

GROCERIES FOR A

Whole30 Human

WWW.HEALTHYLITTLEPEACH.COM

WEEKLY MENU

Sun:

Mon:

Tue:

Wed:

Thur:

Fri:

Sat:

MEAT/FISH

VEGGIES

FRUITS

CONDIMENTS

MISCELLANEOUS

GROCERIES FOR A

Whole30 Human

WWW.HEALTHYLITTLEPEACH.COM

LUNCH MENU

Sun:

Mon:

Tue:

Wed:

Thur:

Fri:

Sat:

DINNER MENU

Sun:

Mon:

Tue:

Wed:

Thur:

Fri:

Sat:

MEAT/FISH

VEGGIES

FRUITS

MISCELLANEOUS