

Energy Boosting Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Breakfast Wraps	Low Calorie Chickpea Avocado Salad	Low Calorie Teriyaki Salmon Bowls
TUESDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Turkey Meatball Meal Prep	Low Calorie Steak Fajitas
WEDNESDAY	Low Calorie Protein Breakfast Wraps	Low Calorie Chickpea Avocado Salad	Low Calorie White Chicken Chili
THURSDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Turkey Meatball Meal Prep	Low Calorie Chicken Burrito Bowls
FRIDAY	Low Calorie Protein Breakfast Wraps	Low Calorie Chickpea Avocado Salad	Low Calorie Grilled Chicken Sandwiches & Sweet Potato Fries
SATURDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Turkey Meatball Meal Prep	Low Calorie Poke Bowls
SUNDAY	Low Calorie Protein Breakfast Wraps	Low Calorie Chickpea Avocado Salad	Low Calorie Steak Sandwiches & Sweet Potato Fries