

Weekly Clean Eating Meal Planner

<p>Monday</p> <p>B: _____</p> <p>L: _____</p> <p>D: _____</p> <p>S(2): _____</p>	<p><input type="checkbox"/> Lean Meat/ Protein</p> <p><input type="checkbox"/> Fruit & Veggies</p> <p><input type="checkbox"/> Beans/Legume</p> <p><input type="checkbox"/> Dairy</p> <p><input type="checkbox"/> Healthy Fat</p> <p><input type="checkbox"/> 8-10 cups water</p>	<p>Friday</p> <p>B: _____</p> <p>L: _____</p> <p>D: _____</p> <p>S(2): _____</p>	<p><input type="checkbox"/> Lean Meat/ Protein</p> <p><input type="checkbox"/> Fruit & Veggies</p> <p><input type="checkbox"/> Beans/Legume</p> <p><input type="checkbox"/> Dairy</p> <p><input type="checkbox"/> Healthy Fat</p> <p><input type="checkbox"/> 8-10 cups water</p>	<p><u>Grocery List:</u></p>
<p>Tuesday</p> <p>B: _____</p> <p>L: _____</p> <p>D: _____</p> <p>S(2): _____</p>	<p><input type="checkbox"/> Lean Meat/ Protein</p> <p><input type="checkbox"/> Fruit & Veggies</p> <p><input type="checkbox"/> Beans/Legume</p> <p><input type="checkbox"/> Dairy</p> <p><input type="checkbox"/> Healthy Fat</p> <p><input type="checkbox"/> 8-10 cups water</p>	<p>Saturday</p> <p>B: _____</p> <p>L: _____</p> <p>D: _____</p> <p>S(2): _____</p>	<p><input type="checkbox"/> Lean Meat/ Protein</p> <p><input type="checkbox"/> Fruit & Veggies</p> <p><input type="checkbox"/> Beans/Legume</p> <p><input type="checkbox"/> Dairy</p> <p><input type="checkbox"/> Healthy Fat</p> <p><input type="checkbox"/> 8-10 cups water</p>	
<p>Wednesday</p> <p>B: _____</p> <p>L: _____</p> <p>D: _____</p> <p>S(2): _____</p>	<p><input type="checkbox"/> Lean Meat/ Protein</p> <p><input type="checkbox"/> Fruit & Veggies</p> <p><input type="checkbox"/> Beans/Legume</p> <p><input type="checkbox"/> Dairy</p> <p><input type="checkbox"/> Healthy Fat</p> <p><input type="checkbox"/> 8-10 cups water</p>	<p>Sunday</p> <p>B: _____</p> <p>L: _____</p> <p>D: _____</p> <p>S(2): _____</p>	<p><input type="checkbox"/> Lean Meat/ Protein</p> <p><input type="checkbox"/> Fruit & Veggies</p> <p><input type="checkbox"/> Beans/Legume</p> <p><input type="checkbox"/> Dairy</p> <p><input type="checkbox"/> Healthy Fat</p> <p><input type="checkbox"/> 8-10 cups water</p>	
<p>Thursday</p> <p>B: _____</p> <p>L: _____</p> <p>D: _____</p> <p>S(2): _____</p>	<p><input type="checkbox"/> Lean Meat/ Protein</p> <p><input type="checkbox"/> Fruit & Veggies</p> <p><input type="checkbox"/> Beans/Legume</p> <p><input type="checkbox"/> Dairy</p> <p><input type="checkbox"/> Healthy Fat</p> <p><input type="checkbox"/> 8-10 cups water</p>	<p>10 Commandments</p> <p>1. More than 3, let it be</p> <p>2. Don't know the ingredients? Leave it</p> <p>3. No whites</p> <p>4. Drink TONS OF WATER</p> <p>5. No processed food</p> <p>6. Lean protein: lots</p> <p>7. Plan & Prep Meals</p> <p>8. BYOS (snacks)</p> <p>9. Don't be scared of healthy fats</p> <p>10. Limit dairy</p>		