



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	<ul style="list-style-type: none">• 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 <i>(After Day 30, you'll add in...)</i>	<ul style="list-style-type: none">• Poultry (chicken, turkey, pheasant, quail, etc.) and certain fish (see pg. 25)• Nuts and seeds (up to 1/2 cup per day)• Limited grains and legumes (up to 1 cup per day)