








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:

First 30 Days

- Fruits and vegetables (particularly dark leafy greens) – starchy vegetables are limited to 1 cup per day
- Healthy fats and oils (extra virgin olive oil, coconut oil, and flaxseed oil)
- Omega-3 rich fish and organic eggs
- Natural sweeteners (Solutions4 Fiber Sweetener, pure maple syrup, raw honey, stevia)
- Nutritional Shakes (chocolate, strawberry, vanilla, or orange cream)

Day 31 & Beyond (After Day 30, you'll add in...)

- Poultry (chicken, turkey, pheasant, quail, etc.) and certain fish (see pg. 25)
- Nuts and seeds (up to ½ cup per day)
- Limited grains and legumes (up to 1 cup per day)