

Meal Planner

List what you plan to eat for the week to come. Photocopy this to use from week to week or use the digital version at thehealthy.com/reverseddiabetes/mealplanner. You'll find a filled-in example of this planner on page 178.



Scan to find the planner online.

DAY	DINNER
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

BREAKFAST IDEAS

LUNCH IDEAS

SNACK IDEAS