

# Sugar Free January 2019

## Meal Plan

Week 1

January 2 - January 6

Prep Ahead:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakfast							
	Lunch							
	Dinner							
	Snacks							

# Sugar Free January 2019

## Meal Plan

Week 2

January 7 - January 13

Prep Ahead:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakfast							
	Lunch							
	Dinner							
	Snacks							

# Sugar Free January 2019 Meal Plan

Week 3

January 14 - January 20

Prep Ahead:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakfast							
	Lunch							
	Dinner							
	Snacks							

# Sugar Free January 2019 Meal Plan

Week 4

January 21 - January 27

<i>Prep Ahead:</i>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakfast							
	Lunch							
	Dinner							
	Snacks							

# Sugar Free January 2019 Meal Plan

Week 5

January 28 - January 31

Prep Ahead:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakfast							
	Lunch							
	Dinner							
	Snacks							