

Date:

My Luminous Plan for the week

	Breakfast	Lunch	Dinner	Notes
Basic Plan	1 Protein-1 Fat-1 Fruit-1 Starch	1 Protein-1 Fat-1 Vegetable-1 Fruit	1 Protein -1 Fat -2 Vegetable	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				