

Cook Just Once - No Reheating

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Blueberry Scones (meal prep)	Low Calorie Mason Jar Salad (no cook)	Low Calorie Chicken Quinoa Salad (meal prep)
TUESDAY	Low Calorie Overnight Oats (no cook)	Low Calorie Turkey Spinach Wraps (no cook)	Low Calorie Taco Salad (meal prep)
WEDNESDAY	Low Calorie Blueberry Scones (meal prep)	Low Calorie Mason Jar Salad (no cook)	Low Calorie Pesto Chicken Pita (meal prep)
THURSDAY	Low Calorie Overnight Oats (no cook)	Low Calorie Turkey Spinach Wraps (no cook)	Low Calorie Strawberry Spinach Salads (meal prep)
FRIDAY	Low Calorie Blueberry Scones (meal prep)	Low Calorie Mason Jar Salad (no cook)	Low Calorie Low Carb Boxes (meal prep)
SATURDAY	Low Calorie Overnight Oats (no cook)	Low Calorie Turkey Spinach Wraps (no cook)	Low Calorie Buffalo Chicken Salads (meal prep)
SUNDAY	Low Calorie Blueberry Scones (meal prep)	Low Calorie Mason Jar Salad (no cook)	Low Calorie Chickpea Salad (no cook)