

---

CLEAN EATING

---

# MENU PLANNER

---

---

---

## M E N U

---

---

### M o n d a y

Breakfast: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Dinner: \_\_\_\_\_

### T u e s d a y

Breakfast: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Dinner: \_\_\_\_\_

### W e d n e s d a y

Breakfast: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Dinner: \_\_\_\_\_

### T h u r s d a y

Breakfast: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Dinner: \_\_\_\_\_

### F r i d a y

Breakfast: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Dinner: \_\_\_\_\_

### S a t u r d a y

Breakfast: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Dinner: \_\_\_\_\_

### S u n d a y

Breakfast: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Dinner: \_\_\_\_\_

## SHOPPING LIST

### Milk and Other Liquids

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Fresh Produce

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Spices, Herbs, and Oils

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Grains, Beans, Nuts, and Seeds

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_