

WEEKLY MEAL PLAN

DAY OF THE WEEK	AM JUICE / SUPPLEMENTS	BREAKFAST NONE-DAIRY MILK ALMOND --RICE...	AM SNACK EAT SMALL PORTIONS EVERY 3 HRS	LUNCH	PM SNACK / TEA TIME HYDRATION	DINNER
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						



1. - PLANNING YOUR MEALS AHEAD OF TIME AND MAKING A LIST OF WHAT YOU ARE GOING TO BUY AND EAT A FEW DAYS AHEAD, HELPS YOU MAINTAIN BETTER EATING HABITS, BETTER NUTRITION AND TO MANAGE YOUR WEIGHT BETTER. 2. - DO THE BEST POSSIBLE TO CONSUME ORGANIC FOODS AND WHEN ON SALE YOU CAN PUREE SOME OF THE FRUITS OR VEGGIES AS ICE CUBES TO MAKE YOUR JUICE, SOUPS AT LEAST TO LAST 72 HOURS. 3. - TAKE A WALK TO A LOCAL FARMER'S MARKET TO BUY FRESH AND LOCAL ORGANIC PRODUCE FROM TIME TO TIME.