PRE-CONCEPTION DETOX

week 2 CHECKLIST

Nutrition Upgrade

Fuel your body with clean, fertility-friendly foods.

Daily Actions

- [ ] 1. Add **ONE protein source** to breakfast (eggs, chia pudding, protein smoothie).
- [ ] 2. Switch **ONE pantry staple to organic** (rice, oats, or apples are easy starters).
- [ ] 3. Fill **half your plate** with colourful veggies at dinner.
- [ ] 4. Prep **ONE fertility snack** to keep in the fridge (hummus + veg, boiled eggs, nut mix).
- [ ] 5. Drink **1 extra glass** of filtered water today.
- [ ] 6. Swap **ONE processed snack for whole food** (chips → nuts, chocolate → dark chocolate squares).
- [ ] 7. Try **ONE new fertility recipe** from Emma's recipe list.

Extra Credit

- [ ] Batch cook or prep **healthy snacks** for next week — think bliss balls, chia pudding, or veggie sticks.

Notes

Which new food or swap made the biggest difference in energy?

Holistic MIDWIFERY