

2 Week No Sugar Meal Plan

PATIENT INFORMATION

Name: _____ Age: _____

Sex: _____

NUTRITIONAL GOALS

Specify below:

This 2-Week No Sugar Meal Plan is designed to eliminate added sugars from the diet, focusing on whole, nutrient-rich foods to improve overall health, reduce cravings, and support weight management.

FOOD TO AVOID

Specify below:

WEEK 1 MEAL PLAN OVERVIEW

Breakfast options:

Lunch options:

Dinner options:

Snack options:

WEEK 2 MEAL PLAN OVERVIEW

Breakfast options:

Lunch options:

Dinner options:

Snack options:

NOTES, ADJUSTMENTS, AND RECOMMENDATIONS

Specify below: