

Aimee Raupp

MEAL PREP GUIDE FOR FERTILITY-FRIENDLY MACROS

Daily Goals:

Protein: ≥30 g per meal (100–115 g/day total): Stabilizes blood sugar, supports ovulatory hormone production, maintains lean mass, and provides amino acids essential for follicular fluid and embryo development.

Fat: 100–110 g/day: Emphasize monounsaturated and saturated sources (olive oil, avocado, ghee, grass-fed butter, coconut oil) to support steroid hormone synthesis, mitochondrial membranes, and anti-inflammatory balance.

Carbohydrates: 175–190 g/day: Focus on low-glycemic, fiber-rich carbs from root veggies, legumes (if tolerated), seasonal fruit, and gluten-free whole grains, to regulate leptin and insulin signaling.

Daily Macros:

- ~2,300 kcal average daily target
- 30 % Protein = 690 kcal → 108 g
- 40 % Fat = 920 kcal → 102 g
- 30 % Carbs = 690 kcal → 173 g

PROTEIN PREP

Batch-cook your proteins so you can mix and match through the week:

- Wild salmon or white fish: Grill or bake 1–2 lbs with olive oil, lemon, and sea salt.
- Grass-fed beef or lamb: Make a batch of 'Sunrise Hash' (beef + sweet potato + greens) or simple patties.
- Shrimp or chicken: Sauté or bake 1 lb in coconut oil or ghee for easy dinners or salads.
- Boiled eggs: Keep 6–8 ready for quick snacks or bone broth soups.
- Tip: Portion into 3–4 oz servings (~25–30 g protein each) and refrigerate up to 4 days.

VEGGIES & SIDE PREP

Roast or steam well-tolerated vegetables (stay within the phases of EQD & incorporate what you learn from the elimination and removals). Store in glass containers.

- Soups: Make a large pot of soups—portion into 2-cup servings (store in glass containers or SouperCubes)
- Healthy fats: Keep avocado, coconut oil, olive oil, and ghee handy for drizzling or cooking.
- Ferments: Sauerkraut or kimchi (1–2 tbsp/day) to support gut and liver detox pathways. Please note: if not well tolerated or have histamine issues, please use ferments sparingly

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DAILY FOUNDATIONS

Morning beverage: Herbal tea or caffeinated tea or organic coffee (once reintroductions is made); add collagen for a protein boost.

- Liver support: Enjoy 4–6 oz of my Liver Support Soup daily—packed with detoxifying vegetables, herbs, and minerals to nourish your liver, promote hormone balance, and support gentle daily detoxification. Prepare a large batch at the start of the week and freeze portions for easy grab-and-go use.
- Bone broth: Keep 2–3 jars ready—drink 4 oz at bedtime or use as a base for soups and sautés.

ASSEMBLE MEALS IN MINUTES

Breakfasts (≥30 g protein)

- Coconut yogurt + collagen + 3 oz salmon or 2 boiled eggs + greens
- Smoothies
- Sunrise Hash + berries
- Soups
- Protein + veg

Lunches

- Grilled fish + roasted vegetables + hollandaise or avocado
- Butternut Squash Soup + side of protein (fish, shrimp, or beef)

Dinners

- Coconut-Baked Shrimp or Shrimp Scampi over zucchini noodles
- Grilled fish + steamed broccoli/cauliflower in coconut oil

Snacks

- Bone Broth Egg Drop Soup
- Yolk-ocado (mashed egg + avocado)
- Red beet & apple salad
- Smoothies
- Once reintroductions are made refer to the On The Go Snacks pdf for more options

Bedtime

- 4 oz bone broth for amino acids, glycine, and magnesium support

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