

# 2-Week No Sugar Meal Plan

Name	Age	Date
<p><i>This 2 Week No Sugar Meal Plan is designed to eliminate added sugars from your diet, focusing on whole, nutrient-rich foods to improve overall health, reduce cravings, and support weight management.</i></p>		
<p><b>Food to Avoid</b></p>		
<p><b>Week 1 Meal Plan Overview</b></p>		
<p><b>Breakfast Options</b></p>		
<p><b>Lunch Options</b></p>		
<p><b>Dinner Options</b></p>		
<p><b>Snack Options</b></p>		

## **Week 2 Meal Plan Overview**

### **Breakfast Options**

### **Lunch Options**

### **Dinner Options**

### **Snack Options**

### **Goals**

<b>Daily Caloric Intake Goal</b>	
<b>Protein Goal</b>	
<b>Fiber Goal</b>	
<b>Fat Goal</b>	
<b>Carbohydrates Goal</b>	
<b>Water Intake Goal</b>	

**Notes and Adjustments to Diet for Dietary Needs and Restrictions**

**Healthcare Professional's Additional Notes and Recommendations**