



Metabolic Snack Guide

Conceive Health

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CONCEIVE HEALTH

These snacks were created with one simple goal in mind: to help support metabolic health while you're trying to conceive.

When it comes to fertility, choosing **whole, nutrient-dense foods that are low in added sugar** can help keep blood sugar stable, support hormone balance, and provide your body with the building blocks it needs for healthy eggs and sperm.

Each recipe in this guide focuses on real ingredients, balanced protein, healthy fats, and fibre — all chosen to help you feel satisfied, energized, and supported between meals.

If you're finding nutrition or fitness changes challenging to navigate on your own, you don't have to do it alone. The Conceive Health metabolic program offers personalized guidance, coaching, and accountability to help you build sustainable habits that support both your fertility and overall health.

Whether you use these recipes as inspiration or as part of a more structured plan, small, consistent choices can make a meaningful difference over time.

Learn more at conceivehealth.com

Carrots & Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Apple with Almond Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple
1/4 cup Almond Butter

DIRECTIONS

01 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

Dried Mango & Brazil Nuts

4 SERVINGS 3 MINUTES



INGREDIENTS

20 pieces Dried Unsweetened Mango
(large)
1 cup Brazil Nuts

DIRECTIONS

01 Divide dried mango and brazil nuts between bowls. Enjoy!

Green Smoothie Muffins

12 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a muffin tray with liners. Brush the liners with coconut oil or use silicone cups or a silicone muffin tray to prevent the muffins from sticking.
- 02 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 03 Scoop the muffin batter into the prepared muffin tray. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 04 Let cool and enjoy!

NOTES

RECOMMENDED PROTEIN POWDER

This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

LEFTOVERS

Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

ADD-INS

After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!

Protein Packed Deviled Eggs

2 SERVINGS 20 MINUTES



INGREDIENTS

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Pumpkin Pie Protein Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1 cup Pureed Pumpkin
2 Banana (frozen)
1 tsp Vanilla Extract
1 tsp Pumpkin Pie Spice
1/2 cup Vanilla Protein Powder

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO PUMPKIN PIE SPICE

Use cinnamon instead.

TOPPINGS

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

WARM IT UP

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Tuna Rice Cake

1 SERVING 5 MINUTES



INGREDIENTS

1/2 can Tuna (drained)
1 tbsp Mayonnaise
Sea Salt & Black Pepper (to taste)
1 Plain Rice Cake
1 leave Romaine

DIRECTIONS

- 01 Mash the tuna with a fork in a bowl. Mix in the mayonnaise and season with salt and pepper.
- 02 Top the rice cake with the lettuce and then the tuna mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, assemble the rice cake just before serving.

MORE FLAVOR

Add lemon juice, dried herbs and spices, like garlic powder or dried dill, or capers to the tuna mixture.

NO TUNA

Use canned salmon instead.

NO MAYONNAISE

Use vegan mayonnaise, plain yogurt, or mashed avocado instead.

NO ROMAINE LETTUCE

Omit or use another lettuce or leafy green instead.

NO PLAIN RICE CAKE

Use brown rice cakes or crackers instead.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Cottage Cheese & Walnut Stuffed Mini Peppers

4 SERVINGS 10 MINUTES



INGREDIENTS

283 grams Mini Peppers (halved lengthwise, seeds removed)
1/2 cup Cottage Cheese (drained)
1/4 cup Walnuts (toasted, finely chopped)
1 tsp Everything Bagel Seasoning

DIRECTIONS

01 Fill each pepper half evenly with cottage cheese. Top with walnuts and everything bagel seasoning. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is four stuffed pepper halves.

MORE FLAVOR

Top with chopped chives or a drizzle of honey.

NO EVERYTHING BAGEL SEASONING

Make your own or choose another seasoning or seasoning blend of your choice.

Coconut Chia Protein Pudding

2 SERVINGS 1 HOUR



INGREDIENTS

3/4 cup Canned Coconut Milk
3/4 cup Water
1/4 cup Chia Seeds
1 tsp Vanilla Extract
30 grams Vanilla Protein Powder

DIRECTIONS

- 01 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 02 Stir well and divide into cups or containers if on-the-go. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to five days.

SERVING SIZE

One serving is equal to approximately 1.5 cups of chia pudding.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

ADDITIONAL TOPPINGS

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

Turkey & Egg Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 tsp Avocado Oil
- 2 Egg
- 1/4 cup Kimchi
- 113 grams Sliced Turkey Breast
- 1/4 cup Cherry Tomatoes
- 1 Navel Orange

DIRECTIONS

- 01 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 02 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add sliced green onions, avocado, nuts, cheese, or crackers.

NO KIMCHI

Use sauerkraut, pickles, salsa, or olives instead.