

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Cookies	Low Calorie Teriyaki Salmon Bowls	Low Calorie Butternut Squash Pasta
TUESDAY	Low Calorie Overnight Oats	Low Calorie Crispy Chicken Wraps	Low Calorie Chili Mac and Cheese
WEDNESDAY	Low Calorie Breakfast Cookies	Low Calorie Teriyaki Salmon Bowls	Low Calorie Mississippi Pot Roast Sandwiches
THURSDAY	Low Calorie Overnight Oats	Low Calorie Crispy Chicken Wraps	Low Calorie Hasselback Chicken
FRIDAY	Low Calorie Breakfast Cookies	Low Calorie Teriyaki Salmon Bowls	Low Calorie Sheet Pan Pizza
SATURDAY	Low Calorie Overnight Oats	Low Calorie Crispy Chicken Wraps	Low Calorie Cajun Pasta
SUNDAY	Low Calorie Breakfast Cookies	Low Calorie Teriyaki Salmon Bowls	Low Calorie Butter Chicken