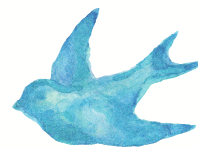


BE FREE  
Weekly Food  
PLANNER TOOL

START DATE: \_\_\_\_\_



|       | BREAKFAST | LUNCH | DINNER | SNACKS | DRINKS |
|-------|-----------|-------|--------|--------|--------|
| MON   |           |       |        |        |        |
| TUES  |           |       |        |        |        |
| WED   |           |       |        |        |        |
| THURS |           |       |        |        |        |
| FRI   |           |       |        |        |        |
| SAT   |           |       |        |        |        |
| SUN   |           |       |        |        |        |

## Suggestions

**Anti Inflammatory Foods:**  
Ginger, Turmeric, Broccoli,  
Avocado, Berries, Oily Fish,  
Green Leafy Veg, Almonds,  
Walnuts

**Cortisol Reducing Foods**  
Banana's, Dark Choc,  
Blueberries

**Tryptophan rich foods**  
Eggs, Turkey, Nuts, Seeds,  
Tofu, Oats, Beans, Lentils,  
Avocado's, Cacao

**Supplements**  
Multi Vitamins, Omega Oils,  
Pro and Probiotics making  
sure they are all natural and  
do not contain synthetics.

**Things to Cut Back & Reduce**  
Caffeine, Processed Food,  
Refined Sugars, Alcohol,  
Red Meat