





























MIND Diet Meal Planner							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							
Snack (Optional)							

MIND Foods	
Foods to Choose	Foods to Limit
LG  	RM  
OV  	But  
Ber  	Chs  
EVOO  	Fri  
Nut  	Swt  
Fsh  	
Poul  	
WG  	
Bn  	
Win 