



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>
VEGETABLES:	Leafy greens & non-starchy vegetables	Starchy vegetables
FRUITS:	1 serving of any fruit per day (after day 26)	All fruit before day 26
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, Solutions4 Fiber Sweetener Pure maple syrup, raw honey (after day 26)	Sugar, artificial sweeteners
BEVERAGES:	Nutritional Shake, homemade vegetable juice Coconut water (after day 26)	Soda, store-bought fruit juice
MISCELLANEOUS:	Bragg's Liquid Aminos, Coconut Aminos, organic chicken broth (additive-free)	Ketchup, mustard, BBQ sauce, etc.