



WEEKLY MEAL PLAN



	Breakfast	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