



My Amazing, Glorious Meal Plan for this WEEK!

meal plan

MAGIC PLATE = 1/2 nutrient-dense whole fruits, and green or starchy vegetables, 1/2 high quality proteins and whole grains, 1-3 Tbls. high quality fats and oils.

DINNER

Sun _____

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

BREAKFAST

LUNCH

SNACKS

use up...

1) _____

2) _____

3) _____

make-ahead...

1) _____

2) _____

3) _____

4) _____

pre-prep /shopping list

Add to shopping list

