CrossPoint Health & Wellness
REDEEMING MIND, BODY AND SPIRIT

MEAL PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast:	**Breakfast:**	**Breakfast:**	**Breakfast:**	**Breakfast:**	**Breakfast:**	**Breakfast:**
Lunch:	**Lunch:**	**Lunch:**	**Lunch:**	**Lunch:**	**Lunch:**	**Lunch:**
Dinner:	**Dinner:**	**Dinner:**	**Dinner:**	**Dinner:**	**Dinner:**	**Dinner:**

CLEAN EATING GROCERY LIST

Shop on the outside isles / Do not go to the store hungry /Have a menu plan before going to the store

VEGGIES	FRUIT	PROTIEN	CARBS	NUTS/DAIRY	SEEDS	FATS
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