

ELLEPHORIA

THE HAPPY MEAL PLAN

Let's remove the stress and panic from thinking about what food we want to eat. It shouldn't be something we worry or are concerned about. It should be an enjoyable activity as part of the day. Every meal should be happy! Plan out your meals for this week below, and get all the ingredients in one shopping trip. Maybe you'll also be able to do some bulk prep in the week and chop all your veggies up at once and save stress, money and time!

	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			