

Weekly Clean Eating Meal Planner

Monday
 B: _____
 L: _____
 D: _____
 S(2): _____

- Lean Meat/ Protein
- Fruit & Veggies
- Beans/Legume
- Dairy
- Healthy Fat
- 8-10 cups water

Friday
 B: _____
 L: _____
 D: _____
 S(2): _____

- Lean Meat/ Protein
- Fruit & Veggies
- Beans/Legume
- Dairy
- Healthy Fat
- 8-10 cups water

Tuesday
 B: _____
 L: _____
 D: _____
 S(2): _____

- Lean Meat/ Protein
- Fruit & Veggies
- Beans/Legume
- Dairy
- Healthy Fat
- 8-10 cups water

Saturday
 B: _____
 L: _____
 D: _____
 S(2): _____

- Lean Meat/ Protein
- Fruit & Veggies
- Beans/Legume
- Dairy
- Healthy Fat
- 8-10 cups water

Wednesday
 B: _____
 L: _____
 D: _____
 S(2): _____

- Lean Meat/ Protein
- Fruit & Veggies
- Beans/Legume
- Dairy
- Healthy Fat
- 8-10 cups water

Sunday
 B: _____
 L: _____
 D: _____
 S(2): _____

- Lean Meat/ Protein
- Fruit & Veggies
- Beans/Legume
- Dairy
- Healthy Fat
- 8-10 cups water

Thursday
 B: _____
 L: _____
 D: _____
 S(2): _____

- Lean Meat/ Protein
- Fruit & Veggies
- Beans/Legume
- Dairy
- Healthy Fat
- 8-10 cups water

10 Commandments

1. More than 3, let it be
2. Don't know the ingredients? Leave it
3. No whites
4. Drink TONS OF WATER
5. No processed food
6. Lean protein: lots
7. Plan & Prep Meals
8. BYOS (snacks)
9. Don't be scared of healthy fats
10. Limit dairy

Grocery List: