



+ 3 meals per day
AIP Vegan Vegetarian

3-DAYS MEAL PLAN

Elevate Wellness and Fertility



WELCOME

Welcome to Elevate Wellness and Fertility 3-days meal plan, where the journey to fertility meets the nourishment of body and mind.

In this short e-book, we delve into the realm of complete and healthy meals that not only support reproductive health but also contribute to overall well-being.

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INTRODUCTION



The path to parenthood is a multifaceted one, and our choices, including what we eat, can significantly influence the intricate dance of hormones, energy levels, and overall health. In these pages, you'll find more than just a ideas of recipes; you'll discover a roadmap to cultivating a lifestyle that enhances fertility.

My approach is grounded in the belief that a well-nourished body is better equipped to face the challenges and joys of the fertility journey. I've curated a variety of delicious and nutritious meal examples, each designed to provide the essential nutrients that support reproductive health. From vibrant breakfasts to wholesome dinners, these recipes are more than just fuel—they're a celebration of the flavors that nourish both body and spirit.

THE BASICS OF A HEALTHY LIFESTYLE

NOURISHING YOUR BODY WITH WHOLE FOODS

 Cultivate a balanced diet

 Consume whole grains

 Fuel your body with adequate protein

 Embrace the right kinds of fats

 Ensure proper hydration

 Limit sugars

HOLISTIC WELLNESS BEYOND NUTRITION

 Step outside and embrace nature

 Explore strategies to reduce stress

 Cultivate mindfulness and self-compassion

AVOIDING DETRIMENTAL HABITS

 Avoid processed and junk foods

MEAL PLANS

AUTO IMMUNE PALEO

7-10

VEGAN

11-14

VEGETARIAN

15-18

FINAL WORDS

19

AIP 3-day Meal Plan



The Autoimmune Protocol, often referred to as AIP, stands as a complementary strategy for managing chronic diseases. Its primary goal is to supply the body with the necessary nutritional components essential for immune regulation, gut health, hormone balance, and tissue healing. Simultaneously, it aims to eliminate inflammatory triggers from both diet and lifestyle.

The AIP diet is crafted to deliver balanced and comprehensive nutrition, steering clear of processed, refined foods, and empty calories. Beyond dietary considerations, the AIP lifestyle advocates for ample sleep, effective stress management, and regular physical activity—recognizing these as pivotal factors in immune modulation.

01 DAY



Breakfast: AIP-friendly smoothie (coconut milk, banana, spinach, and collagen protein)

Lunch: Roasted chicken with mixed greens and olive oil dressing

Dinner: Baked salmon with sweet potato and steamed broccoli



02 DAY

Breakfast: AIP-friendly breakfast sausage with sautéed kale

Lunch: Turkey and avocado lettuce wraps with carrot sticks

Dinner: Beef stew with butternut squash and collard greens

DAY

Breakfast: AIP-friendly smoothie (coconut milk, mango, kale, and collagen protein)

Lunch: Tuna salad with mixed greens and olive oil dressing

Dinner: Grilled shrimp with roasted asparagus and garlic sautéed spinach



Vegan 3-day plan

For healthy wellbeing

**High-
protein
diet**

**80/10/10
diet**

**Whole
Food Diet**

**The
starch
solution**

**Nuts and
seeds**

**Fruits-rich
Diet**



These options include plant-based foods and emphasizes the importance of getting enough protein, carbohydrates, and healthy fats for optimal health. It's a balanced, nutrient-rich way of eating that can support overall well-being.

01 DAY



Breakfast: Vegan oatmeal topped with berries and almond butter

Lunch: Chickpea salad with mixed greens, cherry tomatoes, cucumber, and tahini dressing

Dinner: Vegan chili with kidney beans, black beans, and vegetables



02 DAY

Breakfast: Vegan smoothie with spinach, banana, chia seeds, and almond milk

Lunch: Quinoa salad with roasted vegetables and a lemon-tahini dressing

Dinner: Vegan lentil soup with whole-grain bread

DAY

Breakfast: Avocado toast on whole-grain bread with tomato and nutritional yeast

Lunch: Vegan stir-fry with tofu, broccoli, bell peppers, and brown rice

Dinner: Vegan spaghetti with marinara sauce and a side of sautéed spinach



Vegetarian 3-day Meal Plan



Crafting a nutritious and healthy vegetarian meal requires a thoughtful combination of plant-based ingredients to ensure a well-rounded intake of essential nutrients. From vibrant fruits and vegetables to protein-rich legumes, whole grains, and nuts, a diverse array of foods is key. The goal is to incorporate a spectrum of colors, textures, and flavors to not only please the palate but also provide a wide range of vitamins, minerals, and antioxidants.

Emphasis should be placed on balancing macronutrients—proteins, carbohydrates, and healthy fats—to fuel the body effectively. Incorporating sources of complete proteins, such as quinoa, tofu, or beans, ensures that essential amino acids are readily available.

Don't underestimate the power of herbs and spices not only for enhancing taste but also for their potential health benefits.

01 DAY



Breakfast: Greek yogurt with honey, berries, and almonds

Lunch: Chickpea and vegetable stir-fry with tofu

Dinner: Eggplant Parmesan with whole-grain spaghetti and a side salad



02 DAY

Breakfast: Scrambled eggs with spinach, tomatoes, and whole-grain toast

Lunch: Quinoa and black bean salad with avocado and cilantro-lime dressing

Dinner: Lentil soup with a mixed greens salad

DAY



Breakfast: Oatmeal with sliced bananas, chia seeds, and a drizzle of maple syrup

Lunch: Caprese salad with tomato, mozzarella, and basil and whole-grain bread

Dinner: Vegetarian chili with kidney beans, black beans, and corn



FINAL WORDS



As we conclude this journey through three days of nourishing and flavorful meals, remember that your well-being is a continuous, evolving story—one that unfolds with each mindful choice you make in the kitchen and at the table. The ideas of meals shared in this ebook are more than just a guide; they are an invitation to embrace the joy of wholesome eating.

As you savor each bite and revel in the diverse flavors of these meals, let this be a reminder that nourishing your body is an act of self-care and a celebration of vitality. Whether you are seeking to enhance your overall health, support specific wellness goals, or simply enjoy delicious and nutritious meals, may these recipes be a source of inspiration and empowerment on your culinary journey.