

During IVF Diet Plan



Tenure: Seven Days

Type: Vegetarian



EAT RIGHT TO BOOST YOUR CHANCES OF SUCCESSFUL IVF

An IVF meal plan has a crucial role in preparing the body to have a conducive environment for the beginning of a new life. By providing the essential nutrients, you ensure a highly functional reproductive system.

The diet plan allows you to strike the right hormonal balance, with the help of important nutrients and have a body that is synchronized with the various stages of IVF.

NOTE

This diet plan is not for times when you are doing heavy exercise, are pregnant, breast-feeding, or suffering from illness. Please look into our other offerings for such situations. Our recommendation is based on customer interaction and understanding by the expert. The results of the diet plan might vary based on body type and deviations from the plan. We are not liable for any side effects or allergies caused by the recommended foods mentioned in the diet plan.

FOLLOW THE DIET CHART AND INCREASE YOUR SUCCESS CHANCES

WEEKLY DIET CHART

	Day 1	Day 2	Day 3
½ Hour after Waking Up	Green tea/ Lukewarm water with 5-6 soaked Almonds	Coconut water along with 5-6 soaked almonds/ dried figs	A handful of Almonds (soaked overnight)
Breakfast	1 Cup tea/ milk + Toast with jam /butter /marmalade	Whole-wheat bread with cottage cheese with a sprinkle of black pepper+ a cup of milk/ tea	A bowl of cornflakes sprinkled with honey + Toast with low fat butter
Mid - Morning	A glass of fruit shake (blueberry/strawberry)/ avocado/apple	Assorted Fruit salad topped with nuts and berries	Fruits / Vegetable salad
Lunch	Vegetable soup+ sautéed carrots, bell peppers, broccoli + brown rice + a salad (of your choice)	Baked beans cooked in gravy + 1 bowl of brown rice / 2 multigrain rotis	Dal + brown rice + 1 bowl of curd / Raita
Evening Snacks	1 cup Buttermilk	Lentil/ Sweet corn & spinach soup with soup sticks	1 glass of milkshake with a fruit
Dinner	Dal/ vegetable curry with 2 roti + mixed vegetable salad (broccoli, spinach and zucchini + with 1 bowl of raita	Roasted vegetables (sweet potatoes, cauliflower, pumpkin, spinach) + 2 multigrain rotis	2 Rotis + sautéed vegetable + salad (of your choice)
Bed Time	1 cup warm milk	1 cup warm milk	1 cup warm milk

FOLLOW THE DIET CHART AND INCREASE YOUR SUCCESS CHANCES

WEEKLY DIET CHART

	Day 4	Day 5
½ Hour after Waking Up	1 glass of tender coconut water	1 Apple
Breakfast	Oats porridge with nuts and honey + 1 bowl of moong dal/ black chickpea sprouts (steamed) with cucumber and coriander	A bowl of corn flakes with nuts and little honey + cooked oats with a banana and walnuts & almonds + a glass of soy milk
Mid - Morning	1 bowl of Spinach & beet root soup + soup sticks	Sweet corn sautéed in butter and coriander/chives
Lunch	khichdi cooked in vegetables/ vegetable curry + mixed salad (cucumber, onion, apple, pomegranate, tomatoes, & lettuce) + 1 roti	Stir fried Zucchini with chickpea and brown rice + 1 bowl of curd
Evening Snacks	Apple/Kiwi slices with sprinkled honey	1 cup of fruit milk shake
Dinner	Put vegetables and lentils with brown rice in a slow cooker (steam cook). Garnish with pepper and coriander + salad (of your choice)	Curried vegetable + 2 ragi rotis + salad
Bed Time	1 cup warm milk	1 cup low warm milk

FOLLOW THE DIET CHART AND INCREASE YOUR SUCCESS CHANCES

WEEKLY DIET CHART

	Day 6	Day 7
½ Hour after Waking Up	Handful of all the variants of nuts (walnuts+ fox nuts+ almonds+ peanuts etc.)	A glass of detox water
Breakfast	Mushrooms sautéed in low fat butter or olive oil, idli with sambhar/ Toast with jam+ fruit juice	Dosa and sambar/ porridge topped with almonds and walnuts+ 1 cup of milk
Mid - Morning	1 bowl of mixed sprouts (moong dal and black chickpea) and 4 dried figs	Nuts (of your choice) mixed with berries (strawberries, blueberries, raspberries, and cherries)
Lunch	Roasted broccoli/ zucchini stir fry in olive oil/ dal/ vegetable curry + multigrain roti + buttermilk	Cheese with vegetables (curry) + salad made with avocados, tomato, onion, bell pepper, cilantro & lemon juice with roti/ brown rice
Evening Snacks	1 cup of soy milk	Soy milk + biscuits
Dinner	Lentil soup/ roasted broccoli, cauliflower, cabbage, carrots, beans+ 2 rotis + vegetable salad (cucumber, onions, tomatoes)	Steamed vegetable with roasted cauliflower, carrots, and broccoli/ porridge khichdi topped with vegetables and coriander
Bed Time	1 cup warm milk	1 cup warm milk

TIME TO MODIFY YOUR LIFESTYLE FOR MORE EFFECTIVE RESULTS

WEEKLY
DIET
CHART

SLEEP RIGHT

Make sure you sleep 7-8 hours a day as it helps to keep your body function the right way.

DO IT RIGHT

Make sure you consume lesser amount of coffee/tea as it contains toxins rather it's better to drink green tea at least ONCE a day.

EAT RIGHT

Avoid junk foods and over-eating, say no to fried foods, use olive oil, mustard oil or rice bran oils only. Consume more of fruits and vegetables as it helps to fight against cardiovascular diseases as well as increases immunity level.

DRINK RIGHT

Do not consume alcoholic beverages. If you want, make sure it's once a week with quantity of 60ml only with fresh juices and not with Artificial flavored drinks. Consumed at least 3-4 liters of water per day.

KEEP IT RIGHT

To keep your body fit and relaxed, do some physical activity for at least half an hour daily and DO de-stressing activities like yoga and meditation as much as you can. It helps to keep your metabolic rate normal as well as your appetite.

CONSUME IT RIGHT

Avoid Table salt, ghee, oil, artificial sweeteners or low fat butters such as Margarine, bakery products. Please avoid unnecessary snacking.



DO'S

DON'TS



DO'S

- Drink 10-12 glasses of water daily.
- Take medicines and supplements on time.
- Try to eat as much fruits and vegetables as possible. Must add pomegranate to your diet.
- Try your best not to skip any meal.
- Healthy beverage options are lime juice, buttermilk, clear soups, green tea, vegetable juices, tender coconut water
- Try to eat slowly, savoring each bite as you go along.
- Use 2-3tsp of oil in a day for cooking.
- Use 2 tsp of sugar in a day.
- Maintain the meal timings & portion control.

DON'TS

- Try to avoid sugary and fried foods like pastries, sweets, burgers, pizzas, vada, samosa, puffs etc.
- STOP when you feel that you can eat a little more and there is some space left in your stomach.
- Try not to sleep immediately after a meal
- Try and avoid processed foods as far as possible. Eg. Papads, pickle, canned foods, ketchups and jams, jellies, preserves, canned soups and juices, ready to eat foods.

FOODS TO EAT & FOODS TO AVOID



Foods to Eat	Foods to Avoids
Cereals & grains: Whole grains like ragi, brown rice, red rice, oats, whole wheat, and whole wheat bread.	Refined products like Maida, corn flour, white bread, white noodles
Pluses: Whole dals, legumes	Fried foods
Vegetables: Include more green vegetables, fresh greens, and all salad types.	Artificial sweeteners, processed foods
Fruits: lemon, orange, apple, watermelon, sweet lime, guava, papaya, grape fruits, pear, jamun berries, kiwi, and muskmelon.	Canned juices and frozen fruits, avoid fruits such as pineapple and papaya
Milk & milk products: Skimmed milk, low fat curd , buttermilk, paneer	Processed cheese
Sugar: Artificial sweeteners in limited	Bakery products, sweets, jam jelly, chocolates, etc
Fats & Oils: Oil in moderation -3tspoon in a day. Nuts like flax seeds, sunflower seeds, almonds	Deep-fried, pickles, chips

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Thank you!