

WEEKLY —
The Peaceful Plan

Week of: _____

Monday
BREAKFAST
LUNCH
DINNER
SNACK

Tuesday
BREAKFAST
LUNCH
DINNER
SNACK

Wednesday
BREAKFAST
LUNCH
DINNER
SNACK

Thursday
BREAKFAST
LUNCH
DINNER
SNACK

Friday
BREAKFAST
LUNCH
DINNER
SNACK

Saturday
BREAKFAST
LUNCH
DINNER
SNACK

Sunday
BREAKFAST
LUNCH
DINNER
SNACK

NOTES:
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Directions for

The Peaceful Plan

- 1) Grab yourself a cup of tea, put on some good music and sit down to create a weeks' worth of meals. You'll be amazed at how peaceful your life can become when you integrate the Peaceful Plan into it. Of course there may be some bumps to begin with but I hope this little plan brings you as much calm as it has brought to me!
- 2) If you are worried your plan won't be nutritionally adequate, you can [book an appointment](#) with me!
- 3)) Once you've completed The Peaceful Plan, add all food items you'll need to your grocery list for your shopping trip.

Tips!

Use this as a back up plan when you don't have time to create a new meal plan. Your meal plan and grocery list will be already done and waiting for you. All you'll need to do is take inventory of what you have on hand!

PEACE!

Jennifer Carlson - The Peaceful Nutritionist