

Meals for treatment days

20 practical recipes with shortcuts, allergy checks and food safety basics

Choose what helps today

This collection is here to make choosing and preparing a meal easier during a demanding week. Pick by time, energy, appetite and what is already in your kitchen. You do not need to cook every recipe or follow a meal plan.

These are everyday recipes, not a fertility treatment or an IVF eating protocol. A meal cannot guarantee an outcome. Follow your clinic's specific fasting or preparation instructions for procedures, and any food or medicine guidance that applies to you.

Ingredient quantities are mostly retained from the original. Each recipe now has an estimated yield based on its listed quantities. These estimates are practical starting points, not measured kitchen-test yields or individualized portion advice. Add sides, change portions or scale the full recipe to suit your appetite.

Times are estimates, not kitchen-test results. Read the full recipe first: cooked grains, thawing, optional marinating and cashew soaking may need advance planning. Use a food thermometer rather than the clock to decide whether meat or fish is ready.

Shortcuts and swaps are optional ideas. They may change flavor, yield, allergens and cooking time. This edition has not been independently kitchen-tested or nutritionally analyzed.

Find a recipe

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A few safety habits that matter

Read once before cooking. Recipe-specific allergy notes do not replace checking every package label.

- Wash hands with soap and water for 20 seconds. Rinse produce under running water. Keep raw meat, poultry and seafood separate from ready-to-eat food and use clean utensils and surfaces. Do not wash raw chicken.
- Use a thermometer: all chicken and ground turkey need 165°F (74°C); fish needs 145°F (63°C). Shrimp should be pearly or white and opaque throughout. Reheated leftovers and casseroles need 165°F (74°C).
- Set aside serving sauce in a clean bowl before brushes or utensils touch raw meat or fish. Marinate in the refrigerator. Do not serve uncooked marinade that has touched raw food.
- Refrigerate perishable food within 2 hours, or 1 hour if it is above 90°F (32°C). Divide large batches into shallow containers; do not leave a pot on the counter to cool fully. Keep the refrigerator at 40°F (4°C) or colder.
- Use most cooked leftovers within 3-4 days, or freeze them earlier. Mark containers with the cooking date. Reheat to 165°F (74°C); bring soups and sauces to a rolling boil. Follow a product's shorter instructions when applicable.
- Thaw frozen meat or seafood in the refrigerator and follow the package's thawing instructions. Remove vacuum packaging first when the fish label directs it. Keep soaked cashews covered in the refrigerator, then drain before using.
- Allergy notes are a starting point. Read every label, including broths, sauces, tortillas and seasoning blends; ingredients and manufacturing practices vary. A suggested substitution does not guarantee freedom from an allergen.
- If pregnant or your clinician says you need extra food-safety precautions, follow that guidance, including choices about pasteurized foods and fully cooked animal foods. Ask your care team about individual dietary needs rather than using this guide as medical nutrition therapy.

Safety sources [1,2,3,4,7,8,10] are linked on the last page. These steps support safe food handling, not fertility outcomes.

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Choose by the effort you have

- About 20-25 minutes: shrimp salad (2), miso salmon (3), citrus salmon (5), teriyaki cod (16), turkey stir-fry (18). Some assume cooked grains are ready.
- One tray and less stovetop attention: maple balsamic chicken (8), honey garlic salmon (11), fajitas (14), herb cod (15), Moroccan chicken (17). You still need preparation and temperature checks.
- A pot to share or save: tortilla soup (4) or turmeric chicken soup (10). Store promptly using the food-safety guidance on page 2.
- More time or help: eggplant lasagna (12), whole roast chicken (19), cashew pasta (20). Check soaking and total time before starting.
- No cooking today: combine foods you already tolerate and enjoy, use a ready-made meal, or ask someone to bring food. Cooking from scratch is optional.

Choose two meals with overlapping ingredients. Repeat leftovers stored safely, or use a familiar backup. Ask for one specific task: groceries, chopping or washing up.

Two meals I want this week

My backup meal

What I already have

What I need to buy

Who can help and with what

Cooked date and use or freeze date

For a food drop-off, ask for the ingredients, allergens, cooking date and safe reheating instructions. You do not need to explain your treatment to ask for practical help.

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Honey Citrus Glazed Chicken Bowl

Recipe 01 | About 30 minutes; assumes cooked quinoa

Estimated yield: 2 bowls.

Ingredients

2 boneless, skinless chicken breasts, 6 oz each
2 cups baby spinach or kale
1 cup sliced cucumber
Zest of 1 orange
1 cup cooked quinoa
2 tbsp honey
1 tbsp orange juice
2 tsp lemon juice
1 garlic clove, minced
1 tbsp olive oil
Salt and pepper to taste

Method

1. Mix honey, orange juice, lemon juice, zest and garlic. If you want sauce for serving, set some aside now in a clean dish, before touching raw chicken.
2. Pat chicken dry with paper towels and season. Heat oil in a skillet over medium-high heat until shimmering, not smoking.
3. Add chicken; cook about 3 minutes, then flip and reduce heat to medium. Add the cooking portion of glaze.
4. Cook about 10-12 minutes more, turning and basting, until the thickest part reaches 165°F (74°C). Timing depends on thickness.
5. Rest 5 minutes. Slice and serve over quinoa, greens and cucumber with the clean reserved glaze.

Make it easier

Use microwave quinoa and ready-to-use greens. A support person can measure the glaze while you sit down.

Allergy check

Check any packaged grain, seasoning and juice labels for your allergens.

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Coconut Lime Shrimp Salad with Mango

Recipe 02 | About 20 minutes

Estimated yield: 2 light salads. Add rice or bread if you want a more filling meal.

Ingredients

8 oz large shrimp, peeled and deveined
2 cups mixed greens
1 ripe mango, diced
1/2 red bell pepper, thinly sliced
2 tbsp fresh cilantro
1 lime, juiced and zested, divided
1/4 avocado, sliced, optional
1 tbsp coconut oil
2 tbsp unsweetened coconut flakes
2 tsp olive oil
1 tsp honey
Salt and pepper to taste

Method

1. Season shrimp with salt, pepper and half the lime zest. Reserve half the lime juice in a clean dish for dressing.
2. Heat coconut oil over medium-high heat. Add shrimp in a single layer; cook roughly 1-2 minutes per side, until the flesh is pearly or white and opaque throughout. Shape alone is not a doneness test.
3. Remove from heat and add the remaining zest and the unreserved lime juice.
4. Whisk reserved lime juice with olive oil and honey. Arrange greens, mango, pepper and avocado, if using.
5. Top with shrimp, coconut and cilantro, then add dressing. Refrigerate promptly if saving for later.

Make it easier

Use peeled shrimp, pre-cut mango and washed greens. Thaw frozen shrimp safely in the refrigerator ahead of time.

Allergy check

Shellfish and coconut. Check prepared shrimp and other packaged ingredients.

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Miso Glazed Salmon Rice Bowl

Recipe 03 | About 25 minutes; assumes cooked rice

Estimated yield: 2 bowls.

Ingredients

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

Method

1. Heat oven to 400°F (200°C). Line a baking sheet with oven-safe parchment.
2. Whisk miso, honey, vinegar, soy sauce, sesame oil and ginger. Set aside a clean portion before raw-fish contact if you want serving sauce.
3. Pat salmon dry and place skin-side down. Brush with the cooking glaze.
4. Roast about 12-14 minutes, until the thickest part reaches 145°F (63°C). Steam broccoli and carrots about 3-4 minutes or until tender enough for you.
5. Divide rice and vegetables into bowls; add salmon, radishes and sesame seeds. Add only clean reserved sauce.

Make it easier

Use frozen vegetables and microwave rice; cook vegetables according to their package instructions.

Allergy check

Fish, soy and sesame; soy sauce or miso may also contain wheat or barley. Check labels.

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Mexican Chicken Tortilla Soup

Recipe 04 | About 45 minutes

Estimated yield: 4 medium soup bowls.

Ingredients

1 cup cooked shredded chicken
7.5 oz canned black beans, drained
1/2 medium onion, diced
1 garlic clove, minced
1/2 jalapeño, minced, optional
1/2 cup corn, fresh or frozen
2 tbsp fresh cilantro
1/2 avocado, diced
1/2 lime, cut into wedges
1 tbsp olive oil
1 tsp ground cumin
1/2 tsp paprika
1 tsp chili powder
1/2 tbsp tomato paste
4 cups low-sodium chicken broth
7 oz canned fire-roasted tomatoes
1 cup tortilla strips
Salt to taste

Method

1. Heat oil in a pot over medium heat. Cook onion, garlic and optional jalapeño about 5 minutes.
2. Stir in cumin, paprika, chili powder and tomato paste; cook 1 minute.
3. Add broth and tomatoes. Bring to a boil, then reduce heat and simmer about 20 minutes.
4. Add chicken, beans and corn. Cook at least 5 minutes, until the reheated chicken reaches 165°F (74°C); bring the soup to a rolling boil when reheating leftovers.
5. Season and serve with tortilla strips, avocado, cilantro and lime.

Make it easier

Use cooked chicken you have safely refrigerated, frozen diced onion and canned beans. Skip toppings you do not have.

Allergy check

Check broth and tortilla strips; some contain wheat or other allergens.

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Crispy Salmon Salad with Citrus

Recipe 05 | About 23 minutes

Estimated yield: 2 large salads.

Ingredients

2 skin-on salmon fillets, 6 oz each
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 tbsp olive oil, divided
2 tbsp orange juice
1 tbsp lemon juice
1 tsp Dijon mustard
1 tsp honey
2 tbsp pumpkin seeds
Salt and pepper to taste

Method

1. Pat salmon dry and season with salt and pepper. Heat 1 tbsp oil in a skillet over medium-high heat.
2. Place salmon skin-side down and press gently with a spatula for about 30 seconds. Cook 4-5 minutes, then flip carefully.
3. Cook roughly 2-3 minutes more, until the thickest part reaches 145°F (63°C). Extend cooking if needed.
4. Whisk orange juice, lemon juice, mustard, honey and the remaining 1 tbsp oil.
5. Arrange greens, fruit, avocado and onion. Top with salmon and pumpkin seeds; add dressing.

Make it easier

Use washed greens and ready-sectioned fruit. If peeling fruit feels like too much, choose another salad recipe.

Allergy check

Fish and mustard; check all packaged ingredients.

Grapefruit can interact with some medicines. Ask your pharmacist about your specific medicines before using it. If grapefruit is unsuitable, omit it or use a fruit your pharmacist says is compatible; do not assume every citrus fruit or juice is interchangeable.

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Turkey Meatball Zoodle Bowl

Recipe 06 | About 40 minutes

Estimated yield: 2 bowls. Add pasta or bread if you want.

Ingredients

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

Method

1. Heat oven to 400°F (200°C). Lightly oil a baking sheet with 1 tbsp of the oil.
2. Gently combine turkey, egg, garlic, Parmesan, oregano, salt and pepper. Form 8 evenly sized meatballs.
3. Bake about 15-18 minutes, turning once, until the center of each meatball reaches 165°F (74°C).
4. Meanwhile, heat the other 1 tbsp oil in a pan. Cook zucchini noodles about 3-4 minutes; add tomatoes and spinach and cook about 2 minutes more.
5. Season with lemon juice, salt and pepper. Serve with meatballs and parsley.

Make it easier

Buy spiralized zucchini or use cooked pasta instead. Ready-made meatballs can be a separate shortcut; follow their label and check allergens.

Allergy check

Egg and milk. Pasta or prepared meatballs may add wheat and other allergens.

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Thai Peanut Quinoa Salad

Recipe 07 | About 35 minutes

Estimated yield: 2 meal-size bowls or 4 side portions.

Ingredients

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

Method

1. Rinse quinoa. Bring quinoa and water to a boil, then cover and simmer about 15 minutes, following the package if it differs. Rest 5 minutes and fluff.
2. Whisk peanut butter, soy sauce, maple syrup, vinegar, sesame oil, ginger, lime juice and pepper flakes. Add a little water if needed to loosen.
3. Prepare the vegetables while the quinoa cooks. Spread the quinoa in a shallow dish to cool briefly, or refrigerate promptly if preparing ahead.
4. Combine quinoa with cabbage, carrot, snow peas and cilantro. Toss with dressing; top with peanuts and green onions.

Make it easier

Use a slaw mix and ready-cooked quinoa. Sunflower-seed butter and seeds are an optional peanut-free variation only if safe for your allergies and the product labels.

Allergy check

Peanuts, soy and sesame; soy sauce may contain wheat. Substitutions are not automatically allergy-safe.

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Maple Balsamic Chicken with Roasted Vegetables

Recipe 08 | About 40 minutes, plus optional 30-minute refrigerated marinade

Estimated yield: 2 main portions; the size of the chicken breasts affects the amount.

Ingredients

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

Method

1. Heat oven to 425°F (220°C). Mix 2 tbsp oil with vinegar, maple syrup, mustard, garlic and thyme.
2. Coat chicken with the mixture. Optional: marinate for 30 minutes in the refrigerator. Discard marinade that has touched raw chicken rather than using it as serving sauce.
3. Toss vegetables with the remaining 1 tbsp oil, salt and pepper. Arrange on a baking sheet with chicken in a single layer.
4. Roast about 25-28 minutes, turning vegetables halfway. Check that chicken reaches 165°F (74°C) and vegetables are tender; cook longer if needed.
5. Rest chicken 5 minutes before slicing.

Make it easier

Use pre-cut roasting vegetables and skip the optional marinating time. Cut dense vegetables small so they finish alongside the chicken.

Allergy check

Mustard; check seasonings and condiments.

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Mushroom and Walnut Grain Bowl

Recipe 09 | About 45 minutes; depends on grain

Estimated yield: 3 grain bowls or 4 smaller portions.

Ingredients

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

Method

1. Cook the farro or rice according to its package directions.
2. Heat 1 tbsp oil in a skillet over medium-high heat. Cook shallot 1 minute, then add mushrooms and salt.
3. Cook mushrooms about 6-8 minutes, until browned. Add spinach and stir 1-2 minutes until wilted.
4. Toast walnuts in a dry pan about 2-3 minutes, stirring and watching closely.
5. Combine grain with vegetables. Add the remaining oil, vinegar and walnuts; season to taste.

Make it easier

Use microwave brown rice and pre-sliced cultivated mushrooms. Omit walnut toasting if it saves effort.

Allergy check

Tree nuts (walnuts); farro contains wheat. Choose rice if avoiding wheat, and check labels.

Use mushrooms sold for food by a reliable retailer, not wild-foraged mushrooms of uncertain identity.

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Golden Turmeric Chicken Soup

Recipe 10 | About 40 minutes; assumes cooked rice

Estimated yield: 3 soup bowls or 4 smaller servings.

Ingredients

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

Method

1. Heat oil in a pot over medium heat. Cook onion 3-4 minutes; add garlic, carrot and celery and cook 3 minutes more.
2. Stir in turmeric and ginger, then add chicken. Cook about 3-4 minutes to brown the outside; this does not establish doneness.
3. Add broth, bring to a gentle boil, then simmer about 15-18 minutes, until chicken reaches 165°F (74°C).
4. Add cooked rice and spinach. Heat through; if using refrigerated leftover rice, ensure it reaches 165°F (74°C).
5. Add lemon juice and season to taste.

Make it easier

Use frozen chopped vegetables and microwave rice. Ginger paste is a convenient option if its label works for you.

Allergy check

Check broth and any prepared ginger or grain products.

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Honey Garlic Glazed Salmon

Recipe 11 | About 30 minutes

Estimated yield: 2 fish portions with broccoli.

Ingredients

2 skinless salmon fillets, 5 oz each
1 large head broccoli, about 12 oz,
cut into florets
2 garlic cloves, minced
2 tsp olive oil
2 tsp honey
3 tsp Dijon mustard
Salt and pepper to taste

Method

1. Heat oven to 425°F (220°C). Line a baking sheet with oven-safe parchment.
2. Toss broccoli with oil, salt and pepper; spread around the edges of the sheet. Put salmon in the middle and season.
3. Mix honey, mustard and garlic. Set aside any sauce for serving in a clean dish before brushing the rest on raw fish.
4. Bake about 15 minutes, until salmon reaches 145°F (63°C). If broccoli needs longer, remove the fish and continue cooking the vegetables.
5. Serve with only the clean reserved sauce, if used.

Make it easier

Use pre-cut broccoli. A microwave grain or bread makes an easy side if you want a larger meal.

Allergy check

Fish and mustard; check all packaged ingredients.

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Eggplant Lasagna with Cashew Ricotta

Recipe 12 | About 85 minutes, plus 4 hours to soak cashews in the refrigerator

Estimated yield: 2-3 main portions or 4 side portions.

Ingredients

1 large eggplant, sliced lengthwise
1/4 inch thick

1 garlic clove

3/4 cup raw cashews, soaked 4
hours in the refrigerator and
drained

1-2 tbsp lemon juice

1 tbsp nutritional yeast

1/4 tsp sea salt, plus more to taste

1/4 cup water

2 tbsp olive oil

1 jar marinara sauce, 12 oz

1/2 tsp Italian herbs

Method

1. Heat oven to 400°F (200°C). Brush eggplant with oil and season with salt. Arrange on two baking sheets.
2. Roast about 20-25 minutes, turning halfway, until tender.
3. Blend drained cashews, garlic, lemon juice, nutritional yeast, 1/4 tsp salt and water until smooth. Add water gradually if needed.
4. Reduce oven to 375°F (190°C). Mix Italian herbs into marinara. Layer sauce, eggplant and cashew mixture in an 8-inch baking dish, ending with sauce.
5. Bake about 30-35 minutes, until the center reaches 165°F (74°C). Rest 10 minutes before cutting.

Make it easier

This is a higher-effort recipe. Make it on a day you have help, or use jarred marinara over pasta instead. Bought ricotta changes the recipe and adds milk.

Allergy check

Tree nuts (cashews); check marinara and nutritional yeast labels. Ricotta substitutions contain milk.

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Coconut Curry Chicken

Recipe 13 | About 35 minutes

Estimated yield: 2 curry portions. Serve with rice or another side if you want.

Ingredients

1/2 lb boneless chicken breast or thighs, cubed

1/2 onion, diced

2 garlic cloves, minced

1/2 inch fresh ginger, grated

1/2 red bell pepper, sliced

1 cup broccoli florets

1 carrot, sliced

Fresh cilantro, for serving

1 tbsp coconut oil

1 tbsp red curry paste

7 oz full-fat coconut milk

1/2 tbsp soy sauce

1/2 tsp turmeric

Lime wedges, for serving

Salt to taste

Method

1. Heat coconut oil in a pot over medium heat. Cook onion, garlic and ginger about 2-3 minutes.
2. Add chicken and cook about 3-4 minutes to brown the outside. Stir in curry paste and turmeric for 30 seconds.
3. Add coconut milk and soy sauce, then vegetables. Simmer about 10-15 minutes, until vegetables are tender and chicken reaches 165°F (74°C).
4. Season to taste and serve with cilantro and lime. Add cooked rice or bread if you want a larger meal.

Make it easier

Use a frozen vegetable mix and prepared ginger. Adjust curry paste to taste; mild food is a preference option, not an IVF requirement.

Allergy check

Soy, possible wheat in soy sauce, and coconut. Curry paste may contain fish or shellfish; read its label.

Meals for treatment days

Sheet Pan Fajitas

Recipe 14 | About 35 minutes

Estimated yield: about 2 portions of filling. Four small tortillas are listed; add more if wanted.

Ingredients

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 and lime wedges, for serving

1 tbsp olive oil

1 tsp chili powder

1/2 tsp cumin

1/2 tsp smoked paprika

1/4 tsp garlic powder

Salt and pepper to taste

4 small corn or whole-wheat tortillas

Avocado or salsa, optional

Method

1. Heat oven to 425°F (220°C). Line a baking sheet with oven-safe parchment.
2. Combine chicken, peppers and onion. Add oil, spices, salt and pepper; toss with utensils and spread in one layer. Use a second sheet if crowded.
3. Roast about 22-25 minutes, turning halfway, until chicken reaches 165°F (74°C).
4. Warm tortillas according to the package. Serve with the filling, cilantro, lime and optional toppings.

Make it easier

Use pre-sliced peppers and onion. Have extra tortillas ready if you want them.

Allergy check

Wheat in whole-wheat tortillas; check corn tortillas and seasoning labels for allergens.

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Herb Crusted Cod with Roasted Tomatoes

Recipe 15 | About 28 minutes

Estimated yield: 2 fish portions with tomatoes.

Ingredients

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

Method

1. Heat oven to 400°F (200°C). Toss tomatoes with 1 tbsp oil, salt and pepper; arrange around a baking tray.
2. Mix panko, herbs, garlic, lemon zest and the remaining 1 tbsp oil.
3. Pat cod dry, place on the tray and season. Press crumbs onto the fish.
4. Bake about 15-18 minutes, until the thickest part reaches 145°F (63°C). Serve with tomatoes and lemon.

Make it easier

Use pre-chopped herbs or a smaller amount of dried herbs to taste. Microwave rice or bread is a simple side.

Allergy check

Fish and wheat; check breadcrumbs for milk, egg or other ingredients.

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Teriyaki Glazed Cod

Recipe 16 | About 25 minutes

Estimated yield: 2 fish portions with vegetables.

Ingredients

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

Method

1. Heat oven to 400°F (200°C). In a small pan, mix soy sauce, honey, vinegar, 2 tsp sesame oil, garlic and ginger. Bring to a simmer.
2. Mix cornstarch with water; whisk into the sauce until thickened. Put half the sauce in a clean serving dish before handling raw fish.
3. Place cod on a lined baking tray and brush with the cooking sauce. Roast about 12-15 minutes, until it reaches 145°F (63°C).
4. Heat the remaining 1 tsp sesame oil in a skillet; stir-fry vegetables about 3-4 minutes.
5. Serve cod over vegetables with the clean reserved sauce and sesame seeds.

Make it easier

Use a pre-cut stir-fry mix and prepared ginger. If using frozen vegetables, follow package cooking instructions.

Allergy check

Fish, soy and sesame; soy sauce may contain wheat.

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Moroccan Spiced Chicken

Recipe 17 | About 40 minutes

Estimated yield: 2 main portions; the size of the chicken breasts affects the amount.

Ingredients

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

Method

1. Heat oven to 425°F (220°C). Toss sweet potato and onion with 1 tbsp oil, salt and pepper; spread on a baking sheet.
2. Mix the remaining oil with cumin, paprika, coriander, turmeric and cinnamon. Coat chicken and place among the vegetables without crowding.
3. Roast about 25-28 minutes, turning vegetables halfway, until chicken reaches 165°F (74°C) and sweet potato is tender. Cook longer if needed.
4. Rest chicken 5 minutes, then add cilantro and serve.

Make it easier

Use pre-cut sweet potato. Mix a double batch of the dry spices and keep the unused portion separate for another day.

Allergy check

Check spice mixtures and packaged ingredients for your allergens.

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Thai Basil Turkey Stir Fry

Recipe 18 | About 20 minutes; optional rice needs separate cooking

Estimated yield: 4 portions. Add rice if you want.

Ingredients

1 lb ground turkey, 93% lean
2 bell peppers, sliced
1 cup Thai basil leaves
3 garlic cloves, minced
1 chili, sliced, optional
2 tbsp fish sauce
1 tbsp soy sauce
1 tsp brown sugar
2 tbsp cooking oil
Cooked brown rice, optional for serving

Method

1. Heat oil in a large skillet over medium-high heat until shimmering, not smoking. Add garlic and optional chili; stir about 30 seconds.
2. Add turkey and break into small pieces. Cook about 4-5 minutes to brown; color alone does not establish safety.
3. Add peppers and stir-fry about 2-3 minutes. Mix fish sauce, soy sauce and sugar; add to the pan.
4. Continue cooking until turkey reaches 165°F (74°C), checking several areas of the mixture.
5. Remove from heat, stir in basil and serve, with cooked rice if wanted.

Make it easier

Use pre-sliced peppers and microwave rice. Ordinary sweet basil is a practical flavor variation if Thai basil is unavailable.

Allergy check

Fish and soy; soy sauce may contain wheat. Check fish-sauce labels.

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Lemon Herb Roasted Chicken

Recipe 19 | Allow about 90-105 minutes including prep and rest; cook to temperature

Estimated yield: about 4 portions with sides, depending on carving and appetite.

Ingredients

1 small whole chicken, about 3 lb
1 lemon, halved
4 garlic cloves, smashed
1 tbsp chopped fresh rosemary
1 tbsp chopped fresh thyme
1 tbsp chopped fresh parsley
3 tbsp olive oil
Salt and pepper to taste

Method

1. Heat oven to 425°F (220°C). Remove any giblet packet. Pat chicken dry with paper towels; do not wash raw chicken.
2. Season the cavity and loosely place lemon and garlic inside. Mix oil with herbs, salt and pepper; rub over the chicken.
3. Roast 20 minutes at 425°F, then reduce oven to 375°F (190°C). Roast about 45-55 minutes more; the time is only an estimate.
4. Check with a thermometer that the thickest breast and the innermost thigh and wing areas all reach 165°F (74°C), avoiding bone. Continue roasting until safe.
5. Rest 10 minutes before carving. Put any saved portions into shallow containers and refrigerate within 2 hours of cooking.

Make it easier

A whole roast is optional. Buy cooked chicken when that better fits your energy; follow its storage instructions and reheat leftovers to 165°F (74°C).

Allergy check

Check any prepared herb blends or bought cooked-chicken seasonings.

Use the thermometer to check doneness; total time depends on the chicken and oven.

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Cashew Cream Mushroom Pasta

Recipe 20 | About 35 minutes, plus 1 hour to soak cashews in the refrigerator

Estimated yield: 2-3 pasta bowls.

Ingredients

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

Method

1. Cook pasta according to its package. Save 1/2 cup pasta water before draining.
2. Blend drained cashews with almond milk, nutritional yeast, lemon juice and salt until smooth.
3. Heat oil in a skillet. Cook onion about 2-3 minutes; add mushrooms and cook about 5-6 minutes, then garlic for 1 minute.
4. Add cashew cream and heat gently. Toss with pasta, adding reserved pasta water a little at a time until the sauce coats it.
5. Top with parsley. Refrigerate saved sauce promptly and use within 3 days; reheat saved portions to 165°F (74°C).

Make it easier

Use pre-sliced mushrooms. On a lower-energy day, a jarred pasta sauce is a separate meal option without soaking or blending.

Allergy check

Tree nuts (cashews and almonds); wheat if using whole-grain wheat pasta. Check lentil-pasta and sauce labels.

Meals for treatment days

About this edition and its sources

Adapted from the 20 recipes created by Viv Vivanco and distributed through TrackMyIVF. The public download was labeled v2.1 when retrieved October 1, 2026. WithViv Resource Edition V2 is a separate editorial edition; the original is preserved.

The 20 recipe concepts and most quantities are retained. Each recipe has an estimated yield based on its ingredient quantities. These are editorial estimates, not measured kitchen-test yields. Add sides or scale the full recipe for your appetite. Timing and safety issues were corrected, and low-energy options and allergy checks added.

Unsourced nutrient amounts, daily-value percentages and fertility or healing implications were removed. No clinical approval, kitchen testing or nutritional analysis is claimed. Times and portions are estimates. Individual care-team instructions take priority.

These sources support food-safety guidance and provenance, not the efficacy or nutritional adequacy of individual recipes.

- [1] FDA reduced-oxygen packaged fish
- [2] FoodSafety.gov four steps to food safety
- [3] USDA using marinades safely
- [4] FoodSafety.gov pregnancy food-safety guidance
- [5] Original TrackMyIVF recipe guide landing page
- [6] Original direct download with source version v2.1
- [7] FoodSafety.gov safe minimum internal temperatures
- [8] USDA leftovers and food safety
- [9] FDA grapefruit and medicines
- [10] FDA food allergies

Official sources checked October 1, 2026. Recipes have been editorially adapted, not clinically validated. The full change log and original-page map are included in the source package.