

HEALTHY EATING DR

fact not fiction

I'm delighted you downloaded my fridge planner and nutrient checklist to use while you are trying for a baby.

I created this planner and check list to help give you a general frame work for nutritional needs. I know how difficult it can be to find credible information about what to eat while you are trying to conceive. Many people find this can be a more challenging and stressful time that they first imagined. So the checklist was designed to help remind and guide you based on the latest scientific evidence.

The Planner

How you use the planner is entirely up to you, but I suggest writing out the name of your meals for the week, adding items you need to the shopping list, enabling you to be more organised. I recommend that you consider batch cooking, which can help reduce the pressure of daily cooking and food preparation.

The Checklist

On page 3 is the meal planner and checklist combined. I'd suggest ticking off the checklist through the day to ensure that you are supporting your nutrient needs. If you would rather a simpler version without the planner, use page 4 as a weekly check instead. Page 4 has foods rich in different micronutrients and a guide to supplements. To make it as easy as possible, I've used average portion sizes so there shouldn't be any need to weigh your food.

Some women taking medication for certain health conditions such as epilepsy will need a higher supplement of folic acid, so if you are not sure, it is best to check with your doctor.

Dr Harriet Holme MA Hons Cantab MBBS PhD RNutr

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How to Use

I recommend that you print this document A4 size, and then stick it to your fridge or noticeboard. For greater sustainability you could laminate or pop it in a poly pocket and wipe clean after use.

I created this planner and check list to help give you a general frame work for nutritional needs. However, this can't take the place of personalised nutrition advice, tailored to your individual health needs. If you have any specific health concerns or food allergies, you could take this along to discuss with your health care provider.

About Me

Hi I'm Dr Harriet Holme, a Registered Nutritionist, specialising in nutrition science and evidence based nutrition. I studied medicine at the University of Cambridge and worked for over a decade as a paediatric doctor in the NHS. I completed a PhD in genetics from University College London before becoming a Registered Nutritionist with the Association of Nutrition. I now use these uniquely developed skills for the benefit of my clients and students, consulting as a Registered Nutritionist and lecturing in culinary science and nutrition.

What's Next

I sincerely hope that your journey to pregnancy is successful. I also have similar planners and checklists designed to support your nutrition throughout pregnancy and beyond. As you are already signed up to my newsletter, you will hear of any additional resources that may be of interest to you.

Dr Harriet Holme MA Hons Cantab MBBS PhD RNutr

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Shopping List
Breakfast								
Lunch								
Dinner								
5 fruit/veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30g nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30g fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2 portions/ wk oily fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7mg zinc rich foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
60mcg selenium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10mcg vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
400mcg folate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

