

# Meal Planner



WEEK OF: / /

	Day 1	Day 2	Day 3
Meal 1	2 eggs, 1 chicken sausage, sauerkraut, ¼ avocado and GF english muffin  1 Coffee with organic cream		
I felt:	Full and satisfied, no jitters		
Snack	½ cup organic greek yogurt and a pear		
Meal 2	Small salad with vinegar dressing  Oven roasted salmon and fist of sweet potato		
I felt:	Perfect amount of full, no bloating		
Snack	Raw carrot salad		
Meal 3	1 tbsp of ACV 10 minutes before  6oz grass fed filet, fist of roasted butternut squash and asparagus  2 squares of dark chocolate		
I felt:	Satisfied, no bloating or brain fog all day		
Notes	Drank about 90oz of water  Had an adrenal cocktail at 2PM  No afternoon slump		