

PLAN YOUR WEEK



Roadmap to Attention and Regulation ROARTM

Module 1

This week (and every week) you will use this format to plan your breakfast, lunch and dinner for the next 7 days.

The only criteria for week 1 are that your meals have:

- NO REFINED CARBS
- NO REFINED SUGAR
- SOURCE OF FAT
- FIBER
- PROTEIN

If you can check all these boxes, you have a great meal. To clarify, remember that:

FAT - can be avocados, olives, oils [cold-pressed, or extra virgin like olive oil, coconut oil, avocado oil, ghee], fatty fish, eggs and nuts.

PROTEIN - can be nuts, seeds, fish, chicken, meat, lentils, beans, tofu, or clean plant-based protein powders

FIBER - can be berries, avocados, seeds [flax and chia are great], nuts, vegetables, fruits, lentils and whole grains.

PLAN YOUR WEEK

	BREAKFAST	LUNCH	SNACK	DINNER
M O N D A Y	Food _____ Fat <input type="checkbox"/> Fiber <input type="checkbox"/> Protein <input type="checkbox"/> No Refined Sugar <input type="checkbox"/> No Refined Carbs <input type="checkbox"/>	Food _____ Fat <input type="checkbox"/> Fiber <input type="checkbox"/> Protein <input type="checkbox"/> No Refined Sugar <input type="checkbox"/> No Refined Carbs <input type="checkbox"/>	Food _____ Fat <input type="checkbox"/> Fiber <input type="checkbox"/> Protein <input type="checkbox"/> No Refined Sugar <input type="checkbox"/> No Refined Carbs <input type="checkbox"/>	Food _____ Fat <input type="checkbox"/> Fiber <input type="checkbox"/> Protein <input type="checkbox"/> No Refined Sugar <input type="checkbox"/> No Refined Carbs <input type="checkbox"/>
T U E S D A Y	Food _____ Fat <input type="checkbox"/> Fiber <input type="checkbox"/> Protein <input type="checkbox"/> No Refined Sugar <input type="checkbox"/> No Refined Carbs <input type="checkbox"/>	Food _____ Fat <input type="checkbox"/> Fiber <input type="checkbox"/> Protein <input type="checkbox"/> No Refined Sugar <input type="checkbox"/> No Refined Carbs <input type="checkbox"/>	Food _____ Fat <input type="checkbox"/> Fiber <input type="checkbox"/> Protein <input type="checkbox"/> No Refined Sugar <input type="checkbox"/> No Refined Carbs <input type="checkbox"/>	Food _____ Fat <input type="checkbox"/> Fiber <input type="checkbox"/> Protein <input type="checkbox"/> No Refined Sugar <input type="checkbox"/> No Refined Carbs <input type="checkbox"/>

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Food _____		Food _____		Food _____		Food _____	
Fat	<input type="checkbox"/>	Fat		Fat		Fat	
Fiber	<input type="checkbox"/>	Fiber		Fiber		Fiber	
Protein	<input type="checkbox"/>	Protein		Protein		Protein	
No Refined Sugar	<input type="checkbox"/>	No Refined Sugar		No Refined Sugar		No Refined Sugar	
No Refined Carbs	<input type="checkbox"/>	No Refined Carbs		No Refined Carbs		No Refined Carbs	

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Food _____		Food _____		Food _____		Food _____	
Fat	<input type="checkbox"/>	Fat	<input type="checkbox"/>	Fat		Fat	
Fiber	<input type="checkbox"/>	Fiber		Fiber	<input type="checkbox"/>	Fiber	
Protein	<input type="checkbox"/>	Protein		Protein	<input type="checkbox"/>	Protein	
No Refined Sugar	<input type="checkbox"/>	No Refined Sugar		No Refined Sugar	<input type="checkbox"/>	No Refined Sugar	
No Refined Carbs	<input type="checkbox"/>	No Refined Carbs		No Refined Carbs	<input type="checkbox"/>	No Refined Carbs	

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Food _____		Food _____		Food _____		Food _____	
Fat	<input type="checkbox"/>	Fat		Fat		Fat	
Fiber	<input type="checkbox"/>	Fiber		Fiber		Fiber	
Protein	<input type="checkbox"/>	Protein		Protein		Protein	
No Refined Sugar	<input type="checkbox"/>	No Refined Sugar		No Refined Sugar		No Refined Sugar	
No Refined Carbs	<input type="checkbox"/>	No Refined Carbs		No Refined Carbs		No Refined Carbs	

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Food _____		Food _____		Food _____		Food _____	
Fat	<input type="checkbox"/>	Fat	<input type="checkbox"/>	Fat		Fat	
Fiber	<input type="checkbox"/>	Fiber		Fiber	<input type="checkbox"/>	Fiber	
Protein	<input type="checkbox"/>	Protein		Protein	<input type="checkbox"/>	Protein	
No Refined Sugar	<input type="checkbox"/>	No Refined Sugar		No Refined Sugar	<input type="checkbox"/>	No Refined Sugar	
No Refined Carbs	<input type="checkbox"/>	No Refined Carbs		No Refined Carbs	<input type="checkbox"/>	No Refined Carbs	

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Food _____		Food _____		Food _____		Food _____
Fat	<input type="checkbox"/>	Fat	<input type="checkbox"/>	Fat	<input type="checkbox"/>	Fat
Fiber	<input type="checkbox"/>	Fiber	<input type="checkbox"/>	Fiber	<input type="checkbox"/>	Fiber
Protein	<input type="checkbox"/>	Protein	<input type="checkbox"/>	Protein	<input type="checkbox"/>	Protein
No Refined Sugar	<input type="checkbox"/>	No Refined Sugar	<input type="checkbox"/>	No Refined Sugar	<input type="checkbox"/>	No Refined Sugar
No Refined Carbs	<input type="checkbox"/>	No Refined Carbs	<input type="checkbox"/>	No Refined Carbs	<input type="checkbox"/>	No Refined Carbs



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Disclaimer:

The information in this document is for educational purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.