



FOR THE WEEK OF:

Goal:

- Eat Better
- Eat Less
- Cook More
- Fight Temptation

WHAT I ATE

BREAKFAST

LUNCH

DINNER

SNACKS

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY 				
TUESDAY 				
WEDNESDAY 				
THURSDAY 				
FRIDAY 				
WEEKEND 				



Water



Formula



Medication

IDEAS FOR THIS WEEK

HOW DID I DO?

- Killed it!
- Pretty good
- Well, I tried!
- I will try again!

Grocery List



Fruit

- Apples
- Bananas
- Oranges
- Berries
- Grapes
- Melons
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Canned Items

- Fruit
- Salsa
- Soup
- Spaghetti Sauce
- Tomato Sauce
- Vegetables
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Frozen Foods

- Fruit
- Hashbrowns
- Fries
- Vegetables
- Gluten Free:
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Snacks

- Applesauce
- Apple Chips
- Crackers
- Dried Fruit
- Rice Cakes
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Vegetables

- Broccoli
- Carrots
- Cauliflower
- Cucumbers
- Lettuce
- Mushrooms
- Peppers
- Potatoes
- Squash
- Tomatoes
- Zucchini
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Condiments & Baking

- Butter
- Jam
- Ketchup
- Maple Syrup
- Oil
- Spice:
- Sugar
- Ranch Dressing
- Vinegar
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Paper and Wraps

- Aluminum Foil
- Garbage Bags
- Toilet Paper
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Low Protein Items

- Formula
- Bread
- Cereal
- Cheese Alternative
- Crackers
- Flour Alternative
- Meat Alternatives
- Milk Alternatives
- Spreads
- Pasta
- Rice
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Household Items

- Hair Product:
- Laundry:
- Cleaning:
- Light Bulbs
- Pet Food
- Soap:
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Oh Ya.. AND

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Low Protein Items May be products from specialty shops or alternatives from a grocery store

