

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate Protein Granola	Low Calorie Mexican Protein Bowls	Low Calorie Greek Chicken Salads
TUESDAY	Low Calorie Granola Bran Muffins	Low Calorie Chicken Pesto Pitas	Low Calorie Lemon Scallop Pasta
WEDNESDAY	Low Calorie Chocolate Protein Granola	Low Calorie Mexican Protein Bowls	Low Calorie Salisbury Steaks
THURSDAY	Low Calorie Granola Bran Muffins	Low Calorie Chicken Pesto Pitas	Low Calorie Italian Meatloaf
FRIDAY	Low Calorie Chocolate Protein Granola	Low Calorie Mexican Protein Bowls	Low Calorie Protein Fried Rice
SATURDAY	Low Calorie Granola Bran Muffins	Low Calorie Chicken Pesto Pitas	Low Calorie Spinach Artichoke Spaghetti Squash
SUNDAY	Low Calorie Chocolate Protein Granola	Low Calorie Mexican Protein Bowls	Low Calorie Sheet Pan Nachos