



## WEEKLY MEAL PLAN



	Lunch	Dinner	Shopping list
<b>Mon</b>			..... ..... ..... .....
<b>Tue</b>			..... ..... ..... .....
<b>Wed</b>			..... ..... ..... .....
<b>Thu</b>			..... ..... ..... .....
<b>Fri</b>			..... ..... ..... .....
<b>Sat</b>			..... ..... ..... .....
<b>Sun</b>			..... ..... ..... .....

**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