

4 Eat To Heal | Meal Plan

Controlling
THE ODDS

Monday

WEEK 1

UPON WAKING

BREAKFAST

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

Tuesday

UPON WAKING

BREAKFAST

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

Wednesday

UPON WAKING

BREAKFAST

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

4 Eat To Heal | Meal Plan

Controlling
THE ODDS

Thursday

UPON WAKING

BREAKFAST

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

Friday

UPON WAKING

BREAKFAST

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

Saturday

UPON WAKING

BREAKFAST

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

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Controlling
THE ODDS

Sunday

UPON WAKING	
BREAKFAST	
LUNCH	
AFTERNOON SNACK	
DINNER	
EVENING SNACK	

Shopping List

Proteins	
Eggs/Dairy	
Vegetables	
Fruits	
Nuts and Seeds	
Oils and Condiments	
Grains and Legumes	
Other	