

THE DAILY DOZEN WEEKLY PLANNER

DAY
1

- BEANS
- BERRIES
- OTHER FRUITS
- CRUCIFEROUS VEGETABLES
- GREENS
- OTHER VEGETABLES
- NUTS & SEEDS
- FLAXSEEDS
- SPICES
- WHOLE GRAINS
- DRINKS
- EXERCISE
- VITAMIN B12

DAY
2

- BEANS
- BERRIES
- OTHER FRUITS
- CRUCIFEROUS VEGETABLES
- GREENS
- OTHER VEGETABLES
- NUTS & SEEDS
- FLAXSEEDS
- SPICES
- WHOLE GRAINS
- DRINKS
- EXERCISE
- VITAMIN B12

DAY
3

- BEANS
- BERRIES
- OTHER FRUITS
- CRUCIFEROUS VEGETABLES
- GREENS
- OTHER VEGETABLES
- NUTS & SEEDS
- FLAXSEEDS
- SPICES
- WHOLE GRAINS
- DRINKS
- EXERCISE
- VITAMIN B12

DAY
4

- BEANS
- BERRIES
- OTHER FRUITS
- CRUCIFEROUS VEGETABLES
- GREENS
- OTHER VEGETABLES
- NUTS & SEEDS
- FLAXSEEDS
- SPICES
- WHOLE GRAINS
- DRINKS
- EXERCISE
- VITAMIN B12

DAY
5

- BEANS
- BERRIES
- OTHER FRUITS
- CRUCIFEROUS VEGETABLES
- GREENS
- OTHER VEGETABLES
- NUTS & SEEDS
- FLAXSEEDS
- SPICES
- WHOLE GRAINS
- DRINKS
- EXERCISE
- VITAMIN B12

DAY
6

- BEANS
- BERRIES
- OTHER FRUITS
- CRUCIFEROUS VEGETABLES
- GREENS
- OTHER VEGETABLES
- NUTS & SEEDS
- FLAXSEEDS
- SPICES
- WHOLE GRAINS
- DRINKS
- EXERCISE
- VITAMIN B12

DAY
7

- BEANS
- BERRIES
- OTHER FRUITS
- CRUCIFEROUS VEGETABLES
- GREENS
- OTHER VEGETABLES
- NUTS & SEEDS
- FLAXSEEDS
- SPICES
- WHOLE GRAINS
- DRINKS
- EXERCISE
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EXAMPLE DAY

- Breakfast**
Toast with marmite, avocado and tomato.
- Lunch**
Hummus, spinach, grated carrot and red pepper sandwich, or as a salad with quinoa
- Dinner**
Bowl with brown rice, tofu, roasted sweet potato, kale, broccoli and black beans – flavour with ginger, garlic, soy, chili, turmeric and sesame.
- Snacks**
Frozen berry and banana smoothie, with tablespoon of flax and chia seed.
Nuts/nuts and fruit mix.