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CLEAN EATING

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# MENU PLANNER

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## M E N U

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**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

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