

2-Week No Sugar Meal Plan

Patient information

Name: _____ Age: _____ Sex: _____

Nutrition goals

Daily caloric intake goal: _____ Fat goal: _____

Protein goal: _____ Carbohydrates goal: _____

Fiber goal: _____ Water intake goal: _____

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

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