

EGG DONOR WELLNESS PLAN





THE FOUR CORE ELEMENTS FOR A HEALTHY EGG DONATION

NUTRITION

See the recommended foods to incorporate into your nutrition 3-6 months prior to donation.

Use our Nutrition Program!

EXERCISE

Keep moving if you've been exercising. Try to avoid excessive exercise 1 month prior to donation and right after.

Use our Wellness Program!

SUPPLEMENTS

Prenatal vitamin - ensures folic acid, iron, B-vitamins, and vitamin D are at optimum levels.

Ask us for personal recommendations.

COMMUNITY

Join our community of egg donors that have unlimited access to professional support - nutritionist, fitness and mental health.

Join our community!

WE ARE IN THIS TOGETHER

The health and well being of our donors and their eggs is key at EggDonorFirst. This is why our company pairs all our donors with the wellness experts at Strength & Grace Fitness.

With their expertise they've designed the perfect plan to walk you through your cycle and help prevent some of the not so pleasant side effects associated with taking hormones during IVF.





CORRY MATTHEWS

fitness/nutrition expert, founder of strength & grace

Corry Matthews is a champion health coach who inspires people to live life with more energy, endurance, and vitality. She leverages her Master's Degree in Sports Medicine, Bachelors in Exercise Physiology, and 10+ certifications in Nutrition and Exercise Science to create winning strategies for her clients through her company Strength & Grace. Corry has over 10 years experience working with pre/postnatal clients, is credited with designing the pregnancy program for Gold's Gym International and the Mom's N Babies Getting Fit Program for the United States Marine Corps, in addition to Co-Authoring the book 9 Months In, 9 Months Out – a holistic pregnancy book. Corry lives in Southern California with her husband and two daughters.

Schedule a FREE CONSULTATION
www.strengthandgracefitness.com/schedule

Kim B.

“

I lost 11 pounds. I'm in jeans that I haven't worn in a while!

Rachel S.

”

Just wanted to say thank you for everything.
The 21 day detox push is exactly what I needed. I feel amazing. I have hit my goal weight and then some.”



OPTIMAL

FERTILITY FOODS

Carbohydrates - Go Grain-Free Alternatives

- Sweet or Red Potatoes
- Beans
- Lentils
- Coconut or Almond Flour
- Quinoa
- Cauliflower Rice

Veggies - Have these with every meal

(Serving is 2 cups raw, 1 cup cooked)

Broccoli, Asparagus, Green beans, Peppers (red, yellow, green), Cauliflower, Brussel Sprouts, All Dark Green Lettuce/Leaves

Fruits - Watch THESE

- Berries (1/2 cup only per day)

Protein - at EVERY meal

1 oz = 7 grams of protein, 4-6oz is ideal for most

- Pastured Organic Chicken/Turkey
- Eggs/Egg Whites
- Grass-Fed, Grass-Finished Beef
- Heritage Raised Pork
- Fish/Seafood
- Grass-Fed / Organic Whey or Collagen Protein

Milk - just NOT dairy

- Un-sweetened Cashew, Almond, or Coconut
- Coconut/Almond or Cashew Yogurt

Fats - YES!

- Ghee
- Olive oil - 1/2 Tbsp
- Almonds, cashews, walnuts - 1/4 cup
- Coconut oil - 1 Tbsp
- Peanut/Almond butter 2 Tbs (no sugar added)
- Avocado 1/4 - 1/2

Drinks

- Water (minimum 8 glasses a day)
- Start the day w/ warm water, 1/2 a lemon & a pinch of cayenne pepper
- Keep caffeine to 200 mg or less per day
- Avoid alcohol and soda





OPTIMAL

FERTILITY SUPPLEMENTS

Essential Fatty Acids & Women's Fertility

Omega 3 EFA Essential Fatty Acids help women to:

- Regulate hormones
- Increase the blood flow to the uterus
- Reduce sensitivity to the hormone prolactin, which can suppress ovulation.
- Increases egg white cervical mucus, which is needed to help the sperm reach the egg.
- Helps your cycle to become normalized.
- Helps improve embryo morphology. *7 or the shape or appearance of cells in the embryo
- May help reduce the risk of female infertility*8 by protecting from oxidative stress
- Delay ovarian aging while improving oocyte quality at advanced maternal age. *9
- Suggest 1,100 MG per day of Omega-3 Fatty Acids (EPA + DHA)



CoQ10 Essential Component For Reproductive Health

How Does CoQ10 Boost Reproductive Health?

- Infertility diseases caused by Oxidative Stress (list all the "diseases")
- Ubiquinol is one of the most powerful anti-oxidant supplementations
- Reduces Oxidative Stress
- Therefore the positive effect on combating infertility disease = Boost infertility
- Supplementation during pregnancy may reduce the risk of pre-eclampsia. *8
- The level of maternal CoQ10 is positively associated with fetal growth. *9

Ubiquinol & Egg Health

- Normal Ova (?) Cell division for occurs in healthy woman
- Mitochondria is essential to restore energy and boost production
- Ubiquinol in the ova egg inhibits DNA to oxidize (protecting them from Free Radical damage, therefore also protecting genetic code)
- The Ova / egg has one of the highest concentration of mitochondria in the body
Study showed that for holder women 600mg a day for a period of 2 weeks improved egg quality levels. After 2 week period suggested 100mg a day was sufficient to maintain.
- High follicular fluid CoQ10 level is associated with optimal embryo morphokinetic parameters and higher pregnancy rates. *10
- Suggest 100 MG of Ubiquinol per day via soft gels

Multi-Vitamins for Optimal Reproductive Wellness

Antioxidants are the first line of defense for your cells from the damage caused by free radicals. Whether it's due to normal cellular metabolism, exposure to pollution and toxins, stress, or poor diet and lifestyle, the body's cells are constantly facing oxidative stress from free radicals, which attack your cells up to 10,000 times a day. Antioxidants neutralize the activity of free radicals, protecting the cells of your reproductive organs that create ovum/egg and sperm; and the glands that produce important reproductive hormones.

Minerals are fuel for your body. Without adequate amount of minerals, vitamins, and trace elements, your body would be unable to function. These essential nutrients help regulate body chemistry, build strong teeth and bones, efficiently metabolize nutrients, and support antioxidants. Fertile PLUS provides a balance blend of these essential and ultra trace minerals, each of which play many roles in the body.





OPTIMAL

IVF SUPER FOODS

Water – Water helps distribute your IVF medications throughout your body, helps balance your hormones and detox your body, aids in circulation to help thicken uterine lining, among many other benefits. It's good for you. Aim to drink half of your body weight in ounces.

Avocados – A study done by the Harvard School of Public Health found that eating avocado before, and while undergoing IVF treatment, will more than TRIPLE your chances for pregnancy and live birth. Avocados that are rich in mono-saturated fat & create a conducive environment and enhance the chances of success.

Warm Lemon Water – First and foremost, drinking water already does wonders for fertility. Lemon water for fertility is from the Traditional Chinese Medicine. Lemon is a great fruit because it is loaded with vitamin C, magnesium, calcium, potassium, and antioxidants. Water thins out mucus and increases it as well. The antioxidants help detox the body and balance your hormones. It also helps your body absorb the IVF hormones you will be taking and distributes them throughout your body.

Bone Broth – Bone broth helps to build a healthy uterine lining which is essential in supporting a healthy menstrual cycle and proper implantation of the embryo. A cup of hot bone broth before bed will increase your chances for conception. Bone broth is full of nutrients that every cell in our body needs to survive and has 0 carbs & lots of protein!

Brazil Nuts & Walnuts – Brazil nuts are an incredible source of selenium, which is a mineral that helps to thicken the uterine wall, and a healthy lining aids implantation. Selenium also works as a mild anticoagulant that can increase blood flow to the uterus and ovaries, which may also increase the chance of conceiving. Nuts should be a major source of good fat, protein and nutrients during your IVF journey. They also aid in hormone balance and thyroid health, so these nuts are also beneficial for those suffering from Hypothyroidism. *Too many can be too much selenium, stick to only 1 to 3.

Berries – Strawberries, raspberries, and blueberries are all packed with implantation-supporting antioxidants. Blueberries and raspberries are packed with antioxidants, which help prevent damage and aging to your body's cells including your eggs. The anthocyanins in blueberries help thicken uterine lining. Also, raspberries are full of fiber to help ward off constipation from fertility drugs. A new study by CCRM has found that high levels of the antioxidant-rich acai berry can significantly improve outcomes for women undergoing vitro fertilization (IVF)

Whole Eggs – Eggs are a great source of protein, and the yolks are rich in fertility vitamins. They are also full of fertility boosting omega-3 fatty acids EPA and DHA; the fat-soluble vitamins A, D, E, and vitamin K2. K2 is very important in forming healthy bones, quick blood clotting, and regulated menstrual cycles.

Dates and Figs - High iron foods help thicken uterine lining to prepare the uterus for implantation. And, iron rich foods combat anemia, which could contribute to infertility. During IVF, it is important to eat "blood foods" that aid in circulation to increase food flow to the uterus and circulate those important reproductive hormones throughout your body.

Goji Berries - Goji berries have been used to improve male and female fertility for over 2000 years. Packed with antioxidants goji berries are a great way to increase your fertility naturally in both men and women. They are packed with nutrients including vitamins A and C, calcium, iron, amino acids, anthocyanins, carotenoids, and polysaccharides. They improve reproductive hormone function & benefit the ovaries.





OPTIMAL

IVF SUPER FOODS

Spinach, Kale & Dark Leafy Greens – Dark, leafy greens like spinach and kale are one of the best sources of iron and folic acid. Kale and Spinach are another “blood food” that support healthy circulation to the uterus. This is needed to thicken uterine lining and increase chances of implantation.

Pomegranate Juice – This juice is rich in antioxidants and it can increase blood flow to the uterus and promote the uterine lining. (You want to avoid all alcohol during your IVF cycle, but a room temperature glass of Pomegranate Juice can feel like a great replacement for red wine! Serve it in the same glass you would normally have the alcohol in as well)

Olive Oil – Studies suggest that adherence to a Mediterranean-style diet, including the use of Extra Virgin Olive Oil may strengthen IVF outcomes. Olive Oil will aid in getting that 35-40% ratio of healthy fats in your diet. The same study that found avocado beneficial to those undergoing IVF also found that higher intakes of mono unsaturated fat, the main fat found in olive oil, increased the odds of a live birth after embryo transfer by 3.45 times.

Pineapple Core – Possibly an “old wives tale” - But, it is thought that the bromelain in Pineapple Core aids in implantation. This IVF superfood is best saved for closer to the actual Embryo Transfer day. Peel the Pineapple, leave the core in & eat one slice a day.

Organic Lean Pasture Raised Meats –It is important to focus on leaner cuts of meat with less fat. Lean meats help increase your iron levels to aid in blood circulation to the uterus and combat anemia. Plus, according to Chinese Medicine, Chicken, Lamb, Mussels and Shrimp are all warming foods that will help keep your uterus warm and inviting for an embryo.

Chia Seeds – A great source for Omega 3 Fatty Acids, which increase cervical mucus, promote healthy ovulation and increase blood flow to the uterus. They are high in fiber, as well, which helps relieve constipation issues due to IVF medications.

Beets – Beetroot is a “blood food” that is high in iron and antioxidants, which means it aids in thickening uterine lining. Beetroot contains nitric oxide. Uterine blood flow is so incredibly important for implantation. Nitric Oxide dilates blood vessels allowing a rich supply of oxygenated, nutrient-rich blood to flow to the uterus and ovaries.

Salmon – Omega 3 rich fish contribute significantly to a healthy uterine lining. Salmon is high in protein and full of healthy fats and Omega 3 Fatty Acids.

Lentils and Legumes – Lentils and Beans, especially black beans, are high in protein and fiber, low in fat and rich in iron, foliate and other essential vitamins and nutrients, all of which are helpful when trying to conceive.

Sweet Potatoes/Yams – Sweet potato is considered a fertility-boosting food due to the super high amount of Vitamin A. Sweet potatoes are also rich in iron, which is an essential vitamin for any female trying to get pregnant.

Coconut – Coconut Oil is beneficial to Thyroid function which is vital for conception. The coconut fatty acids have also been shown to improve thyroid function, balance blood sugar levels and enhance healthy weight loss, which are vital factors for optimum fertility and a healthy pregnancy. Coconut oil also improves breast milk quality!

Coconut Water - Coconut water contains minerals like potassium, magnesium, and phosphorus, which help purify the digestive system. Coconut water in IVF helps in improving digestion and in regulating pH. Specifically, it helps in normalizing the body's pH and prevent heartburn. Be careful of too much added sugar in these though.





OPTIMAL

RECIPES

Breakfast:

- [Stacia's Green Detox Shake](#)
- [Corry's Nutty Shake](#)
- [Blueberry Muffins](#)



Lunch:

- [Greek Salad with Chicken](#)
- [Chicken Lettuce Cups](#)
- [Cashew Chicken & Veggies](#)

Snacks:

- [Hummus/Guacamole and Veggies](#)
- [Coconut Oil / Sea Salt Cashews](#)
- [White Bean Cheese Dip with Grain Free Chips](#)



Dinner:

- [Curry Chicken Soup](#)
- [Scallops and Cauliflower Mash](#)
- [Almond Coated Chicken Nuggets](#)

Dessert

- [Almond Chocolate Chip Cookies](#)
- [Brownie](#)

These are just a few, check our site for over 100 more

NOTES

DATE:



SCHEDULE A FREE CONSULTATION WITH CORRY
WWW.STRENGTHANDGRACEFITNESS.COM/SCHEDULE
(703) 772-7113



LEARN MORE AND APPLY
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