

30.01.24

Pre-Conception Plan for Amanda Stocki

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Tresos Natal Natal Multivitamin and mineral			1						
Clinical Lipids Anti-inflammatory, reduce lipids/cholesterol			1						

Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner

Gluten-free

Reverse Insulin Resistance, liver health, Endocrine balance and cardiovascular health.

- Avoid refined carbohydrates and sugars (No refined 'whit flour simple carbs/sugars)
- Swap out bread, potatoes, pastas, rice for extra protein and veggies.
- Avoid ALL carbs after 4 pm/6-8 hrs before bed.
- Eat 4-6 smaller portion sizes meals/snacks, including at least one source of protein
- No naked carbs (No carbs on an empty stomach)
- No alcohol
- Exercise 5-6 times weekly for a minimum of 45 minutes, including resistance exercise.
- Avoid all trans/hydrogenated fats i.e margarine, processed foods
- Choose above-ground/less starchy veggies. Avoid potato, sweet potato, and pumpkin. Minimize fruit, no dried fruit, grapes or melons, opt mostly for berries.
- Drink 2-3 litres of quality purified alkaline water daily.
- Replace a meal with a high protein, low carb protein (WPI) shake.

PROTEIN Animal sources (beef, lamb, game meats, offal, pork, chicken, fish, seafood, eggs, cheese, plain yoghurt, Yopro, whey protein) Vegan Sources (beans, lentils, split peas, chickpeas, tofu, nuts, seeds, nut and seed meals/butter, rice or pea protein)

Increase calcium-rich foods – Dark leafy/Asian greens (particularly Pak Choy and silver beet)
Sardines, Salmon with bones, nuts & seeds (almonds, sesame/tahini) tofu, and beans.

Sunshine ☀ daily

Next appointment as needed, **Please advise of changes in circumstances so adjustments can be made if required.**