



MORNINGTON CHINESE  
MEDICINE

X

FERTILE LIFE METHOD

# FERTILITY DIET

A book of dietary guidelines, recipes, tips and  
tricks for a healthy, fertile body.

"FERTILITY IS YOUR NATURAL STATE"

## Well hi... and welcome!

Whether you're one of our incredible patients already or you've stumbled upon us after trawling the depths of the internet one evening, we're so glad you're here.

If this is your very first step towards beginning to try for your first baby or you've been through the infertility wringer, we see you and we're here for you. Navigating the world of trying to conceive (ttc) can be challenging, heartbreaking, beautiful, confusing, powerful, overwhelming and scary. We do hope though, that through this e-book, you'll feel empowered and confident in your dietary choices to assist you in your pursuit towards parenthood.

So let's get started...

Developing a nutritional plan to improve your fertility odds takes a little time, however, this is one of the most important changes you and your partner can make. It is essential that a specific and appropriate nutritional plan is followed to help lay the foundation for optimum parental and embryonic health.

A natural fertility eating plan is not just healthy eating; it is a way of eating that supports your body in its reproductive efforts. It focuses on foods which are needed for hormonal balance, egg and sperm health and foetal development. And it is intended to help your body balance existing fertility issues and provide the building blocks for a healthy pregnancy.

Your MCM x Fertile Life Practitioner can help you with your very own eating plan which takes into consideration any possible infertility diagnosis, but until that time, please see the guidelines throughout this book.

The basis of this book is food how nature intended it. Minimal processing, natural wholefoods.

Please note: most recipes throughout this book are flexible and can be adapted where necessary. These recipes were created loosely so that you are not bound by the restrictions of the recipe itself. Please experiment and show us your creations on social media or send us an email. We'd love to see.

Thank you so much for choosing us. We are so grateful.

Much love,

The Team @ MCM x Fertile Life Method

## Stress

We'd like to preface this e-book with some important information on stress as it is critical for women trying to conceive.

In this day and age, life moves fast. We rarely come up for air and this is not the way the body is intended to thrive.

The long-term activation of cortisol (the stress hormone) steals protein from your muscles and reduces sensitivity to insulin. This weakens the immune system and impacts ovulation and ovarian steroid production. This then inevitably leads to dysfunction of the HPA Axis.

Dysfunction of the HPA Axis can result in reduced libido, fatigue, high blood pressure, anxiety, brain fog, irregular periods, hormonal imbalances, weight gain, nutritional deficiencies and illness.

The HPA (hypothalamic pituitary axis) is our central stress response system.

Reducing stress through mindfulness techniques, walking, exercise or activities that bring you joy are imperative while on your fertility journey.

This also means not stressing about food.

You can be fairly flexible with the guidelines we give you in the following pages provided you opt for unprocessed, whole foods. There is no need to fear quantities if you're listening to your body and acknowledging when it's full. If you're hungry between meals, have a snack. If you're still hungry after dinner, have dessert. Go mindfully.

Stressing over food is counterproductive. All of the incredible changes you're making to the overall health of your body should be celebrated and met with pride and acceptance, not judgement. Do not fear the foods we aim to eliminate in this book. Brunch with friends and the occasional wine with dinner will not cause as much damage as the stress you experience in the lead up and the days after.

Live mostly by these guidelines, but also, live.

## **Red Meat/Saturated Fat**

There is significant data to suggest that red meat may increase inflammation levels in the body, thus, having an adverse effect on both male sperm production and female fertility.

This can be confusing for women trying to conceive as iron is so critically important for conception. This is where balance is key. Red meat once or twice a week, with additional non-heme iron sources (plant based) will be beneficial for both men and women on their fertility journey.

However, often-times, due to menstruation, even women who consume large quantities of meat will still require iron supplementation. In these cases it is best to reduce the consumption of red meat, let the supplements do the work and increase the amount of plant sources of iron.

When choosing red meat, opt for organic grass fed. This has higher levels of nutrients and has fewer chemicals, additives and antibiotics.

Source of plant based iron: dark leafy greens, legumes, quinoa, pumpkin seeds, sesame seeds, hemp seeds and flax seeds

## **Weight and Fertility**

There is a distinct connection between overweight and infertility. Increased accumulation of fat stores is associated with many hormonal/menstrual disorders causing infertility and can also result in increased miscarriage and complications in pregnancy. It is also associated with decreased sperm production and overall quality in men.

Maintaining a healthy weight is important for a well-balanced endocrine system for both you and your partner, however it is particularly important for women. Having balanced hormones is crucial for women trying to conceive due to increased weight contributing to hormonal imbalances that can cause impaired ovulatory function and health conditions such as PCOS and Endometriosis.



## PCO, PCOS and Endometriosis

As PCO, PCOS and Endometriosis are, according to Chinese Medicine, inflammatory conditions it is imperative that those who have been diagnosed, more so than those without these health concerns, are stricter on these guidelines we are suggesting to assist in reducing inflammation. An anti inflammatory diet may provide some much-needed relief to women experiencing the difficulty of living with these conditions. Not only that, an anti inflammatory diet may significantly increase the body's ability to regulate hormone levels, assisting with conception.

PCO (polycystic ovaries) refers to having too many follicles on the ovaries. The emergence of follicles on the ovaries in PCO can have a number of causes opposed to PCOS which is that of a hormonal disorder.

PCOS (polycystic ovarian syndrome) is a metabolic condition whereby complex changes occur within the hypothalamus, pituitary gland and ovaries that cause a hormonal imbalance of which effects whether ovulation occurs or not. It is associated with insulin resistance, obesity and high levels of androgens in the body causing excess body hair, weight gain, acne, irregular or infrequent periods and challenges with fertility.

Endometriosis is a condition that commonly occurs in the pelvis where cells that are similar to those that line the uterus replicate in other areas of the body. It most commonly effects reproductive organs and can cause intense period pain, severe abdominal pain, heavy bleeding, bloating, fatigue and irregular periods. Alternatively, endometriosis may have no distinct symptoms at all.

# Macronutrients

## Protein

Protein is essential for healthy hormones. Protein consists of amino acids that repair and maintain hormones, muscles, organs, the nervous system and the immune system. It's best to include a little in each meal, particularly breakfast as this stabilises blood sugar for the rest of the day.

Some examples of protein: lean meat, fish, lentils, nuts, tofu, high quality protein powder.

The protein powder we like is the "Lean Protein" by the brand "Tropeaka". It's got clean ingredients and is easy to digest even for those with sensitive stomachs.

## Carbs

Don't be afraid of carbs! We can not stress this enough!

Carbs are essential for hormonal health in women, specifically in order to ovulate. When we're talking about carbs we're not talking about bread, biscuits and muffins. We're talking porridge, sweet potato, rice, gluten free pasta (try lentil or green pea pasta), gluten free grains and fruit.

A low-carb diet long term can cause increased cortisol, anxiety, thyroid imbalance, insomnia, amenorrhea (loss of period), constipation and hair loss. You need a combination of fat, carbs and protein in order to convince your brain you're nourished enough to ovulate, thus have a healthy menstrual cycle to then in turn, conceive.

## Fats

This is mostly covered in the below section "essential fatty acids". Some examples of healthy fats we love include: avocado, ghee, dark chocolate, eggs, fish, monounsaturated oils, coconut (oil/yoghurt).

Ghee is incredibly nourishing for the digestive system including assisting with the repair of the gut lining. It contains Vit E, Vit A, Vit K, Omega 3's and CLA. It's also super easy to make yourself. Just find yourself some unsalted organic butter and cook the milk solids out. There's plenty of tutorials on Google.

## Essential Fatty Acids (EFA's)

Polyunsaturated fats alpha-linolenic acid (an omega-3) and linoleic acid (an omega-6) are essential to the human diet as they can not be made by the body itself. These fatty acids are imperative for immune function, vision and assist in forming cell membranes and the production of hormones.

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), both of which are made from alpha-linolenic acid, are incredibly valuable for fertility specifically, in both men and women. It is especially beneficial in improving sperm morphology.

Omega 3's have a significant anti-inflammatory effect on the body. This is critically important for couples trying to conceive as a body that has high levels of inflammation will often struggle to do so. If you imagine that your body is constantly fighting against inflammation, the last thing it is capable of is growing a brand new human.

Omega 3's should always be prioritised over omega 6's and trans fats or hydrogenated oils. Avoid oils such as canola oil, safflower oil, vegetable oil and margarine. Opt for coconut oil, olive oil, avocado oil or full fat butter or even better, ghee.

Some of the best sources of essential fatty acids are fatty fish, walnuts, hemp seeds and flaxseeds. Be mindful when choosing fish, however, that large fish such as tuna steaks contain high levels of mercury.

## Folate

Folate is a nutrient that is especially important for women trying to conceive due to low levels being proven to lead to neural tube defects and sporadic anovulation. Supplementing with folate can also reduce the risk of spontaneous abortion.

There is often confusion between folate and folic acid as most over-the-counter supplements contain folic acid. Folic acid is the synthetic form of folate that is mostly prevalent in fortified foods and supplements, as it does not occur naturally like folate does.

Folate, particularly 5-MTHF, has been proven to build folate stores much more rapidly than its synthetic counterpart, folic acid.

Food sources of folate include dark, leafy green vegetables, beans, peas, broccoli and lentils.

## Dairy

By now you're probably starting to pick up what we're putting down about inflammation and fertility. Dairy is another food group that can cause considerable inflammation in the body. It contains synthetic hormones and antibiotics.

When talking about dairy we're really targeting a protein called A1 Casein. This is the protein that causes the most discomfort and is why some people that can't have dairy can in fact have alternatives such as sheep or goats cheese.

This A1 protein can lead to histamine intolerance. Histamine is involved in the body's inflammatory response and is what causes swelling and allergic reactions. It can also lead to estrogen dominance and reduce the body's ability to clear it. Histamine also regulates stomach acid, stimulates the brain, boosts libido and assists with ovulation and female reproduction.

From skin conditions, hormonal disruptions and digestive upset the side effects of dairy differ for every individual. And no, not everyone will experience side effects from consuming dairy. However, as a whole, keeping dairy to a minimum when trying to conceive is our recommendation.

Calcium can be obtained from other sources such as sesame seeds, black beans, chickpeas, almonds, canned salmon, dark leafy greens and plant-based milks.

A recent Harvard Study has suggested humans have no nutritional requirement for animal milk.



## Gluten

Gluten, like dairy, can be inflammatory. Particularly for women with sensitive digestive systems. The key message we are trying to communicate is that natural, unprocessed wholefoods are the key to a healthy, fertile body. Gluten and wheat is found in bread and cereal products as well as most processed foods.

Wheat and gluten will effect some more than others. It's all about genetics and the quality of your gut microbiome or if you have intestinal permeability (leaky gut). Not everyone will suffer from the side effects of gluten, however, a relatively large percentage of people do and don't know it.

Gluten may in fact promote the opening of the tight junctures of the gut lining. This is what may lead to leaky gut, making you more susceptible to autoimmune conditions amongst many other stressful side effects.

Some side effects of gluten sensitivity are: joint pain, period pain, fatigue, depression, brain fog, migraines and skin conditions. A lot of these symptoms do not present themselves right away, they present themselves over time.

Undiagnosed coeliac disease is renowned for unknown infertility, so it is no surprise that women who cut gluten from their diet notice their hormonal and reproductive health improve.

## Sugar

Sugar is a metabolic disruptor which means it generates metabolic inflammation. This activates inflammatory cytokines, which are released by the immune system to fight infection and impact communications between cells... particularly hormones. Because sugar attaches itself to the body's cells, the immune system sends the cytokines to defend against it... this is an inflammatory response.

Sugar can also lead to insulin resistance. Insulin's job is to tell the liver to take sugar away from the blood and convert it to energy, however, too much insulin causes inflammation and weight gain and in some cases diabetes. Excess insulin can also impair ovulation and stimulate the ovaries to produce testosterone and this increases the chances of developing PCOS.

Another concern with sugar is that it inhibits the brain's ability to know when you're full. The hormone in the brain that lets you know you should stop eating, leptin, is switched off with the consumption of sugar. Therefore, when sugar is a staple in your diet you'll find it hard to eat savoury without sweet and this is why you find it hard to stop once you've started.

Sugar is addictive and research compares it to the likes of recreational drugs in the way it gives instant gratification. This is why you experience withdrawals when cutting it out of your diet and why you crave it when you're feeling down.

Sweetness in the diet is still important otherwise you will feel restricted. A diet that is absent of sweetness will result in bingeing and unwavering cravings. Try alternatives such as honey, dates, rice malt syrup, coconut sugar and even maple syrup. These are all much better alternatives to processed white sugar. But still... in moderation.

When eating foods high in sugars, even natural sugars, pairing them with fat, fibre and protein slow the entry of glucose into the body. This controls our levels of insulin.

## Gut Healing/Repair

The gut is the third brain, after the physical brain and the heart.

Extensive research is currently being undertaken that points towards poor gut health being a precursor to a vast range of preventative diseases and health conditions.

Eighty percent of your immune system surrounds your digestive system, unreal isn't it? This makes perfect sense when looking at food sensitivities. A food sensitivity occurs when a particular food upsets your gut bacteria or inflames your gut lining. This thereby causes your immune system to spark an inflammatory response.

A diet lacking in nutritious wholefoods and heavily consisting of processed and packaged food items can lead to conditions such as IBS, Leaky Gut, SIBO and food intolerances/sensitivities. As previously discussed, it is also indicative that inflammation in the body can lead to significant reproductive issues.

Using probiotics and gut healing foods to nourish the gut lining can assist in the prevention of and the relief of symptoms of the aforementioned health conditions.

### Tips for Gut Healing:

Bone Broth (we use and stock Gevity RX) – bone broth is amazing for the gut lining as it is anti-inflammatory and high in gelatin which assists in the creation and healing of mucous in the gut. This can also assist in the movement of food through the digestive system more readily.

Avoid cold foods - such as raw salads and smoothies with frozen fruits. Cold foods dampen digestive fire that keeps digestion strong. If you already struggle with weak digestion or a sensitive stomach, consuming cold foods may exacerbate your discomfort.

Healthy Fats – avocado, fish, eggs, sprouted nuts, seeds and cold pressed oils such as olive, coconut, flaxseed and hemp seed oil. These foods are nourishing.

Probiotics – a high strength, practitioner prescribed probiotic can be hugely beneficial not only for gut health but also overall wellness. Probiotics can assist in reducing inflammation and boosting beneficial bacteria to enhance digestion.

## Caffeine/Alcohol

Caffeine can wreak havoc on the delicate balance of hormones in both men and women. One of the most common side effects of excessive caffeine consumption is adrenal fatigue. Adrenal fatigue sufferers often also have an imbalance of hormones such as cortisol and other sex hormones which, in women, is essential to be balanced for a healthy menstrual cycle.

Long term consumption of alcohol shrinks the brain, thus the HPA axis and stress response is impaired. It also impacts the body's ability to clear excess estrogen.

Alcohol consumption in women can cause insulin resistance, damage gut bacteria, impair detoxification pathways, prevent the absorption of nutrients and deplete anti-inflammatory molecules.

In men, alcohol can affect the cells that produce and secrete testosterone and reduce the testosterone levels in the blood as well as interfering with hormone production in the hypothalamus.

Recent studies suggest if you are TTC, men should stop alcohol for at least 6 months pre-conception and women roughly one year pre-conception for optimal conditions.

## Foods for Sperm Quality

There are a number of vital nutrients which benefit sperm quality and increase sperm production. These include but are not limited to zinc, folic acid, vitamin B12, vitamin C, L-carnitine, co-enzyme Q10 and selenium.

Some examples of foods that encourage healthy sperm:

Goji Berries – high in antioxidants

Brazil nuts – highest food source of selenium and increases testosterone

Walnuts – polyunsaturated fatty acids

Raw cacao nibs – magnesium, iron and potassium

Pumpkin seeds – zinc

## Auto-Immune Conditions

For those that have been diagnosed with an autoimmune condition the guidelines are a little stricter due to the existing inflammation. If you've been recommended to follow the AIP (autoimmune protocol) diet you will need a separate resource all together. Some of these recipes can be altered to fit the guidelines but please reach out if you'd like more information about AIP specifically.







Throughout the coming pages you will find recipes that have been made in our own kitchen. Rough, home-cooked, free handed meals that don't require a million ingredients or ingredients you'll only use once and never again. The items in this book are mostly staple pantry items (and if they're not, they are now)!

We'd like to encourage everyone reading this, if you haven't already, to begin to make small changes to your lifestyle to reduce your purchasing of single-use plastics. Making small changes individually is an incredible step in the right direction for collectively working towards a more sustainable future.

Help keep our planet beautiful.

Some tips:

- Take reusable jars to a local bulk food store
- Purchase silicone baking mats to replace baking paper
- Take reusable bags and reusable produce bags to do your shopping
- Avoid fruit and vegetables wrapped in plastic
- Shop local. e.g farmers markets or local produce stores
- Leave a reusable coffee cup in your car
- Invest in metal straws for smoothies and cold drinks
- Always refill your own drink bottle
- Purchase reusable ziplock bags for lunches
- Invest in silicone covers for leftovers instead of using clingwrap or simply put them in a container in the fridge
- Make your own cleaning supplies with vinegar, essential oils, lemon and bicarb soda
- Get yourself a compost bin to avoid food waste
- Opt for compostable scourers/sponges (these can often be found at health food stores)
- Use bar soap instead of soap in plastic bottles, or refill your plastic bottles at bulk stores
- Choose brands/stores that support environmental sustainability.



**HEARTY  
CHICKEN  
DISH**

## Recipes

### Hearty Chicken Dish

This dish is for cool winter nights, cosy Saturday's at home and if you pop some gluten free pastry on the top... dinner parties with friends.

It's wholesome, hearty and feels like love served up in a bowl after a big day at work. This is one of those dishes you fight over to take for lunch the next day... you know the ones.

Serves 4

#### Ingredients

6-8 chicken thighs  
Half head of celery  
1 leek (white part)  
Roughly 2 cups of shredded/chopped kale  
1 can of brown lentils  
2 tablespoons of Bone Broth Concentrate (AM Cleanse or Lemon Herb)  
Filtered Water  
3 tbs Coconut Aminos/tamari  
1/4 tsp Hing  
1/2 tsp Himalayan Salt  
1 Spring Onion  
1 tbs Garlic Infused Oil

#### Method

- 1 - Heat your pan to medium heat and add garlic infused oil and chicken thighs (you'll need a relatively large/deep pan)
- 2 - While chicken is browning finely chop the celery, kale and leek.
- 3 - Once chicken is slightly browned on the bottom, add the celery, kale and leek to the pan.
- 4 - Now also add the bone broth concentrate, hing and salt.
- 5 - Cover the chicken with filtered water.
- 6 - Now add coconut aminos and can of drained and rinsed lentils.
- 7 - Leave to simmer on medium heat for about 45 minutes or until chicken pulls apart easily.
- 8 - Pull the chicken thighs with two forks and mix through all of the vegetables.
- 9 - Chop the spring onion and mix through.
- 10 - Serve.





# **NO-MEAT NACHOS**

## Recipes

### No-Meat Nachos

This is the easiest recipe in the world and has actually been given to friend after friend after friend. This nacho dish now circulates the globe. From the United Kingdom to New Zealand to Australia. It's a pretty good one if we're honest.

There's an age old debate about whether the chips go on top or the bottom but due to science and the soggiess of corn chips they must go on the top for this recipe (sorry if this offends you). Alternatively, if you'd like to cook the chips separately to the filling, follow your heart. This dish is delicious in every arrangement.

Serves 2

#### Ingredients

2 tbs garlic infused olive oil  
1 can of organic tinned brown lentils  
1 can of organic diced tomatoes (or can replace with about 6 tomatoes)  
1 grated zucchini  
1 grated carrot  
1 tsp of smoked paprika  
1/2 tsp of ground cumin  
1/2 tsp of mixed herbs  
1/2 tsp Himalayan salt  
1/4 tsp ground ginger  
1 bag of organic corn chips  
A sprinkling of cheese (optional)  
1 whole avocado, mashed  
1 sprig of spring onion, chopped

#### Method

- 1 - preheat oven to 180
- 2 - put the oil and the diced tomatoes into a hot pan. If you're using fresh tomatoes you'll need to wait for these to cook down before moving onto the next step.
- 3 - add the grated zucchini and carrot to the pan
- 4 - rinse the lentils and add to pan with all herbs/spices and salt
- 5 - cook through until all combined and add to a baking dish
- 6 - cover the filling with corn chips, sprinkle cheese (if using) and put in oven for about 10 minutes or until chips are golden
- 7 - while in the oven mash avocado and mix through chopped spring onion
- 8 - once removed from oven put avocado over the top and serve





**BLACK RICE  
& ROAST  
VEG SALAD**

## Recipes

### Black Rice and Roast Vegetable Salad

This is the salad for the people that don't really like salads. The big hearty salad that you can rely on to get compliments from your "STRICTLY NON-VEGETARIAN" friends. It's filling and hearty as a side or on its own. It's the perfect summer dish and you can also mix up the dressing you use depending on the time of year. Experiment!!

Serves 4

#### Ingredients

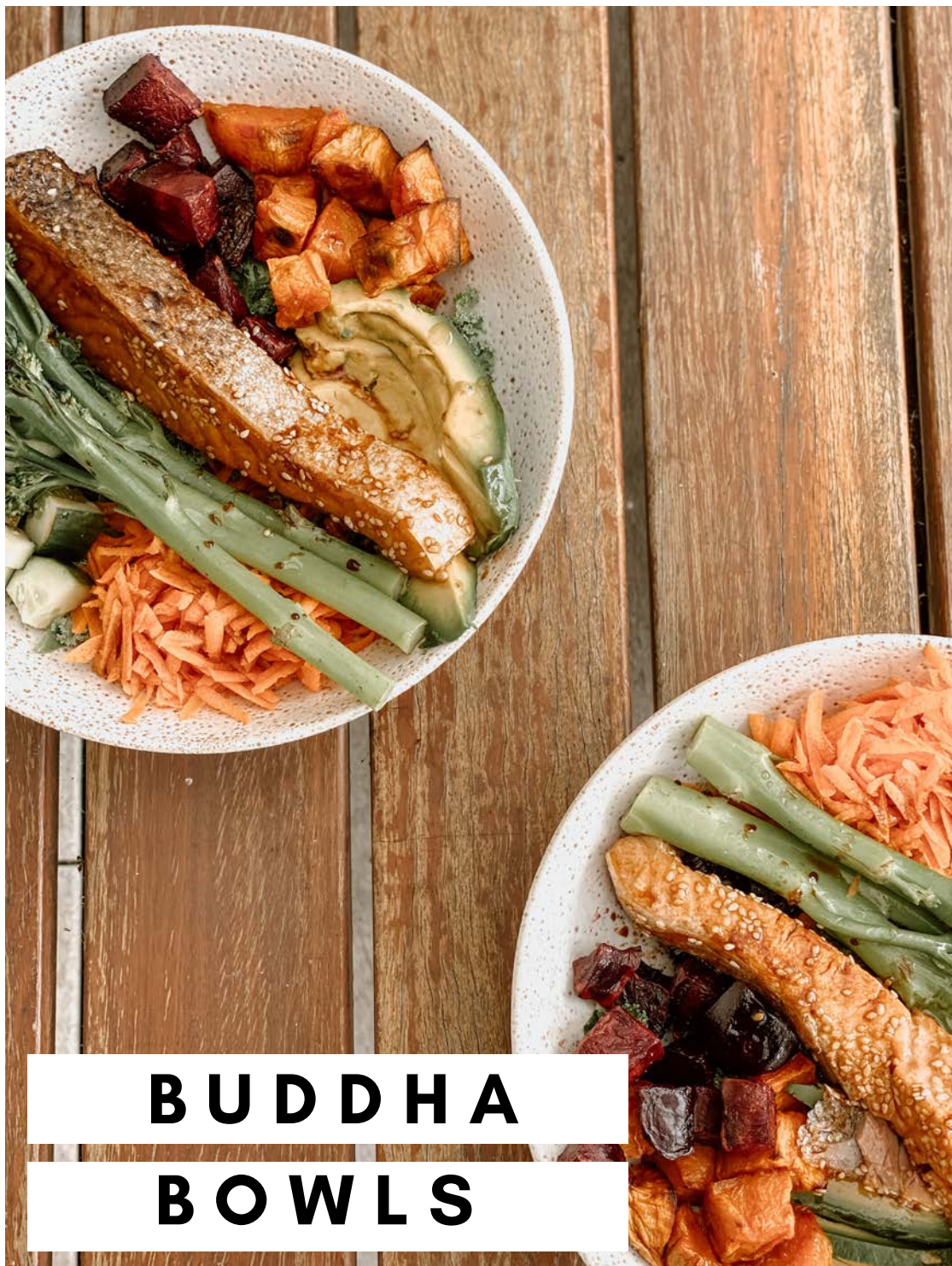
1 cup of black rice  
2 large handfuls of washed rocket  
2 sweet corn  
3 carrots  
4 large beetroot  
2 red capsicum  
2 large zucchini  
1 tbs hemp seeds  
3 tbs olive oil

4 tbs garlic infused olive oil  
2 tbs balsamic vinegar  
The juice of 1 lemon  
Salt and pepper

#### Method

- 1 - Preheat oven to 180.
- 2 - Put black rice on to cook as per instructions on packet.
- 3 - While the black rice cooks cut corn into wheels (roughly 5 per corn)
- 4 - Cut peppers, beetroot and zucchini into chunks for roasting.
- 5 - Put corn, peppers, beetroot, zucchini and carrot into a roasting dish with 2 tbs olive oil and a sprinkling of salt and pepper to taste.
- 6 - Roast veg for about 30-40 mins until soft.
- 7 - Allow rice to cool until warm.
- 8 - Mix roast veg, rice, rocket and dressing together.
- 9 - Sprinkle hemp seeds over the top and serve.





# **B U D D H A B O W L S**

## Recipes

### Buddha Bowls

These bowls are god sends. If you're relatively time poor can chop all of the ingredients at the beginning of the week and assemble them for either lunch or dinner. You can also change out some ingredients for others depending on what's available to you. This combination is a beautiful one though, so be sure to give it a go first and experiment from there.

Serves two bowls

#### Ingredients

2 fillets of salmon, skin on	6 stalks of broccolini
2 cups of washed rocket	1 grated carrot
2 cups of washed baby spinach	1 cucumber
2 large beetroots, peeled	1/2 an avocado
1 large sweet potato, peeled	2 tbs coconut aminos
	2 tsp black sesame seeds

#### Dressing

3 tbs sesame oil  
3 tbs tamari

#### Method

- 1 – Chop the beetroot and sweet potato into chunks and roast in a baking dish with a tbs of olive oil. (if you'd prefer that the beetroot doesn't discolour the sweet potato use separate dishes)
- 2 – Once the beetroot and sweet potato is almost done, steam the broccolini in a steamer.
- 3 – Grate the carrot, slice the cucumber and the avocado and wash the spinach and rocket if not already done.
- 4 – Cook the salmon in a hot pan, skin side down with a splash of sesame oil to crisp the skin.
- 5 – Cook for about 3-5 minutes on skin side until crispy, then flip and add coconut aminos to the pan and sprinkle sesame seeds on top of the salmon.
- 6 – Let the salmon cook for 3-5 minutes more in the coconut aminos.
- 7 – Prepare and drizzle dressing over the top ensuring plenty goes on the salad underneath.

You've probably noticed coconut aminos make a regular appearance throughout this resource. Coconut aminos are made from coconut sap, hot pepper, sea salt, garlic and onion. The garlic and onion is so minor that even those on the low FODMAP diet are usually unaffected. If you are highly sensitive to FODMAP's, however, replace it with tamari.





**LOW  
FODMAP  
PESTO**

## Recipes

### Low FODMAP Pesto

We use this on everything. Pizza bases, sandwiches, eggs, salads, pasta... you name it, it's been Pesto'd.

Pesto is an absolute nuclear explosion on the gut for those that are sensitive to FODMAP's, which is devastating because, well, pesto is delicious.

This recipe is good for all tummy's alike and is just as yummy, if we do say so ourselves.

#### Ingredients

1 large bunch of fresh basil  
3/4 cup of toasted pine nuts  
1/2 cup of garlic infused olive oil  
4 tbs nutritional yeast flakes  
1/4 tsp Himalayan salt

#### Method

Literally add everything to your food processor and bam, pesto.

A sneaky tip to make your pesto go further? Add a splash of water. It makes the consistency a little smoother but it's well worth it for the extra meal you get out of it.





**SAN  
CHOY  
BAU**

## Recipes

### San Choy Bau

Ahh, San Choy Bau. One of the easiest dishes in the world, probably ever. Minimal washing up... just how we like it.

These little lettuce parcels are pure joy. An easy after work number or even a great weekend lunch option.

Serves 2

#### Ingredients

1 tbs sesame oil  
1 packet of chicken mince  
1 large zucchini, grated  
1/2 packet of vermicelli rice noodles  
1 tbs white sesame seeds  
1 tbs black sesame seeds  
1/2 cup coconut aminos  
1/2 tsp Himalayan salt  
1 tsp ground ginger  
1 cos lettuce  
1 spring onion bunch

#### Method

- 1 - Boil the kettle and in a medium sized bowl cover the noodles with boiling water to cook. Leave sitting aside until ready.
- 2 - Grate the zucchini
- 3 - Heat the pan on high and then add the sesame oil, the zucchini and the chicken mince.
- 4 - Add the black and white sesame seeds.
- 5 - Add the coconut aminos and salt and cook the mince through.
- 6 - Strain the noodles and add straight to pan. Combine.
- 7 - Pull and wash lettuce leaves and place on a plate.
- 8 - Move mince to a bowl and serve with lettuce leaves.
- 9 - Sprinkle chopped spring onions over the top of the filling and mix through.





# GINGER SNAPS



## Recipes

### Ginger Snaps

Not to alarm you, but these taste like Christmas in a cookie. They're paleo, they're low fodmap and they're the kind of cookies you can take to family functions and nobody will be like "oh, she brought \*healthy\* cookies."

#### Ingredients

1/4 cup almond butter  
1/4 cup coconut sugar  
1/4 cup coconut oil  
1/4 cup maple syrup  
1/4 cup rice malt syrup  
1 egg  
1 tsp vanilla  
1 cup almond flour  
1/3 cup coconut flour  
1/2 tsp baking powder  
1/4 tsp Himalayan salt  
1 tsp cinnamon  
1 tsp ground ginger  
1/2 tsp allspice

#### Method

- 1 - Preheat oven to 180 degrees.
- 2 - In a medium sized bowl combine the almond butter, coconut sugar, coconut oil, maple syrup, rice malt syrup, egg and vanilla.
- 3 - Add almond flour, coconut flour, baking powder, salt and spices.
- 4 - Combine
- 5 - Place the batter in the fridge to firm for roughly 20-30 minutes.
- 6 - Combine 1/4 cup of coconut sugar with 1 tbs of cinnamon in small bowl
- 7 - Roll cookie mixture into balls and then roll in cinnamon sugar mixture
- 8 - Place cookie balls on a baking tray, lined with baking paper or a silicone mat
- 9 - Flatten with a fork or fingers
- 10 - Sprinkle coconut sugar over the top and then bake for roughly 10 minutes
- 11 - Let cool completely before eating



**DIY  
ALMOND  
MYLK**

## Recipes

### DIY Almond Mylk

Store bought almond milk is fine for baking and cereal and porridge where the milk isn't the star of the show. But if you're making a coffee or a chai at home... homemade almond mylk is where it's at! It's super creamy and a lot thicker than the store bough variety which is why it makes a cafe-quality coffee in the comfort of your own home.

You will need to drink it within a few days though, so don't make too much. This recipe is enough for about 4-5 hot drinks.

#### Ingredients

- 2 cups whole almonds
- 5 cups filtered water
- 1 tsp honey/rice malt syrup

#### Method

- 1 - put almonds in a bowl and cover with boiling water
- 2 - let sit for 20-30 minutes until almonds have softened slightly
- 3 - drain and put almonds in blender with fresh filtered water
- 4 - add honey/rice malt syrup
- 5 - blend for roughly 1 minute
- 6 - strain into a bowl through a nut mylk bag or a muslin cloth.
- 7 - transfer to a glass jug/bottle for storage in the fridge
- 8 - save the almond pulp and make protein balls (next page)





**VANILLA &  
CRANBERRY  
PROTEIN  
BALLS**

## Recipes

### Vanilla and Cranberry Protein Balls

This recipe was created after making the aforementioned almond mylk. Being left with the pulp and not wanting to waste it... these babies were born.

Cranberries can be hard to find unsweetened. Some health food shops have them but if you can try and find the ones sweetened in fruit juice rather than sugar. Just do your best. Or alternatively you could also use dried blueberries.

#### Ingredients

1 cup almond pulp  
1/2 cup of almond butter  
1/4 cup vanilla Protein  
2 tbs hazelnut butter  
1/2 cup dried cranberries  
1/4 cup rice malt syrup  
Desiccated coconut for rolling

#### Method

- 1 - combine all ingredients except coconut in a bowl
- 2 - refrigerate for 15 minutes
- 3 - roll into balls and roll in desiccated coconut
- 4 - store in fridge





**BLUEBERRY**

**BANANA**

**BREAD**



## Recipes

### Blueberry Banana Bread

Banana bread, everyone loves it... and if you don't we dare you to try this one. Served warm with some Pana ice cream after dinner, this really is the winter dessert you'll be looking forward to all day.

#### Ingredients

2 cups almond flour  
1/2 cup tapioca flour  
2/3 cup coconut flour  
1 tsp baking powder  
2/3 cup ghee  
2 bananas, mashed  
1/4 cup rice malt syrup  
1/4 cup honey (or maple syrup for low fodmap)  
1 tsp vanilla  
1 tsp ground cinnamon  
3/4 cup coconut mylk  
2 tsp apple cider vinegar  
1/2 punnet fresh blueberries

#### Method

- 1 – Preheat oven to 180 degrees
- 2 – add almond flour, tapioca flour, coconut flour and baking powder to a bowl
- 3 – in a small saucepan melt the ghee, honey, rice malt syrup and vanilla until combined, then set aside
- 4 – add coconut mylk, eggs and the ghee/honey mixture to the flours
- 5 – combine. Now add apple cider vinegar.
- 6 – pour batter into a lined loaf tin and sprinkle berries on top
- 7 – place in oven and cook for 45 minutes
- 8 – once cooked remove from tin and allow to cool completely before cutting

You can make this with and without blueberries. If not, sprinkle the top with coconut sugar. If using frozen berries try not to use too many due to the moisture content causing the bread to stay quite wet.

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