



Faith and Hope
Wellness Associates

Eggs for Healthy Fertility

Created by Faith and Hope Wellness Associates



Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 361 | Cholesterol | 372mg |
| Fat | 24g | Sodium | 185mg |
| Carbs | 22g | Vitamin A | 9908IU |
| Fiber | 9g | Vitamin C | 12mg |
| Sugar | 4g | Calcium | 88mg |
| Protein | 16g | Iron | 3mg |

Smoked Salmon Salad

6 ingredients · 15 minutes · 2 servings



Directions

1. Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
2. Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions

Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon

Replace with the protein of your choice.

No Avocado Oil

Use Extra Virgin Olive Oil instead.

Ingredients

- 2 Egg
- 3 cups Mixed Greens
- 3 1/2 ozs Smoked Salmon (sliced)
- 1/2 Avocado (sliced)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 345 | Cholesterol | 198mg |
| Fat | 28g | Sodium | 436mg |
| Carbs | 6g | Vitamin A | 387IU |
| Fiber | 4g | Vitamin C | 11mg |
| Sugar | 1g | Calcium | 70mg |
| Protein | 17g | Iron | 2mg |

Lightened Up Deviled Eggs

8 ingredients · 30 minutes · 4 servings



Directions

1. Hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place eggs in a bowl of ice water for 10 minutes or until cool.
2. Peel the eggs. Cut each one in half lengthwise and separate the yolks from the egg whites. Add the yolks to a small mixing bowl and mash with a fork until a fine crumb forms. Stir in water, olive oil, lemon juice, sugar, salt and paprika. Season with additional salt if needed.
3. Spoon the egg yolk mixture into the egg whites and garnish with green onions. Chill and enjoy!

Notes

Serve Chilled

Best served after being refrigerated for at least one hour.

Serving Size

One serving is equal to two pieces.

Leftovers

Store in an airtight container for up to two days.

More Flavor

Add a pinch of cayenne, garlic powder, onion powder or dried dill to the yolk mixture.

Ingredients

- 4 Egg
- 1 1/2 tbsps Water
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 tpsps Lemon Juice
- 1/4 tsp Cane Sugar
- 1/8 tsp Sea Salt
- 1/4 tsp Paprika
- 1/2 stalk Green Onion (finely chopped; green parts only)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 119 | Cholesterol | 186mg |
| Fat | 10g | Sodium | 145mg |
| Carbs | 1g | Vitamin A | 401IU |
| Fiber | 0g | Vitamin C | 1mg |
| Sugar | 1g | Calcium | 30mg |
| Protein | 6g | Iron | 1mg |

Bacon & Heirloom Tomato Frittata

6 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (177°C).
2. In a small bowl, whisk the eggs together and add the basil and sea salt. Set aside.
3. Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
4. Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
5. Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add minced garlic and/or chili flakes.

No Pork

Use turkey bacon instead.

Ingredients

- 5 Egg
- 1 **tbsp** Basil Leaves (chopped)
- 1/8 **tsp** Sea Salt
- 4 **slices** Organic Bacon (chopped)
- 3/4 **cup** Red Onion (thinly sliced)
- 2 Tomato (heirloom, sliced)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 442 | Cholesterol | 501mg |
| Fat | 33g | Sodium | 792mg |
| Carbs | 10g | Vitamin A | 2426IU |
| Fiber | 2g | Vitamin C | 22mg |
| Sugar | 3g | Calcium | 94mg |
| Protein | 25g | Iron | 3mg |