








Weekly Meal Planner



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

Shopping List:

Vegetables:

Grains/Legumes:

Dairy:

Oils:

Fruits:

Sweeteners:

Beverages:

Meats:

Miscellaneous:

	<i>FOODS TO ENJOY</i>	<i>FOODS TO AVOID</i>
<i>VEGETABLES:</i>	Leafy greens & non-starchy vegetables	Starchy vegetables
<i>FRUITS:</i>	1-2 servings of fruit (after day 22)	All fruit before day 22
<i>MEATS:</i>	Poultry & fish	Red Meat (beef, pork, etc.)
<i>GRAINS & LEGUMES:</i>	Rice, quinoa, lentils (1 c. daily)	Wheat, rye, spelt, etc.
<i>DAIRY:</i>	Organic butter	Milk, cheese, etc.
<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, artificial sweeteners
<i>BEVERAGES:</i>	Nutritional Shake, coconut water, homemade vegetable juice	Soda, store-bought fruit juice
<i>MISCELLANEOUS:</i>	Bragg's Liquid Aminos, Coconut Aminos, organic chicken broth (additive-free)	Ketchup, mustard, BBQ sauce, etc.