

# *Checklist – Week 2 – Cleanse*

PROGRESS, NOT PERFECTION!

## ☐ *Remove food toxins and food triggers*

- Continue removing food toxins and food triggers as necessary
- Make sure you eliminate folic acid fortified foods (even nutritional yeast! There are ones that are made without folic acid)

## ☐ *Print Fertility Food Plan*

- Use the Fertility Food Plan checklist as a daily and weekly guide
- These are minimums, not maximums
- Continue eating whole, unprocessed foods but make sure you're eating enough

## ☐ *Remove home and daily care product toxins*

- Consult the Week 2 portion of the TEP (Toxin Elimination Plan)
- Download the Think Dirty app if you haven't yet

## ☐ *Supplements*

- The Master Fertility Supplement Book has information on the supplements I spoke about in Module 2
- Check your prenatal to ensure you're taking the right type of folate
- Take only what is necessary - the Food Plan hits the vast majority of all nutrients required
- At minimum: vitamin D3, a prenatal with folate, and magnesium should all be in place in proper form and at the right dose after this week