

Checklist – Week 3 – Cleanse

PROGRESS, NOT PERFECTION!

☐ *Remove food toxins and food triggers*

- Continue removing food toxins and food triggers as necessary
- Completely eliminate gluten/wheat and dairy if you haven't done so yet

☐ *Keep eating in your Fertile Food Plan*

- Use the Fertility Food Plan checklist as a daily and weekly guide
- These are minimums, not maximums
- Continue eating whole, unprocessed foods and concentrate on eating enough

☐ *Toxin Elimination Continues*

- Consult the Week 3 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 3; The men's supplements are in the men's book
- At minimum: a prenatal with folate, Vitamin D3, a probiotic, CoQ10, DHA, and magnesium should all be in place at proper dose and form after this week
- Evaluate your own gut symptoms and decide on whether you need L-glutamine or digestive enzymes

☐ *Castor Oil Packs & Fertility Massage*

- Use the Castor Oil Pack Directions for instructions on proper use
- Do at least 1 COP and up to 3 or 4 this week - if this is new for you, please start slow as per the checklist instructions
- Add in [Fertility Massage](#) before your COP's for best results