

# MEAL PLAN & GROCERIES WEEK OF:

THE #1 PREDICTOR OF A HEALTHY GUT IS DIVERSITY OF PLANTS. PLAN IN DIVERSITY!

SUNDAY		VEGGIES / GREENS	
MONDAY			
TUESDAY		FRUITS & BERRIES	LEGUMES / PEAS / TOFU / MEAT ALTERNATIVES
WEDNESDAY			GRAINS / BREAD / TORTILLAS
THURSDAY		NUTS / SEEDS   DRIED FRUITS...	
FRIDAY			ANYTHING ELSE?
SATURDAY		DAIRY ALTERNATIVES	