








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:

Never	<ul style="list-style-type: none"> ▪ <i>All fast food and junk food (anything heavily processed and refined)</i> ▪ <i>Refined grains (white bread, pastries, cookies, crackers, etc.)</i> ▪ <i>Refined sugar (soda, candy, ice cream, etc.)</i>
Sparingly	<ul style="list-style-type: none"> ▪ <i>Whole grains and legumes</i> ▪ <i>Refined oils</i> ▪ <i>Organic dairy</i> ▪ <i>Small servings of red meat</i> ▪ <i>High-calorie natural sweeteners</i>
Moderately	<ul style="list-style-type: none"> ▪ <i>Lean meats (fish and poultry)</i> ▪ <i>Unrefined and cold-pressed oils</i> ▪ <i>Fruits</i> ▪ <i>Nutritious starchy fruits and vegetables (yams, squash, plantains, etc.)</i> ▪ <i>Organic eggs</i> ▪ <i>Nuts and seeds</i> ▪ <i>Low-calorie natural sweeteners</i>
Often	<ul style="list-style-type: none"> ▪ <i>Dark leafy greens</i> ▪ <i>Brightly colored vegetables</i>