

*gillie's* *first time*  
**parent**



FEBRUARY 2022

**PREGNANT  
& VEGAN?**

What you  
need  
to know...

GO ON A  
*Wonder*  
DATE

**Lala  
Kent**

*Meal prep.*  
**without  
breaking  
the bank**

**fertility**

TIPS FOR INCREASED  
SPERM MOTILITY

*Stop  
reacting  
and create  
more calm  
at home!*