








Weekly Meal Planner



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

Shopping List:

Vegetables:

Nuts & Seeds:

Dairy:

Oils:

Fruits:

Sweeteners:

Beverages:

Miscellaneous:

	<i>FOODS TO ENJOY</i>	<i>FOODS TO AVOID</i>
<i>VEGETABLES:</i>	Leafy greens & other vegetables	Corn, < 1 cup of mushrooms
<i>FRUITS:</i>	All whole fruit	N/A
<i>NUTS & SEEDS:</i>	All nuts and seeds	Peanuts, < ½ cup of nuts/seeds per day
<i>DAIRY:</i>	Organic butter	All other meat, eggs, and dairy
<i>OILS:</i>	Olive oil, coconut oil, flaxseed oil (unrefined & cold-pressed)	Refined vegetable oils (peanut, soy, canola, etc.)
<i>SWEETENERS:</i>	Stevia, pure maple syrup, raw honey, Solutions4 Fiber Sweetener	Sugar, corn syrup, artificial sweeteners, etc.
<i>BEVERAGES:</i>	Nutritional Shake, coconut water, homemade vegetable juice	Soda, alcohol, dried herbal teas, store-bought fruit juice, caffeinated drinks
<i>MISCELLANEOUS:</i>	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