

**Your Meal Plan for 30-Days of No-Processed Food**

*(write in meals you want to make for the week, included days you think you will be eating out)*

WEEK 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal One							
Meal Two							
Meal Three							
Snack							

WEEK 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal One							
Meal Two							
Meal Three							
Snack							



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*(write in meals you want to make for the week, included days you think you will be eating out)*

WEEK 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal One							
Meal Two							
Meal Three							
Snack							

WEEK 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal One							
Meal Two							
Meal Three							
Snack							