EATING STRATEGIES

I always say have a plan or plan to fail. Focusing on nutrient dense foods is best accomplished by having a plan for weekly meals and shopping with a list. I plan my list the way most grocery stores designed. Produce, protein, complex carbohydrates, dairy and frozen foods.

WEEKLY MEAL-PLANNING CHART

WEEK OF:	**MEAL**
MONDAY	
Breakfast	
Lunch	
Dinner	
TUESDAY:	
Breakfast	
Lunch	
Dinner	
WEDNESDAY	
Breakfast	
Lunch	
Dinner	
THURSDAY	
Breakfast	
Lunch	
Dinner	
FRIDAY	
Breakfast	
Lunch	
Dinner	
SATURDAY	
Breakfast	
Lunch	
Dinner	
SUNDAY	
Breakfast	
Lunch	
Dinner	