



# Weekly Meal Planner



	Sunday __/__/__	Monday __/__/__	Tuesday __/__/__	Wednesday __/__/__	Thursday __/__/__	Friday __/__/__	Saturday __/__/__
							
<b>Breakfast</b>							
							
<b>Snack</b>							
							
<b>Lunch</b>							
							
<b>Snack</b>							
							
<b>Dinner</b>							

# Shopping List:

**Vegetables:**

**Nuts & Seeds:**

**Fruits:**

**Sweeteners:**

**Beverages:**

**Miscellaneous:**

## **FOODS TO ENJOY**

## **FOODS TO AVOID**

<b>VEGETABLES:</b>	Leafy greens & other vegetables	Corn, < 1 cup of mushrooms
<b>FRUITS:</b>	All whole fruit	N/A
<b>NUTS &amp; SEEDS:</b>	All nuts and seeds	Peanuts, < 1/2 cup of nuts/seeds per day
<b>DAIRY:</b>	Organic butter	All other meat, eggs, and dairy
<b>OILS:</b>	Olive oil, coconut oil, flaxseed oil (unrefined & cold-pressed)	Refined vegetable oils (peanut, soy, canola, etc.)
<b>SWEETENERS:</b>	Stevia, pure maple syrup, raw honey, Solutions4 Fiber Sweetener	Sugar, corn syrup, artificial sweeteners, etc.
<b>BEVERAGES:</b>	Nutritional Shake, coconut water, homemade vegetable juice	Soda, alcohol, dried herbal teas, store-bought fruit juice, caffeinated drinks
<b>MISCELLANEOUS:</b>	Bragg's Liquid Aminos, Coconut Aminos, Annie's Lemon Chive Dressing, organic vegetable broth (additive-free)	All fast food and junk food, mixed seasonings and spice rubs with additives