



# 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:**

**Grains/Legumes:**

**Fruits:**

**Sweeteners:**

**Meats:**

**Miscellaneous:**

**FOODS TO ENJOY**

**FOODS TO AVOID**

**VEGETABLES:** Leafy greens & non-starchy vegetables

Starchy vegetables

**FRUITS:** 1-2 servings of fruit (after day 22)

All fruit before day 22

**MEATS:** Poultry & fish

Red Meat (beef, pork, etc.)

**GRAINS & LEGUMES:** Rice, quinoa, lentils (1 c. daily)

Wheat, rye, spelt, etc.

**DAIRY:** Organic butter

Milk, cheese, etc.

**OILS:** Olive oil, coconut oil, flaxseed oil (unrefined & cold-pressed)

Refined vegetable oils (peanut, soy, canola, etc.)

**SWEETENERS:** Stevia, pure maple syrup, raw honey, Solutions4 Fiber Sweetener

Sugar, artificial sweeteners

**BEVERAGES:** Nutritional Shake, coconut water, homemade vegetable juice

Soda, store-bought fruit juice

**MISCELLANEOUS:** Bragg's Liquid Aminos, Coconut Aminos, organic chicken broth (additive-free)

Ketchup, mustard, BBQ sauce, etc.