Healing Diet for Life PROGRAM STEP 1: PLAN

Week of Sept 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Kid's Dinner							
What's Going On?							

STEP 2: SHOP

Vegetables	Fruit	Seeds and Oils	Protein	Healthy Fat
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Healthy Carbs	Teaspoons 2-3	Misc	Misc	Kid Stuff
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Meal Prep Sunday