Nourish

21 DAYS OF CLEAN EATING

MEAL PLAN **WEEK 1**

Use the table below to write out your own sample meal plan.

GUIDELINES INCLUDE:
NO GRAINS
1 CUP BEANS
1 CUP STARCHY VEG
2 SERVINGS OF FRUIT

	Breakfast	Snack	Lunch	Snack	Dinner
Sunday Day 0					
Monday Day 1					
Tuesday Day 2					
Wednesday Day 3					
Thursday Day 4					
Friday Day 5					
Saturday Day 6					

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MEAL PLAN **WEEK 2**

Use the table below to write out your own sample meal plan.

GUIDELINES INCLUDE:
1/2 CUP GRAINS
1 CUP BEANS
1/2 CUP STARCHY VEG
2 SERVINGS FRUIT

	Breakfast	Snack	Lunch	Snack	Dinner
Sunday Day 7					
Monday Day 8					
Tuesday Day 9					
Wednesday Day 10					
Thursday Day 11					
Friday Day 12					
Saturday Day 13					

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MEAL PLAN **WEEK 3**

Use the table below to write out your own sample meal plan.

GUIDELINES INCLUDE:
1/2 CUP GRAINS
1 CUP BEANS
1/2 CUP STARCHY VEG
NO LIMIT ON FRUIT

	Breakfast	Snack	Lunch	Snack	Dinner
Sunday Day 14					
Monday Day 15					
Tuesday Day 16					
Wednesday Day 17					
Thursday Day 18					
Friday Day 19					
Saturday Day 20					
Sunday Day 21					

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NOURISH GROCERY LIST

Fresh Produce

Canned/Bottled

Condiments/Oils

Eggs and Mylks

Grains

[Click here to visit the Nourish Store!]

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Meats/Poultry/Fish

Beans

Dried Herbs/Spices

Frozen Foods

Miscellaneous

Nuts and Seeds