|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Fri** | **Sat** | **Sun** | **Mon** | **Tues** | **Weds** | **Thurs** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Treat / dessert** |  | | | | | | |

**Each serving should contain 20-30g protein, 20-25g healthy fat, 25-35g low-GL carb** *(veg, fruit, legumes, whole grains)* **and pro & prebiotics**

**Shopping list**

**Fresh produce**: ………………………………………………………………………………………………………………………………………………………………………………………………………..

**Meat/fish**: ………………………………………………………………………………………………………………………………………………………………………………….……………………………

**Dairy, eggs, deli (chilled foods):** …………………………………………………………………………………………………………………………………………………….………………………..

**Frozen foods:** …………………………………………………………………………………………………………………………………………………………………………………………………………..

**Pantry items (dried, canned, bottled, etc.):** …………………………………………………………………..……………………………………………………………………………………….

**Misc.:** ……………………………………………………………………………………………………………………………………………………………………………………………………………………….