

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

GROCERY SHOPPING LIST

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Be sure to include lots of fresh fruits and veggies. Frozen vegetables are a good alternative, too. Choose good quality proteins like lean beef, chicken and pork. Read labels and pick low carb and low sugar items, but avoid fat free and artificial sweeteners if you can - they are full of chemicals! Stevia is a great natural sugar replacement.