

7 Day IVF Snack Guide

A SNACKING GUIDE TO HELP YOUR BODY PREPARE
FOR EGG RETRIEVAL, EMBRYO TRANSFER, AND SUPPORT YOU IN
YOUR IVF JOURNEY



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Work With Dahlia Nutrition

Dahlia Nutrition provides evidence-based fertility and pregnancy nutrition support for individuals and couples across Ontario. Through virtual care, Dahlia helps clients feel confident and prepared at every stage — from trying to conceive, to navigating fertility treatments, to supporting a healthy pregnancy.

Specialized Support Includes:

- ✓ Nutrition guidance while trying to conceive (TTC)
- ✓ Preparing for IUI, IVF, and other fertility treatments
- ✓ Hormone balance and reproductive health support
- ✓ Pregnancy nutrition support
- ✓ Nutrition strategies for PCOS, endometriosis, thyroid conditions, and other fertility-related concerns
- ✓ Support for egg donors, sperm donors, and gestational surrogates

Why Nutrition Matters?

Lifestyle factors, including nourishing, balanced eating — play an important role in overall health and well-being. During In Vitro Fertilization (IVF), nutrition can help support the body as it prepares for egg retrieval, embryo transfer, and the demands of treatment.

The three months leading up to conception are especially meaningful, as this is the window in which eggs and sperm develop. The nutrients consumed during this time can influence overall reproductive health and may contribute to factors involved in fertilization and early pregnancy.

Overall, a nutrient rich diet may support IVF by:

- ✓ Supporting healthy blood flow to the uterus and contributing to a thick, receptive uterine lining
- ✓ Reducing inflammation and supporting hormone balance
- ✓ Supporting egg and sperm quality for optimal embryo development
- ✓ Providing key nutrients involved in egg and sperm health
- ✓ Helping maintain stable blood sugar levels
- ✓ Supporting a healthy inflammatory response

In this 7-day snack guide you will:

- Learn IVF-friendly snack ideas and simple recipes for every day of the week.
- Understand the key nutrients that help support your body as you prepare for IVF treatment.
- Build confidence in making nourishing, enjoyable snacks that fit naturally into your IVF journey.

Key Nutrients for Fertility



Folate

Supports healthy cell development before conception and in early pregnancy.



Omega-3 Fatty Acids

Help reduce inflammation and support egg quality and embryo development.



Vitamin D



Supports hormone balance and reproductive health and is commonly low in those trying to conceive.



Iodine

Supports thyroid function, which is essential for ovulation, implantation, and early pregnancy.



Iron

Supports energy levels and oxygen delivery during the fertility journey.

How to Build the Perfect IVF Snack

Protein

+

Grains

+

Fruit or
Vegetable

PROTEIN

- fish (tuna, salmon)
- lean meats (turkey, chicken)
- eggs
- Greek yogurt
- cheese
- milk or soy beverage
- nuts, seed
- nut or seed butters
- legumes (beans, chickpeas, lentils)
- edamame beans
- tofu

GRAINS

- cereal
- granola
- oats
- rice
- bulgur
- popcorn
- quinoa
- pretzels
- whole wheat pasta
- multigrain bagel
- whole-grain crackers
- whole-grain pita
- whole-grain naan
- whole-grain chapati

FRUIT OR VEGETABLE

- apples
- pears
- oranges
- berries
- kiwi
- banana
- leafy greens
- broccoli
- cauliflower
- cucumber
- carrots
- peppers
- snap peas
- celery

Create Your Own Healthy IVF Snack

Pair a protein with a grain and a fruit/vegetable using foods from the chart above, or choose your own!


MORNING SNACK :

AFTERNOON SNACK:



Creamy Vanilla Chia Pudding

Morning Snack

 1 serving

INGREDIENTS

- 2 tbsp chia seeds
- 1/2 cup milk
- 1 tsp honey or maple syrup
- ½ tsp vanilla extract
- 1/4 cup fresh strawberries, sliced
- Fruit of choice for topping

HOW TO PREPARE

1. Pour all ingredients (except strawberries) into an air tight container or a jar and mix well.
2. Let the mixture sit for 2 minutes and stir again.
3. Repeat a few times.
4. Cover the mixture and chill in the fridge for at least 3 hours.
5. Remove from fridge and top with fresh strawberries. Enjoy.

OPTIONAL SWAPS

1. Use Greek yogurt for a higher-protein option
2. Add ground flaxseed for extra omega-3s
3. Sprinkle with nuts or seeds for added texture.

WHY THIS SNACK?

- ✓ Omega-3 (anti-inflammatory)
- ✓ Supports implantation
- ✓ Simple, nourishing, easy prep


CHIA SEEDS = OMEGA 3
BERRIES = ANTIOXIDANTS

DAY 1



Tuna Salad, Crackers & Veggies

Afternoon Snack

 2 servings

INGREDIENTS

- 3 tbs plain Greek yogurt
- 1 tbs lemon juice
- ½ tbs olive oil
- ¼ tsp salt and pepper
- 1-5oz can of white tuna
- 1 celery stalk, minced
- 1 tbs minced red onion
- 1/2 pickle, minced

HOW TO PREPARE

1. In a bowl, mix Greek yogurt, lemon juice, olive oil, salt, & pepper.
2. Add the drained tuna on top, with the celery, onions & pickles. Stir.
3. Spread onto crackers with choice of veggie on the side.

OPTIONAL SWAPS

1. Swap Greek yogurt for mayonnaise
2. Choose gluten-free or whole- grain crackers if needed
3. Add avocado for extra healthy fats

WHY THIS SNACK?

- ✓ Omega-3 (anti-inflammatory)
- ✓ Protein to support implantation
- ✓ Easy to prep ahead


TUNA = PROTEIN & OMEGA-3
OLIVE OILS = HEALTHY FATS

DAY 2



Apple Cinnamon Oatmeal

Morning Snack

 1 serving

INGREDIENTS

- ½ cup rolled oats
- ¾ cup milk (or unsweetened almond milk)
- 1/2 apple, chopped
- ½ tsp cinnamon
- Pinch of nutmeg
- 1 tbsp maple syrup or honey

HOW TO PREPARE

1. In a small pot, combine oats and milk over medium heat.
2. Add chopped apple, cinnamon, and nutmeg.
3. Cook for 5–7 minutes, stirring occasionally, until creamy.
4. Remove from heat and drizzle with maple syrup or honey. Enjoy warm.

OPTIONAL SWAPS

1. Stir in Greek yogurt for added protein
2. Use pear or berries for variety instead of apple
3. Add chopped walnuts or almonds for healthy fats

WHY THIS SNACK?

- ✓ Provides fibre to support blood sugar balance
- ✓ Offers steady energy from whole-grain carbohydrates
- ✓ Includes protein (and B12 if using dairy milk or yogurt) to support overall fertility nutrition

OATS = FIBRE
MILK /YOGURT=
PROTEIN& B12



Strawberry Salad with Roasted Beets & Goat Cheese

Afternoon Snack



4-6 servings

INGREDIENTS

- 3 beets
- 8 Tbsp. Extra Virgin Olive Oil
- ¼ tsp salt and pepper
- 4 Tbsp Dijon mustard
- 4 Tbsp balsamic vinegar
- 4 cups fresh baby spinach
- 3 cups strawberries, halved
- 3-4 oz fresh goat cheese, crumbled
- ¼ cup Marcona almonds

HOW TO PREPARE

1. Preheat oven to 400°F (200°C). Peel and cut the beets into small cubes.
2. Toss beets with 1 tbsp olive oil, salt, and pepper. Roast for 25–35 minutes, or until fork-tender. Let cool.
3. In a small bowl, whisk together Dijon mustard, balsamic vinegar and remaining olive oil.
4. In a large bowl, combine spinach, roasted beets, and strawberries.
5. Drizzle dressing over salad and toss gently. Top with goat cheese and almonds before serving.

WHY THIS SNACK?

- ✓ Provides antioxidants to help protect egg quality
- ✓ Rich in vitamin C to support immune health
- ✓ Balanced with folate for healthy embryo development

- STRAWBERRIES & SPINACH = FOLATE/VITAMIN C / ANTIOXIDANTS
- BEETS = ANTIOXIDANTS/ BLOOD FLOW SUPPORT
- GOAT CHEESE & OLIVE OIL = PROTEIN/ HEALTHY FATS

DAY 3



Carrot Sticks with Hummus

Morning Snack



6 servings

INGREDIENTS

- 1/3 cup tahini
- Juice of 1/2 lemon
- 1 tbsp vinegar
- 1/4 cup olive oil
- 2 garlic cloves minced
- 1 tsp coriander and cumin powder
- 1/2 tsp cinnamon
- Salt and pepper to taste
- Can of chickpeas
- 3 tbsp water (as needed)
- Dash of paprika for serving

HOW TO PREPARE

1. In bowl of food processor, combine tahini, lemon juice & vinegar. Process for 1 minute, scrape the sides and process for 30 seconds more.
2. Add the olive oil, garlic, cumin, coriander, cinnamon, salt, pepper to the mixture. Process for 30 seconds, scrape sides, process for another 30 seconds.
3. Add half of drained chickpeas to food processor and process for 1 minute. Scrape sides, add remaining chickpeas. Process until smooth. Serve with a drizzle of olive oil and dash of paprika.

WHY THIS SNACK?

- ✓ Zinc supports egg quality and embryo development
- ✓ Provides plant-based protein and healthy fats
- ✓ Helps support immune and hormonal health

CHICKPEAS = ZINC



Snickers-Inspired Stuffed Dates

Afternoon Snack



6-12 servings

INGREDIENTS

- 12 medjool dates, pitted
- ¼ cup creamy peanut butter
- ¼ cup dark chocolate chips
- 1 tsp coconut oil
- Sea salt flakes (optional)
- 1 Tbsp freeze-dried strawberries, crumbled

HOW TO PREPARE

1. Stuff each pitted date with peanut butter.
2. Melt dark chocolate chips with coconut oil in the microwave.
3. Drizzle over the dates and optionally sprinkle with sea salt.
4. Refrigerate stuffed dates for 30 minutes, until the chocolate hardens.
5. Top with crumbled freeze-dried strawberries and enjoy.

WHY THIS SNACK?

- ✓ Rich in fibre, potassium, and antioxidants
- ✓ Provides healthy fats, protein, and magnesium
- ✓ Satisfies pregnancy cravings with a nutritious twist.


DATES = FIBRE & POTASSIUM
 PEANUT BUTTER = HEALTHY FATS & PROTEIN
 DARK CHOCOLATE = MAGNESIUM

DAY 4



Creamy Vanilla Fruit Salad

Morning Snack

 3 servings

INGREDIENTS

- 1 cup strawberries
- 1 cup blueberries
- 1 mango
- 1 banana
- 1 tbsp lemon juice
- 4 oz vanilla Greek yogurt
- 1½ tbsp hemp hearts

HOW TO PREPARE

1. In a medium bowl combine fruit slices and lemon juice.
2. Once combined mix in yogurt.
3. Sprinkle hemp hearts on top of mixture and serve.

OPTIONAL SWAPS

1. Use any seasonal fruit (kiwi, pineapple, or raspberries)
2. Replace hemp hearts with chia seeds or ground flaxseed

WHY THIS SNACK?

- ✓ Nourishing and hydrating for follicle health
- ✓ Rich in vitamins C & E plus fibre for digestion
- ✓ Supports antioxidant defenses during IVF

FRUIT = VITAMIN C
HEMP HEARTS = VITAMIN E



No Bake Energy Bites

Afternoon Snack

 8 servings

INGREDIENTS

- 1/2 cup dried cranberries, chopped
- 1/4 cup walnuts, finely chopped
- 1/2 cup rolled oats
- 1 cup unsweetened coconut shreds or flakes
- 1/4 cup chia seeds
- 3/4 cups peanut butter
- 1/4 cup maple syrup

HOW TO PREPARE

1. In a large bowl, mix together ingredients.
2. Using a sturdy spatula, stir and fold together until well incorporated.
3. Scoop mixture and roll and press into bites.

OPTIONAL SWAPS

1. Use dark chocolate chips instead of dried cranberries
2. Replace peanut butter for almond butter

WHY THIS SNACK?

- ✓ Provides steady energy and blood sugar support
- ✓ Provides plant-based protein and healthy fats
- ✓ Rich in vitamin E & antioxidants for fertility


NUT BUTTER & WALNUTS = VITAMIN E
CRANBERRIES = VITAMIN C

DAY 5



Avocado, Cucumber, Tomato & Feta Salad

Morning Snack

 3 servings

INGREDIENTS

- 1 cups chopped cucumber
- 1 cups chopped tomato
- 1/2 red onion, chopped
- 1/2 cup crumbled feta cheese
- ¼ c. olive oil
- 1 ½ tsp dried thyme
- 1 garlic clove, minced
- 2-3 tbsp balsamic vinegar

HOW TO PREPARE

1. In a bowl, combine cucumber, tomato, onion, and feta.
2. In a small bowl, combine oil, thyme, garlic, and balsamic.
3. Pour dressing over salad and serve.

OPTIONAL SWAPS

1. Swap feta cheese for goat cheese or firm tofu
2. Add chickpeas or white beans for extra fibre

WHY THIS SNACK?


- ✓ Provides fibre, hydration, & healthy fats
- ✓ Supports hormone balance and implantation
- ✓ Rich in antioxidants for fertility

CUCUMBER, AVOCADO, TOMATO =
FIBRE & HEALTHY FATS



Smoky Chili Popcorn

Afternoon Snack

 3 servings

INGREDIENTS

- 2 tbsp olive oil
- ½ cup popcorn kernels

Seasoning:

- 2 tbsp butter
- ½ tsp salt
- ¼ tsp paprika
- ¼ tsp onion powder
- ¼ tsp garlic powder
- Pinch of chili pepper powder

HOW TO PREPARE

1. Heat oil in pot over medium heat, add popcorn kernels and cover pot with lid.
2. Shake the pot as the popcorn cooks and remove from heat once there is more than 5 seconds between pops.
3. In a bowl, add butter and melt in microwave for 15 -30 seconds. Add spices to butter and mix.
4. Add popcorn in a bowl and pour the butter mixture on top, toss and enjoy.

WHY THIS SNACK?


- ✓ Helps maintain stable energy levels during IVF
- ✓ Provides fibre to support gut and hormone health
- ✓ A savory snack option to balance sweet cravings

POPCORN - FIBRE
CANOLA OIL / BUTTER - HEALTHY FATS
SPICES - ANTIOXIDANTS



Infused Water

Morning Snack

 2-3 servings

INGREDIENTS

- 1 ½ cups berry of choice (strawberry, blueberry etc.)
- 4 fresh basil leaves
- 4 cups sparkling water

HOW TO PREPARE

1. Using a mortar & pestle, grind berries together to make a paste like mixture.
2. Place berry mixture into a pitcher, add the basil leaves and pour in the sparkling water. Serve in individual glasses.
3. Enjoy with some popcorn drizzled with olive oil & topped with sea salt.

WHY THIS SNACK?


- ✓ Helps improve hydration & digestion
- ✓ Provides fibre and antioxidants for hormone
- ✓ Rich in antioxidants for fertility

INFUSED WATER = HYDRATION



Chocolate Pumpkin Seed Clusters

Afternoon Snack

 9-12 servings

INGREDIENTS

- ½ cup dark chocolate
- ¼ tsp coconut oil or unsalted butter
- ½ cup pumpkin seeds (not in shell)

HOW TO PREPARE

1. In a microwave safe bowl combine chocolate and oil/butter.
2. Microwave in 30 seconds increments until mixture is completely melted.
3. Once melted stir in pumpkin seeds.
4. Scoop dollops of mixture with a tbsp onto a lined baking sheet.
5. Chill in fridge for 30 minutes and enjoy.

WHY THIS SNACK?


- ✓ Magnesium helps reduce inflammation and support fertility hormones.
- ✓ Supports relaxation and overall reproductive health during IVF.
- ✓ A nourishing way to satisfy sweet cravings.

SEEDS & DARK CHOCOLATE
= MAGNESIUM



Turkey & Spinach Skewers

Morning Snack

 2 servings

INGREDIENTS

- Cheddar cheese
- 1 whole pita bread
- 4 thick slices of leftover turkey breast
- 16 spinach leaves
- 4 cherry tomatoes
- 4 skewers

HOW TO PREPARE

1. Cut cheddar cheese into 8 small cubes
2. Cut one whole pita bread 1- inch pieces
3. Layer each ingredient on the skewers as desired.
4. Switch out turkey for chicken and cheddar for your favourite cheese if preferred. Enjoy.

WHY THIS SNACK?

- ✓ Choline helps prepare the body for a healthy pregnancy.
- ✓ Magnesium supports hormone balance and helps prepare the uterus for implantation.
- ✓ A simple, protein-rich snack to support IVF nutrition needs.

TURKEY & CHEESE
= CHOLINE
SPINACH = MAGNESIUM



Spiced Cumin Lentil Soup

Afternoon Snack

 6 servings

INGREDIENTS

- 2 tbsp olive oil
- 3 garlic cloves crushed
- 1 onion diced
- 1/2 tsp mustard seeds
- 1 carrot peeled and diced
- 1 tsp cumin
- 1 tsp curry powder
- 1 bay leaf
- 1 cup dry brown lentils, rinsed
- 4 cups vegetable or beef broth
- salt and pepper to taste

HOW TO PREPARE

1. In an Instant Pot, heat olive oil on sauté mode. Add garlic and onion, cooking until translucent.
2. Add mustard seeds and carrots. Sauté until the mixture begins to turn golden brown.
3. Stir in cumin, curry powder, and bay leaf. Continue sautéing for 2 minutes to release the spices' aroma.
4. Add lentils, broth, salt, and pepper. Stir to combine.
5. Secure the lid and set the Instant Pot to pressure cook for 15 minutes.
6. Once done, allow natural release for 5–10 minutes, then release any remaining pressure. Remove bay leaf before serving.

WHY THIS SNACK?

- ✓ Plant-based protein to support hormone balance
- ✓ High in fibre for blood sugar and gut health
- ✓ Iron- rich to support energy and fertility

LENTILS = PROTEIN & IRON
ONION & GARLIC = ANTIOXIDANTS

WANT TO LEARN MORE?

Visit www.dahlianutrition.ca for more recipes and nutrition tips!

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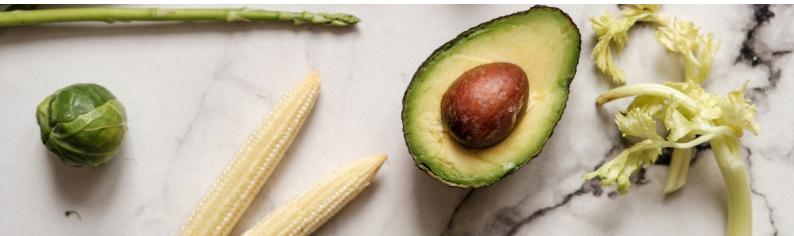


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ADDITIONAL RESOURCES

[Fertility and High Blood Sugar: What's the Connection?](#)

[Nourishing Recovery: A Dietitian's Guide to Ectopic Pregnancy](#)

[Understanding PCOS: Causes, Diagnosis, and Treatment](#)

[Understanding Male Infertility: Common Causes and Key Conditions](#)

[Top 8 Foods to Increase Cervical Mucus](#)

[Reducing Stress During Fertility](#)

[Spill the tea on which teas support fertility](#)

[3 key nutrients to help support embryo implantation with IVF](#)

[Which supplements and vitamins do I need for IVF?](#)

[HOW TO MANAGE PCOS WITH GOOD NUTRITION](#)

[SIMPLE NUTRITION TIPS FOR BETTER MOOD](#)

