

# *Checklist – Week 1 – Cleanse*

PROGRESS, NOT PERFECTION!

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## *Remove food toxins and food triggers*

- Processed foods - anything that moves through a machine and is changed with added ingredients or unnatural ingredients
- Grains - wheat/glutens, corn, rice, quinoa, and oats
- Dairy, Soy, Coffee, Alcohol
- \*Clear out your pantry and fridge of these items\*
- Remember: this is *for now* to find what your body reacts to, and to help support your liver

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## *Eat whole, unprocessed foods*

- Recipes for inspiration in Recipe Book
- Food Shopping guide for examples of what foods are good for this phase
- Go slow if necessary

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## *Remove home and daily care product toxins*

- Consult the Week 1 of the TEP (Toxin Elimination Plan)
- Download the Think Dirty app

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## *Supplements*

- The Master Fertility Supplement Book has all the supplements discussed in Module 1
- Decide what is right for you - ask questions if you need help!
- I recommend adding in magnesium and NAC, + a daily detox supporting drink