



MUMMA'S OWN

COURSE CHECKLIST

BONUS SECTION:
CHECK OFF THE MODULES AS YOU COMPLETE THEM

www.mummasown.com



MODULE 1

HOW TO GET STARTED

LESSON 1

- Getting Ready to Start

LESSON 2

- Detoxification

LESSON 3

- Organic vs Non-Organic

LESSON 4

- Probiotic Gold

LESSON 5

- Ultimate Essentials
- The Basics

LESSON 6

- Supplement Suggestions





MODULE 2

PLANNING AHEAD

LESSON 1

- What's in the Fridge

LESSON 2

- What's in the Freezer

LESSON 3

- What's in the Pantry

LESSON 4

- Kitchen Essentials

LESSON 5

- Foods to Incorporate
- Foods to Remove





MODULE 3

YOUR MENU PLANS

LESSON 1

- Week One Menu Plan
Week One Recipes

LESSON 2

- Week Two Menu Plan
Week Two Recipes

LESSON 3

- Week Three Menu Plan
Week Three Recipes

LESSON 4

- Week Four Menu Plan
Week Four Recipes

LESSON 5

- Week Five Menu Plan
Week Five Recipes

LESSON 6

- Week Six Menu Plan
Week Six Recipes





BONUS SECTION

- Course Checklist
- Healthy Gut Maintenance
- Tips on Eating Out
- Gut Healing Essentials
- Weekly Food Diary
- Weekly Meal Planner
- FAQ's

