

Protein Packed Summer Meals

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Berry Smoothie Protein Bowls	Low Calorie Low Carb Protein Box Lunches	Low Calorie High Protein Green Goddess Salads
TUESDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie High Protein Taco Salads
WEDNESDAY	Low Calorie Berry Smoothie Protein Bowls	Low Calorie Low Carb Protein Box Lunches	Low Calorie High Protein Buffalo Chicken Salads
THURSDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie No Cook Antipasto Salads
FRIDAY	Low Calorie Berry Smoothie Protein Bowls	Low Calorie Low Carb Protein Box Lunches	Low Calorie High Protein Chicken Caesar Salads
SATURDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie High Protein Cobb Salads
SUNDAY	Low Calorie Berry Smoothie Protein Bowls	Low Calorie Low Carb Protein Box Lunches	Low Calorie High Protein Greek Salads