



**WEEKLY MEAL PLAN**



	Lunch	Dinner
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

**TIPS**

- Eat a variety of animal source foods • Eat nose-to-tail • Get grass-fed or pasture-raised if you can afford
- Eat whole and unprocessed food • Eat a combination of cooked, lightly cooked and raw food