

### Weekly Meal Planner

Week	Of:	
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### **Things to Limit**

- NEVER eat added sugar, EVER (limit natural sugar, too!)
- Skip refined grains and starches (and limit all grains/starches)
- Minimize dairy consumption (remember, a serving of cheese is the size of a pair of dice.)

### **Things To Enjoy**

- · All the fresh vegetables you want
- Fresh fruit, in moderation especially in-season
- Lean meats (grass-fed when possible), wild fish, and Omega-3 or pasture-raised eggs
- Healthy fats (olive oil, avocado, and nuts)

#### **Tips and Tricks**

- Make today's breakfast tomorrow's lunch!
- Cook basics like onions and beans in large batches to save time.
- Plan for protein-rich snacks to keep you full and focused.
- Enjoy an evening out, but read the menu ahead of time to make healthier choices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast						
Lunch						
Dinner						
Snacks/Drinks						



# Shopping List

Week	Of·	
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VEGETABLES	FRUIT	MEAT/SEAFOOD	CANNED AND DRY GOODS	CLEANING/ PERSONAL
		CONDIMENTS	BAKING	
	DAIRY			MISCELLANEOUS
		FROZEN FOOD	BEVERAGES	
			BEVERAGES	



## Weekly Meal Planner

Week Of: Example Items

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Omelet w/ Ham & Onions (435 cal.)	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch Greek Salad w/ Chicken (420 Cal.)	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner  Beef Stew w/ Sweet Potatoes & Peppers (510 cal.)	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snacks/Drinks Coffee/Crm (60 cal.) Orange (50 cal.) Almonds (180 cal.)	Snacks/Drinks	Snacks/Drinks	Snacks/Drinks	Snacks/Drinks	Snacks/Drinks	Snacks/Drinks



## Shopping List

Week Of: Example Items

VEGETABLES	FRUIT	MEAT/SEAFOOD	CANNED AND DRY GOODS	CLEANING/ PERSONAL
Arugula	Lemons	Grass-Fed Beef	Pinto Beans	Laundry Detergent
Spinach	Limes	Pastured Chicken	Lentils	Dish Detergent
Kale	Grapefruit	Pastured Eggs	Black Beans	Trash Bags
Chard	Oranges	Wild Salmon	Sardines	Paper Towels
Collard Greens	Tangerines	Wild Cod	Olive Oil	Toilet Paper
Asparagus	Apples	Wild Shrimp	Coconut Oil	Toothpaste
Broccoli	Avocados	CONDIMENTS	BAKING	Shampoo/Conditioner
Cauliflower	Strawberries	Sea Salt	Coconut Flour	Soap
Cabbage	DAIRY	Pepper	Stevia	MISCELLANEOUS
Brussels Sprouts	Cottage Cheese (2%)	Garlic	Walnuts	Blender Bottle
Onions	Greek Yogurt (Plain)	FROZEN FOOD	Cacao Nibs	Workout Shorts
Radishes	Lowfat Organic Milk	Mixed Vegetables	BEVERAGES	Socks
Parsnips	Part-Skim Mozzarella	Green Peas	Sparkling Water	Printer Paper
Sweet Potatoes	Kefir (Plain)	Amy's Burrito Bowl	Coffee	
Cucumbers	Ghee	Halibut	Earl Grey Tea	