## - CLEAN EATING-

## MENU PLANNER

М Е	N U	SHOPPING LIST
Monday	Tuesday	Milk and Other Liquids
Breakfast:	Breakfast:	865
Snack:	Snack:	
Lunch:	Lunch:	-20
Snack:	Snack:	
Dinner:	Dinner:	
Wednesday	Thursday	Fresh Produce
Breakfast:	Breakfast:	
Snack:	Snack:	
Lunch:	Lunch:	-
Snack:	Snack:	
Dinner:	Dinner:	
Friday	Saturday	Spices, Herbs, and Oils
Breakfast:	Breakfast:	100 - 100 -
Snack:	Snack:	
Lunch:	Lunch:	
Snack:	Snack:	<del></del>
Dinner:	Dinner:	
05.	<b>.</b>	Grains, Beans, Nuts, and Seeds
Sun	d a y	
Breakfast:		
Snack:		
Lunch:	4	
Snack:		E/2
Dinner:	Ĭ.	

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