

Kindbody Live:

Healthy, Happy and Maybe Baby

From nutrition and ovulation tracking to fertility preservation and maternal health, we're covering it all.



When

Thursday, January 22
3 p.m. PST / 6 p.m. EST

Hosted by

[Dr. Kathiresan](#)
Kindbody Reproductive Endocrinologist

[RSVP](#)

Supporting Your Fertility Journey

These meals can be part of a nourishing routine whether you're considering **egg freezing** or exploring **tracking and at-home conception**. Enjoying fertility-friendly foods is a simple, supportive way to care for yourself.



Spinach Salad with Fresh Berries

Spinach is rich in folate, supporting ovulation, while berries and pecans add delicious antioxidants and healthy fats for a nourishing, feel-good salad.

[Read The Full Recipe](#)



Salmon Scallopini with Almond Orzo

Salmon's omega-3s help promote healthy blood flow to reproductive organs, making this comforting, flavorful dish both satisfying and fertility-friendly.

[See How To Make It](#)



Black Bean and Avocado Salsa

Avocado provides vitamin E, which may support uterine lining health and embryo implantation, paired with black beans for a filling, nutrient-rich boost.

[Try The Recipe Now](#)

KindStories:

Jeniffer Florek

"After everything, we had reached the moment we had dreamed of. Every milestone in pregnancy brought a mix of joy and cautious optimism. And now, today, I hold in my arms the most perfect reminder of why we endured it all: my healthy, happy, adorable 3.5-month-old son."

[Read More](#)



Contact us at any time.
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