

# MENU PLANNER

WEEK OF \_\_\_\_\_

|           | BREAKFAST   | LUNCH   | DINNER                                   |
|-----------|---|---|--|
| MONDAY    | Low Calorie<br>Tomato<br>Ricotta Toasts             | Low Calorie<br>Pesto Chicken<br>Pita Sandwich | Low Calorie<br>Butternut Squash<br>Pasta |
| TUESDAY   | Low Calorie<br>Double Chocolate<br>Zucchini Muffins | Low Calorie<br>Tofu<br>Bowls                  |  |
| WEDNESDAY | Low Calorie<br>Tomato<br>Ricotta Toasts             | Low Calorie<br>Pesto Chicken<br>Pita Sandwich |  |
| THURSDAY  | Low Calorie<br>Double Chocolate<br>Zucchini Muffins | Low Calorie<br>Tofu<br>Bowls                  |  |
| FRIDAY    | Low Calorie<br>Tomato<br>Ricotta Toasts             | Low Calorie<br>Pesto Chicken<br>Pita Sandwich |  |
| SATURDAY  | Low Calorie<br>Double Chocolate<br>Zucchini Muffins | Low Calorie<br>Tofu<br>Bowls                  |  |
| SUNDAY    | Low Calorie<br>Tomato<br>Ricotta Toasts             | Low Calorie<br>Pesto Chicken<br>Pita Sandwich |  |