



Fall Into Nourishment: Seasonal Recipe Guide

Conceive Health

Fall Into Nourishment: A Seasonal Recipe Guide from Conceive Health

CONCEIVE HEALTH

Autumn in Ontario brings some of the year's most nutrient-dense produce, and it also invites you to slow down, cook warmly, and nourish your body from the inside out.

This recipe guide was developed by the Naturopathic Doctors at Conceive Health to support your preconception nutrition through the fall season. The recipes in this collection are built around seasonal whole foods, including squash, sweet potato, broccoli, apples, and leafy greens, that support hormone health, blood sugar balance, and overall reproductive well-being.

Whether you are preparing for fertility treatment, actively trying to conceive, or simply looking to eat well this season, we hope these recipes make it a little easier and a lot more delicious.

The Conceive Health team is here to support you every step of the way.

For personalized naturopathic and nutritional support, visit conceivehealth.com.

Slow Cooker Bolognese with Spaghetti Squash

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 **tsps** Extra Virgin Olive Oil
454 **grams** Extra Lean Ground Turkey
1 Yellow Onion (diced)
5 Garlic (cloves, minced)
3 **cups** Diced Tomatoes (drained)
3 **cups** Crushed Tomatoes
3 Bay Leaf
1 **tsp** Oregano
1 Spaghetti Squash
1/2 **cup** Basil Leaves (chopped)
1 **tsp** Red Pepper Flakes

DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 02 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 03 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 04 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 05 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

NOTES

MORE VEGETABLES

Add diced green pepper and mushrooms.

VEGETARIAN

Use lentils instead of ground turkey.

MORE CARBS

Use brown rice pasta instead of spaghetti squash.

NO SLOW COOKER

Make it on the stovetop and let simmer for at least an hour.

Slow Cooker Bison & Root Veggie Stew

6 SERVINGS 6 HOURS 20 MINUTES



INGREDIENTS

907 grams Stewing Bison (cubed)
Sea Salt & Black Pepper (to taste)
1 tbsp Arrowroot Powder
1 tbsp Extra Virgin Olive Oil
6 Red Potato (small, chopped)
2 Carrot (large, peeled, chopped)
1 stalk Celery (medium, chopped)
1 Yellow Onion (small, chopped)
2 Garlic (clove, minced)
2 cups Beef Broth (divided)
2 tbsps Parsley (chopped)

DIRECTIONS

- 01 Place the bison in a large bowl and season with salt and pepper. Add the arrowroot powder and mix until evenly coated.
- 02 Heat a large pan over medium-high heat. Add the oil, then sear the meat for five to 10 minutes, until browned on all sides.
- 03 Add the potatoes, carrots, celery, onion, and garlic to a slow cooker. Place the browned meat on top of the vegetables.
- 04 Deglaze the pan with half of the broth, scraping up any browned bits from the bottom. Add this mixture to the slow cooker along with the remaining broth.
- 05 Cover and cook on high for six hours or low for eight, until the meat is tender. Divide evenly into bowls, top with parsley, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is approximately 1 1/3 cups.

MORE FLAVOR

Add thyme and/or rosemary.

SERVE IT WITH

Warm fry bread, crusty sourdough, or over wild rice.

NO BISON

Use stewing beef instead.

Creamy Squash & Sweet Potato Chickpea Pasta

4 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Butternut Squash (peeled, cubed)
1 Sweet Potato (medium, peeled, cubed)
3 Garlic (clove)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
227 grams Chickpea Pasta (dry)
3/4 cup Unsweetened Cashew Milk
3 tbsps Nutritional Yeast

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the squash, sweet potato, and garlic to the baking sheet and toss with oil, salt, and pepper. Cook for 20 to 25 minutes or until the vegetables are fork-tender.
- 03 Meanwhile, cook the chickpea pasta according to the package directions. Rinse with cold water, then add it back to the pot.
- 04 Once the vegetables are cooked, add them to a blender with the cashew milk and nutritional yeast. Blend until smooth. Add additional salt and pepper as needed.
- 05 Add the sauce to the pot of cooked pasta and stir to combine. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

NO CASHEW MILK

Use unsweetened almond or coconut milk instead.

Peanut Butter & Apple Toast with Pumpkin Seeds

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps All Natural Peanut Butter
2 slices Whole Grain Bread (toasted)
1 Apple (small, thinly sliced)
2 tbsps Pumpkin Seeds

DIRECTIONS

01 Spread the peanut butter onto each piece of toast. Top evenly with sliced apple and pumpkin seeds. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is two pieces of toast with toppings.

GLUTEN-FREE

Use gluten-free bread.

No Bake Apple, Oat & Almond Butter Bars

8 SERVINGS 2 HOURS 20 MINUTES



INGREDIENTS

1/2 cup Almond Butter (runny)
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1 1/2 cups Oats (rolled)
113 grams Apple Chips (soft, chopped)
1/4 cup Hemp Seeds
2 tbsps Chia Seeds
1 tsp Cinnamon
1/8 tsp Sea Salt
1 cup Pitted Dates (soaked)

DIRECTIONS

- 01 In a bowl, combine the almond butter, maple syrup, and vanilla, and stir until smooth. Add the oats, apple chips, hemp seeds, chia seeds, cinnamon, and salt. Mix until well combined.
- 02 In a food processor, blend the dates until they form into a soft and smooth ball. Add to the oat mixture and mix to combine well.
- 03 Line a baking dish with parchment paper. Add the bar mixture to the baking dish and spread it out into an even layer. Firmly press the mix down to flatten.
- 04 Refrigerate for two to three hours or until set. Cut evenly into bars and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

SERVING SIZE

An 8 x 8 inch (20 cm x 20 cm) pan was used to make eight servings. One serving is one bar.

NO ALMOND BUTTER

Use peanut or cashew butter instead.

Apple Cider Kombucha Mocktail

1 SERVING 10 MINUTES



INGREDIENTS

3 milliliters Apple Cider
1 tbsp Orange Juice
1 tbsp Lemon Juice
1/2 tsp Maple Syrup
1/4 tsp Apple Cider Vinegar
8 Ice Cubes (divided)
89 milliliters Kombucha (ginger flavored)

DIRECTIONS

- 01 Add the apple cider, orange juice, lemon juice, maple syrup, and apple cider vinegar to a shaker with 1/4 of the ice. Shake for 10 to 15 seconds to combine.
- 02 Fill a glass with the remaining ice and strain the mixture in. Top with kombucha and stir gently. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Add the ice when ready to serve.

SERVING SIZE

One serving is approximately one cup.

ADDITIONAL TOPPINGS

Garnish with apple or lemon slices. Rim the glass with a mixture of cinnamon and sugar.

Apple Crisp

8 SERVINGS 1 HOUR



INGREDIENTS

2 Apple (cored and sliced)
1/3 cup Maple Syrup (divided)
1 tbsp Coconut Flour (or 1 tbsp)
1/4 cup Unsweetened Applesauce
1 cup Oat Flour
3/4 cup Oats
1 tsp Baking Powder
1/2 tsp Sea Salt
1/3 cup Coconut Oil
1 cup Coconut Ice Cream (optional)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 02 Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
- 03 Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
- 04 Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
- 05 Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
- 06 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 07 Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
- 08 Scoop into bowls and serve with coconut ice cream.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

HOMEMADE OAT FLOUR

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.

Roasted Squash, Fennel & Apple Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Butternut Squash (peeled, seeds removed, sliced)
1/2 bulb Fennel (large, sliced thick)
1 cup Red Onion (sliced)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
7 milliliters Apple Cider
1 1/2 tps Apple Cider Vinegar
1/2 tsp Maple Syrup
1/4 Apple (thinly sliced, seeds removed)
2 tbsps Parsley (chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C). Line a large baking sheet with parchment paper.
- 02 Place the squash, fennel, and onion on the baking sheet. Drizzle with half of the oil and season with salt and pepper. Cook in the oven for 15 to 20 minutes or until just tender. Let cool.
- 03 Meanwhile, whisk together the apple cider, vinegar, maple syrup, and the remaining oil in a large bowl. Add salt and pepper.
- 04 Add the roasted vegetables, apple slices, and parsley to the bowl. Toss gently to coat. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add toasted pecans or walnuts.

ADDITIONAL TOPPINGS

Crumbled feta or goat cheese.

Roasted Chicken Apple Kale Salad

1 SERVING 35 MINUTES



INGREDIENTS

- 1 Yellow Onion (small, diced)
- 1 Apple (small, diced)
- 1 cup Butternut Squash (frozen, cubed)
- 1 tbsp Thyme (fresh, chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 170 grams Chicken Breast
- 2 cups Kale Leaves (thinly sliced)
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
- 03 Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
- 04 In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

NOTES

LEFTOVERS

Keep salad in a resealable container in the fridge for up to 3 days.

SERVING SIZE

One serving is equal to approximately three cups of salad.

MORE FLAVOR

Swap out fresh thyme with sage for an autumn-inspired salad.

ADDITIONAL TOPPINGS

Top with hemp seeds for an extra nutrition boost.

Miso Glazed Salmon, Sweet Potato & Broccoli

2 SERVINGS 2 HOURS 35 MINUTES



INGREDIENTS

1 1/2 tbsps Miso Paste
1 tbsp Tamari
1 1/2 tsps Rice Vinegar
1/4 Navel Orange (juiced and zested)
283 grams Salmon Fillet
1 Sweet Potato (large, sliced)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
4 cups Broccoli (chopped)
2 tbsps Cilantro (finely chopped)

DIRECTIONS

- 01 In a small bowl, whisk together the miso, tamari, vinegar, orange juice, and orange zest. Pour half into a shallow baking dish and reserve the other half.
- 02 Place the salmon in the baking dish and toss to coat. Transfer it to the fridge to marinate for two hours.
- 03 Preheat the oven to 425°F (220°C) and remove the salmon from the fridge. Place the sweet potato on a large baking sheet, drizzle with half the oil, and season with salt and pepper. Transfer to the oven and cook for 10 minutes.
- 04 Remove the baking sheet from the oven and make space for the salmon and broccoli. Place the salmon and broccoli on the baking sheet. Drizzle the remaining oil on the broccoli. Return to the oven and cook for 12 to 14 minutes, until everything is cooked through.
- 05 Pour the remaining miso sauce over the broccoli and salmon. Divide the salmon, broccoli, and sweet potato evenly onto plates. Garnish with cilantro and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately two cups of sweet potato, one cup of broccoli, and one salmon fillet.

ADDITIONAL TOPPINGS

Sesame seeds.

MISO PASTE

This recipe was developed and tested using white miso.

LOWER SODIUM

Use a low-sodium tamari and reduce the amount of miso.

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.

Pumpkin Pie Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 cups Pureed Pumpkin
2 tbsps Chia Seeds
1/4 cup Maple Syrup
1 tbsps Pumpkin Pie Spice
1/2 cup Pecans (toasted and chopped)

DIRECTIONS

- 01 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 02 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NO PUMPKIN PIE SPICE

Use cinnamon instead.

NO PECANS

Use any type of crushed nuts or hemp seeds instead.

Broccoli, Zucchini & Cheddar Soup

6 SERVINGS 35 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Leeks (trimmed, chopped)
Sea Salt & Black Pepper (to taste)
1 Zucchini (medium, chopped)
4 cups Broccoli (cut into florets)
1/2 tsp Dried Thyme
1/8 tsp Nutmeg
4 cups Chicken Broth, Low Sodium
1 cup Cow's Milk, Whole
454 grams Cheddar Cheese (shredded)

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the leeks, salt, and pepper, and sauté for two to three minutes. Add a splash of broth if needed.
- 02 Add the zucchini, broccoli, thyme, and nutmeg. Add the broth and bring to a boil. Lower the heat to a simmer and cover with a lid. Simmer for 10 to 15 minutes or until the broccoli is fork-tender.
- 03 Turn off the heat and blend the soup using an immersion blender. Alternatively, use a blender to blend in batches until smooth.
- 04 Add the milk and cheese and stir until smooth. Season with more salt and pepper, if needed. Divide evenly into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is approximately 1 1/2 cups.

NO LEEKS

Use onion instead.

NO CHICKEN BROTH

Use vegetable broth instead.

Cilantro Lime Chicken & Squash Soup

2 SERVINGS 45 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1/2 White Onion (medium, diced)
1 1/2 tbsps Fajita Seasoning
3 cups Chicken Broth, Low Sodium
227 grams Chicken Breast (boneless, skinless)
1 1/2 cups Butternut Squash (peeled, seeds removed, cubed)
Sea Salt & Black Pepper (to taste)
1 Lime (medium, juiced)
1/4 cup Cilantro (chopped, divided)
1/2 Avocado (medium, chopped)
57 grams Cheddar Cheese (shredded)

DIRECTIONS

- 01 Heat the oil in a pot over medium heat. Add the onion and sauté for three to five minutes until softened and lightly browned. Add the fajita seasoning and cook for one more minute.
- 02 Add the broth and stir to combine. Add the chicken and squash. Season with salt and pepper, and bring to a simmer. Reduce the heat to medium-low, cover with a lid, and simmer for 15 minutes until the chicken is cooked through.
- 03 Remove the chicken from the pot and shred it using two forks. Return the shredded chicken to the pot. Cover and cook for 10 minutes until everything is tender and well cooked.
- 04 Remove from the heat. Stir in the lime juice and half of the cilantro. Divide the soup evenly between bowls. Top with avocado, cheese, and the remaining cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add bell pepper and/or jalapeño.

DAIRY-FREE

Use a dairy-free cheese alternative or omit the cheese.