spice blend - cinnamon, cumin, coriander creating aromatic sanctuary*

## GATHER WITH LOVE • 4 SERVINGS

- 2 boneless skinless chicken breasts
- 1 medium sweet potato, cubed
- 1/2 red onion, sliced
- 2 tablespoons fresh cilantro
- 2 tablespoons olive oil, divided
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground coriander
- 1/4 teaspoon turmeric
- Pinch of cinnamon
- Salt and pepper to taste

## INGREDIENT NOTES

**Cinnamon - 2g active compounds:** included as a general wellness ingredient note.

**Iron - 3.8mg (21% DV):** included as a general wellness ingredient note.

**Vitamin B6 - 0.9mg (53% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Preheat oven to 425°F. (Look for: oven ready) - High heat for caramelization
- 2 Toss sweet potato and onion with 1 tablespoon oil. (Look for: evenly coated) - Cut sweet potatoes smaller for even cooking
- 3 Season with salt and pepper, spread on baking sheet. (Look for: single layer) - Don't overcrowd the pan
- 4 Mix remaining oil with all spices. (Look for: paste-like consistency) - Let spices bloom in oil for 30 seconds
- 5 Rub spice mixture all over chicken. (Look for: even coating, no bare spots) - Get under any loose skin
- 6 Place chicken among vegetables. (Look for: everything fits without crowding) - Chicken in center cooks most evenly
- 7 Roast 25-28 minutes until chicken reaches 165°F. (Look for: golden chicken, caramelized sweet potatoes) - Flip vegetables once at 15 minutes
- 8 Rest 5 minutes, garnish with cilantro. (Look for: juices stay in meat when cut) - Tent with foil to keep warm

20 minutes total

A close-up photograph of a dark purple ceramic bowl filled with a Thai Basil Turkey Stir-Fry. The dish consists of bite-sized pieces of cooked turkey, sliced red and yellow bell peppers, and fresh green basil leaves. A portion of white rice is served on the left side of the bowl. The bowl is placed on a dark wooden surface. In the foreground, two whole red chili peppers and a sprig of fresh basil are visible. The background is dark and out of focus.

## Thai Basil Turkey Stir-Fry

*Tearing basil leaves, releasing anise-scented calm into your kitchen*

## GATHER WITH LOVE • 4 SERVINGS

- 1 lb ground turkey (93% lean)
- 2 bell peppers, sliced
- 1 cup Thai basil leaves
- 3 cloves garlic, minced
- 1 chili, sliced (optional)
- 2 tablespoons fish sauce
- 1 tablespoon soy sauce
- 1 teaspoon brown sugar
- 2 tablespoons oil

## INGREDIENT NOTES

**Lean protein - 28g:** included as a general wellness ingredient note.

**Holy basil compounds - Active compounds:** included as a general wellness ingredient note.

**Chromium - 14mcg (40% DV):** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Heat oil in large skillet or wok over high heat. (Look for: smoking oil) - High heat is essential for stir-fry
- 2 Add garlic, stir 30 seconds. (Look for: fragrant, not brown) - Keep moving to prevent burning
- 3 Add turkey, break up with spoon. (Look for: small, even pieces) - Use wooden spoon to break into small bits
- 4 Cook 4-5 minutes until no pink remains. (Look for: crumbly, cooked texture) - Don't stir too much - let it brown
- 5 Add peppers, stir-fry 2-3 minutes. (Look for: bright colors, tender-crisp) - Keep heat high, keep things moving
- 6 Mix fish sauce, soy sauce, and sugar. Pour over. (Look for: glossy coating) - Sauce will bubble and caramelize
- 7 Remove from heat, stir in basil until wilted. (Look for: basil just wilted, still bright) - Residual heat is enough
- 8 Serve immediately over brown rice. (Look for: aromatic, colorful dish) - Have rice ready before starting stir-fry

25 minutes total



19

Lemon Herb Roasted Chicken

*Stuffing lemon and herbs into chicken -  
creating flavor from within*

## GATHER WITH LOVE • 4 (WITH LEFTOVERS) SERVINGS

- 1 small whole chicken (3 lbs)
- 1 lemon, halved
- 4 garlic cloves, smashed
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh parsley, chopped
- 3 tablespoons olive oil
- Salt and pepper to taste

## INGREDIENT NOTES

**Complete protein - 35g:** included as a general wellness ingredient note.

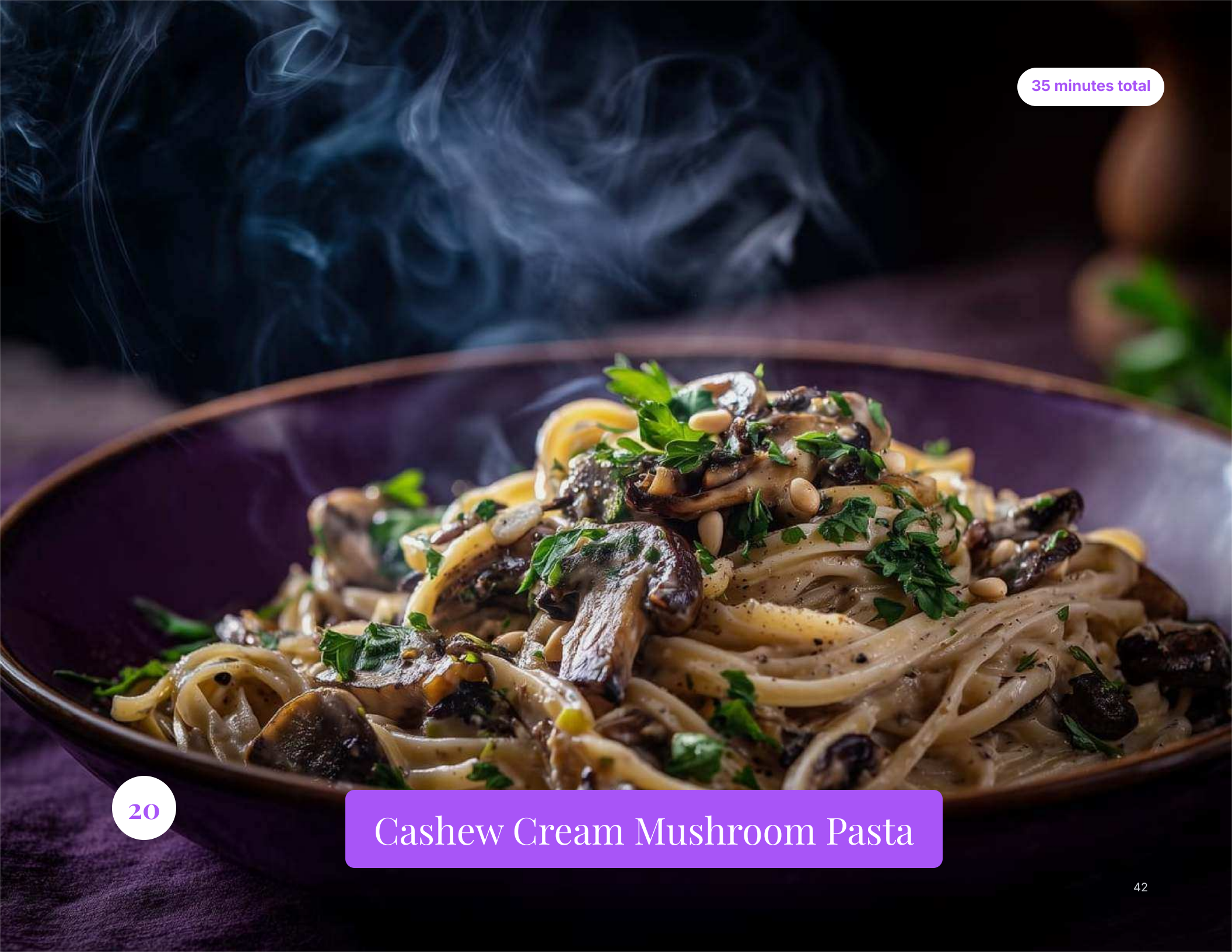
**Vitamin C - 51mg (57% DV):** included as a general wellness ingredient note.

**Rosemary compounds - Active carnosic acid:** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Preheat oven to 425°F. (Look for: oven ready) - High initial heat for crispy skin
- 2 Pat chicken completely dry inside and out. (Look for: no moisture on skin) - Dry skin equals crispy skin
- 3 Season cavity with salt and pepper. (Look for: even seasoning) - Don't forget inside the bird
- 4 Stuff cavity with lemon halves and garlic. (Look for: cavity loosely filled) - Pierce lemons first to release more juice
- 5 Mix oil with herbs, salt, and pepper. (Look for: herb-infused oil) - Let herbs infuse for a few minutes
- 6 Rub herb oil all over chicken skin. (Look for: glossy, well-coated skin) - Get into all the crevices
- 7 Roast 20 minutes at 425°F. (Look for: skin starting to brown) - This initial heat crisps the skin
- 8 Reduce to 375°F, roast 45-55 minutes more until 165°F in thigh. (Look for: golden skin, clear juices) - Use meat thermometer in thickest part of thigh
- 9 Let chicken rest 10 minutes before carving for juicier meat. (Look for: juices redistributed) - Tent loosely with foil

35 minutes total



20

# Cashew Cream Mushroom Pasta

*Soaking cashews in warm water - watching hard become soft, preparing for transformation*

## GATHER WITH LOVE • 4 SERVINGS

- 1 1/2 cups mushrooms, sliced
- 1/2 small onion, diced
- 2 cloves garlic, minced
- Fresh parsley for garnish
- 6 oz whole grain or lentil pasta
- 1/2 cup raw cashews, soaked 1 hour
- 1/2 cup unsweetened almond milk
- 1 tablespoon nutritional yeast
- 1/2 tablespoon lemon juice
- 2 tablespoons olive oil
- Salt and pepper to taste

## INGREDIENT NOTES

**Magnesium - 142mg (34% DV):** included as a general wellness ingredient note.

**Zinc - 3.8mg (35% DV):** included as a general wellness ingredient note.

**B vitamins - B2, B3, B5 complex:** included as a general wellness ingredient note.

## CREATE YOUR NOURISHMENT

- 1 Cook pasta according to package directions. (Look for: al dente texture) - Save 1/2 cup pasta water before draining
- 2 Reserve 1/2 cup pasta water before draining. (Look for: starchy, cloudy water) - This starchy water helps sauce adhere
- 3 Blend cashews, almond milk, nutritional yeast, lemon juice, salt. (Look for: smooth, creamy sauce) - Blend 2 minutes for silkiest texture
- 4 Sauté onion in oil 2-3 minutes. (Look for: translucent, soft) - Medium heat to avoid browning
- 5 Add mushrooms, cook 5-6 minutes. (Look for: golden brown, moisture evaporated) - Don't overcrowd pan or they'll steam
- 6 Add garlic, cook 1 minute. (Look for: fragrant, not brown) - Garlic burns quickly, watch carefully
- 7 Pour in cashew cream, heat gently. (Look for: warmed through, don't boil) - Low heat prevents separation
- 8 Toss with pasta, adding pasta water to reach creamy consistency. (Look for: silky sauce coating pasta) - Add pasta water gradually until perfect
- 9 Garnish with parsley and serve. (Look for: fresh green contrast) - Save extra cashew cream for 3 days

## You are not alone

Join the TrackMyIVF community



### You asked. We're building.

TrackMyIVF Early Access

Scan for exclusive updates

Visit [trackmyivf.com](https://trackmyivf.com)  
for beta waitlist updates

*Be the first to know*

Beta waitlist now open



@viv.vivanco

## Keep Going

You're doing  
beautifully

© 2026 TrackMyIVF. All rights reserved.  
Made with ♥ for the IVF community