# CLEAN EATING MEAL PLAN

Build balanced meals and check off whole-food categories.

US LETTER

| DAY | BREAKFAST | LUNCH | DINNER | WHOLE-FOOD SNACK |
|---|---|---|---|---|
| MON | | | | |
| TUE | | | | |
| WED | | | | |
| THU | | | | |
| FRI | | | | |
| SAT | | | | |
| SUN | | | | |

## WHOLE-FOOD BALANCE CHECK

- ☐ VEGETABLES
- ☐ FRUIT
- ☐ WHOLE GRAINS
- ☐ PROTEIN
- ☐ HEALTHY FATS
- ☐ WATER

## WEEKLY FOCUS + NOTES

# CLEAN EATING MEAL PLAN

Build balanced meals and check off whole-food categories.

A4

| DAY | BREAKFAST | LUNCH | DINNER | WHOLE-FOOD SNACK |
|---|---|---|---|---|
| MON | | | | |
| TUE | | | | |
| WED | | | | |
| THU | | | | |
| FRI | | | | |
| SAT | | | | |
| SUN | | | | |

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## WEEKLY FOCUS + NOTES