








Weekly Meal Planner



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

Shopping List:

Vegetables:

Grains and Legumes:

Fruits:

Beverages:

Miscellaneous:

	<i>FOODS TO ENJOY</i>	<i>FOODS TO AVOID</i>
<i>FRUITS AND VEGETABLES:</i>	All fruits and vegetables	
<i>NUTS AND SEEDS:</i>	1 tbsp. flax, chia, or hemp seed per day	All other nuts and seeds
<i>MEATS AND EGGS:</i>		All meats and eggs
<i>GRAINS & LEGUMES:</i>	All whole, unprocessed grains and legumes	Bread, cookies, crackers, etc.
<i>DAIRY:</i>		All dairy (milk, cheese, etc.)
<i>OILS:</i>		All added oils (canola, olive, coconut, etc.)
<i>SWEETENERS:</i>	Solutions4 Fiber Sweetener	All other sweeteners
<i>BEVERAGES:</i>	Plant-Based Nutritional Shake, water	Soda, coffee, tea, store-bought fruit juice, etc.
<i>MISCELLANEOUS:</i>	Bragg's Liquid Aminos, Coconut Aminos, organic vegetable broth (additive-free)	Ketchup, mustard, BBQ sauce, etc.