

Dates:

<b>MENU</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<i>BREAKFAST</i>							
<i>LUNCH</i>							
<i>DINNER</i>							
<i>prep</i>							
Daily CHECKLIST (minimum)	VEG 1 2 3 FRUIT 1 2 PROTEIN HIGH CARB ↓ WHL GRAIN ↑ LF DAIRY 1 2	VEG 1 2 3 FRUIT 1 2 PROTEIN HIGH CARB ↓ WHL GRAIN ↑ LF DAIRY 1 2	VEG 1 2 3 FRUIT 1 2 PROTEIN HIGH CARB ↓ WHL GRAIN ↑ LF DAIRY 1 2	VEG 1 2 3 FRUIT 1 2 PROTEIN HIGH CARB ↓ WHL GRAIN ↑ LF DAIRY 1 2	VEG 1 2 3 FRUIT 1 2 PROTEIN HIGH CARB ↓ WHL GRAIN ↑ LF DAIRY 1 2	VEG 1 2 3 FRUIT 1 2 PROTEIN HIGH CARB ↓ WHL GRAIN ↑ LF DAIRY 1 2	VEG 1 2 3 FRUIT 1 2 PROTEIN HIGH CARB ↓ WHL GRAIN ↑ LF DAIRY 1 2

WEEKLY Checklist:  
 NUTS AND SEEDS: 1 2 3 4  
 FISH: 1 2 +  
 LEGUMES: 1 2 3 +

SYS = Serve Your Self, LO = Left Overs  
 Use ® to denote recipes needed  
 Helpful: grapefruit before meals, green tea

<p><b>Reminder!</b> <b>SUPERFOODS</b></p> <p>acai pulp apples asparagus avocado barley, hulled not pearled beans beets blackberries blueberries, broccoli buckwheat/kasha</p>	<p>chocolate, dark cinnamon cranberries eggs fish, not fried [salmon, herring, sardines, and mackerel, arctic char] flaxseed, ground garlic grapes (red, purple, juice) grapefruit honey kiwi (Vit C) lentils</p>	<p>mango nuts [pistachio, almond] oats olive oil, EV onions oranges papaya peppers -- hot pomegranates prunes pumpkin quinoa raspberries</p>	<p>salmon, including canned soy (edamame, tempeh, tofu) spinach (kale, Swiss chard, beet tops, watercress, etc) seeds (pumpkin, chia) sprouts alfalfa, broccoli sweet potatoes tea (black, green) tomatoes turkey walnuts yogurt</p>
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**Consider:**

fiber  
antioxidants  
healthy fats  
beans  
vegetarian protein  
minerals: calcium, iron, Bs