



AIMEE RAUPP

yes, YOU CAN GET pregnant

NATURAL WAYS TO IMPROVE YOUR FERTILITY NOW & INTO YOUR 40'S

WEEKLY CHECKLIST

Download and print out this checklist, keep it on your fridge or in your journal and make sure you are meeting all of your Yes, You Can Get Pregnant dietary requirements. (Each box represents a serving)

EGGS 8-12/week

MEAT 4-6 servings/week

FISH 8-10 servings/week

CHICKEN 1-2 servings/week

LIVER 1-2 servings/week

(Remember you can take liver pills to fulfill this requirement.)

**Note: if you are on a blood thinning medication, be cautious when taking liver as it contains vitamin K. Discuss with your doctor before taking liver.

HOMEMADE BONE BROTH/GELATIN

3-5 eight ounce servings/week

(taking 1 TBSP of gelatin each day fulfills one serving)

FISH ROE 1-2 one ounce servings/week

BUTTER 4 tablespoons/week

DAIRY 2-3 four ounce servings/week

ORGANIC OILS 2 tablespoons/day

ORGANIC NUTS AND SEEDS 2 tablespoons/day

VEGETABLES 3-5 one cup servings/day

(taking a daily dose of a green superfood supplement fulfills one serving per day)

FERMENTED FOODS 1-2 tablespoons/day

LOW-SUGARED FRUIT 6-8/week

MODERATE-SUGARED FRUIT 2-4/week

HOT LEMON WATER 1/day

GLUTEN-FREE FOODS/SNACKS a total of 5/week

DAILY SUPPLEMENTS

Cod liver oil

Liver pills

Green superfoods

Gelatin