

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Tacos	Low Calorie Club Sandwiches	Low Calorie Avocado Quesadillas
TUESDAY	Low Calorie Oatmeal Muffins	Low Calorie Meal Prep Salad Jars	Low Calorie Burgers
WEDNESDAY	Low Calorie Breakfast Tacos	Low Calorie Club Sandwiches	Low Calorie Tomato Feta Zucchini Pasta
THURSDAY	Low Calorie Oatmeal Muffins	Low Calorie Meal Prep Salad Jars	Low Calorie Chicken Stew
FRIDAY	Low Calorie Breakfast Tacos	Low Calorie Club Sandwiches	Low Calorie Chicken Francese
SATURDAY	Low Calorie Oatmeal Muffins	Low Calorie Meal Prep Salad Jars	Low Calorie Caprise Paninis
SUNDAY	Low Calorie Breakfast Tacos	Low Calorie Club Sandwiches	Low Calorie Shrimp Caesar Salads