

MONDAY

TUESDAY

WEDNESDAY

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THURSDAY

FRIDAY

SATURDAY

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SUNDAY

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Fruits

- Apples
- Avocado
- Bananas
- Berries Fresh / Frozen
- Grapes
- Mango
- Oranges
- Grapefruit
- Kiwi
- Peaches
- Pears
- _____
- _____

Grains

- Rice / Brown Rice
- Oats
- Pasta
- Quinoa / Cous Cous
- _____
- _____

Vegetables

- Potatoes
- Tomatoes
- Carrots
- Bell Peppers
- Garlic
- Mushrooms
- Onions
- Peas
- Zucchini
- Kale / Spinach
- Pumpkin / Squash
- Celery
- _____
- _____

Meats / Protein

- Chicken
- Turkey
- Pork
- Beef
- _____

Pantry

- Black Beans
- Broth / Stock
- Chickpeas
- Salmon / Tuna
- Tomato Tins
- Corn, Olives
- Lentils / Pulses
- Nuts
- Dried Fruit
- Seeds (Sunflower)
- Honey / Sugar
- Olive Oil
- Coconut Oil
- Coconut Milk
- _____

Dairy / Non Dairy

- Yogurt (Greek)
- Cheese
- Eggs
- Milk