

week 1

# CHECKLIST

## Household Detox

Create a cleaner, lower-toxin cooking environment.

### Daily Actions

- 1. Choose **ONE cleaning product** you use daily (bench spray, dish soap). Write it down as your first swap.
- 2. Check the bonus Fertility Swaps file. Choose **ONE safe alternative** you'd be willing to buy.
- 3. **Remove that old product** from your counter/sink and set it aside (don't wait for it to run out).
- 4. Replace **ONE plastic container** you use the most (salad bowl, lunch box, leftover tub) with a glass jar or Pyrex.
- 5. Bag up **2 more plastic containers** you rarely use → donate or recycle.
- 6. Inspect **one pan**: if it's scratched non-stick, write "cast iron or stainless" on your shopping list
- 7. Put **ONE natural cleaning swap** into action (use it today).

### Extra Credit

- If you're on a roll - replace your plastic chopping boards with **bamboo or wood**.

### Notes

*Did you notice any difference  
in how your kitchen feels?*