Meal Planning and Prep



"This journey is meant to be a beautiful lifestyle change. Do what works for you! Don't stress and make it complicated. All it takes is a little extra planning and you can make this healing, happy, healthy lifestyle work for you too!"

Meal Planning for the week of
The day(s) and time(s) that is most convenient for me to go grocery shopping is/are:
The day(s) and time(s) that is most convenient for me to meal prep is/are:
This week I will prepare the following breakfast options:
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2
This week I will prepare the following main dishes:
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2
3
My biggest challenge this week is
My goal for meal prep this week is to
Failing to plan is planning to fail.



Weekly Menu



Meal Planning for the week of	
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast:						
Lunch:						
Dinner:						
Detox Items/ Snacks:						

Notes:		

Meal Prep Grocery List



PANTRY STAPLES:

- Agave Raw &Organic (Dark preferably)
- Apple Cider Vinegar (Raw, Organic, Unfiltered with the "Mother")
- ☐ Arrowroot Starch/Flour
- Aluminum Free Baking Powder
- ☐ Cinnamon (ground)
- Coconut Aminos
- ☐ Coconut Oil (Unrefined, Unfiltered, Cold Pressed)
- ☐ Coconut/Olive Oil Cooking Spray
- ☐ Fish Oil
- Ghee
- Gluten Free 1- to 1
 Baking Powder
- ☐ Honey Raw. Organic (Local if possible)
- □ 100% Maple Syrup
- Olive Oil (Organic, Virgin)
- ☐ Cajun Seasoning or any other seasoning alternative that is gluten free and does not have traces of soy, wheat, or dairy.
- Unsweetened Coconut Milk (No Guar Gum, in a BPA Free Can)

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HEALING FOODS LIST:

APPLES
AVOCADOS
BANANAS
CAULIFLOWER (WHOLE OR RICED)
CELERY
CILANTRO (FRESH OR GROUND)
CUCUMBER
GARLIC
GINGER (ORGANIC, SLICED, IN A JAR)
LEMONS
LIMES
LETTUCE MIX (LIKE A SPRING MIX)
MANGOES (FRESH OR FROZEN)
ONIONS
PARSLEY (FRESH OR GROUND)
PINEAPPLE (FRESH OR CHUNKS IN 100% JUICE)
SPINACH (FRESH)
SWEET POTATOES
THYME (FRESH OR GROUND)
TOMATOES (ROMA IF POSSIBLE)
TURMERIC
THYME (FRESH OR GROUND)
WILD BLUEBERRIES (FRESH OR FROZEN)

REMAINING INGREDIENTS FOR MEAL PREP RECIPES:

<u>FRUI</u>	TS/VEGETABLES:	
MEA	TS/PROTEIN:	
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DRIE	D GOODS:	•
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