

Weekly Meal Plan

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Items Needed

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Etc., Prep Notes

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Meal Planning

Guidelines



- MIX IT UP! TRY CURRIES, STIR-FRY, MEXICAN, ITALIAN, CASSEROLES, SOUPS/STEW/CHILIS, WRAPS, SALADS, SCRAMBLES, ETC...
- ADD FLAVOR THROUGH SAUCES, DRESSINGS AND MARINADES, FERMENTS
- ADJUST FAT/CARB MACROS BASED ON EATING STYLE (KETO, PALEO, VEGAN)
- DEVELOP 4-7 MEALS OR MEAL STYLES FOR ROTATION - MIX UP INGREDIENTS
- CHOOSE REAL WHOLE FOODS OVER PROCESSED