

THE NOURISHED BRAIN MEAL PLAN

MON

B:
L:
D:

TUES

B:
L:
D:

WED

B:
L:
D:

THU

B:
L:
D:

FRI

B:
L:
D:

SAT

B:
L:
D:

SUN

B:
L:
D:

THINGS TO BUY

SNACKS THIS WEEK

MONTHLY MEAL PLAN



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON	B: L: D:	B: L: D:	B: L: D:	B: L: D:	
TUE	B: L: D:	B: L: D:	B: L: D:	B: L: D:	
WED	B: L: D:	B: L: D:	B: L: D:	B: L: D:	
THU	B: L: D:	B: L: D:	B: L: D:	B: L: D:	
FRI	B: L: D:	B: L: D:	B: L: D:	B: L: D:	



Serving Size Guide

Vegetables

1 cup fresh leafy greens, 1/2 cup cooked leafy greens, 1/2 cup other vegetables

Fruits

1/2 cup fresh berries, 1 small piece of fruit, 1/4 cup dried fruit

Whole Grains

1/2 cup cooked

Nuts

1/4 cup or 1 ounce

Beans

1/2 cup cooked

Fish, Poultry, Red Meat

3 ounces

Olive Oil

1 tablespoon

Cheese

1 ounce

Milk, Yogurt

1 cup