
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

