



# Weekly Meal Planner



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

# Shopping List:

Vegetables:

Grains and Legumes:

Fruits:

Beverages:

Miscellaneous:

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