



EATING WELL

7 DAYS OF EASY MEAL
PLANNING

If you fail to plan, plan to fail.

A dark wooden surface with a bowl of tomato soup, red chili peppers, and a knife.

contents

A NOTE FROM KIRK & MONICA

Learn about duo, Kirk & Monica Black, and their desire to help others live their best lives.

HOW TO: BEGIN YOUR HEALTHY EATING LIFESTYLE

Not sure where to begin on your journey to eat better, more wholesome foods? Don't worry, we've got you covered.

HOW TO: BUILD A HEALTHY PLATE

Don't fill your plate with too much of one thing or the other. We've got the perfect ratios to keep your plate healthful and wholesome.

GROCERY SHOPPING LIST

To help you maximize your time, we've included a shopping list. Take it with you on your next trip to the grocery store.

SAMPLE MEAL IDEAS

Don't let a lack of meal ideas keep you from reaching your goals. We've included seven (7) full days of meal prep ideas.

You're welcome!