

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate Protein Smoothies	Low Calorie High Protein Green Goddess Salads	Low Calorie Vegetarian Pesto Pizza
TUESDAY	Low Calorie Weight Loss Green Smoothies	Low Calorie High Protein Cobb Salads	
WEDNESDAY	Low Calorie Chocolate Protein Smoothies	Low Calorie High Protein Green Goddess Salads	
THURSDAY	Low Calorie Weight Loss Green Smoothies	Low Calorie High Protein Cobb Salads	
FRIDAY	Low Calorie Chocolate Protein Smoothies	Low Calorie High Protein Green Goddess Salads	
SATURDAY	Low Calorie Weight Loss Green Smoothies	Low Calorie High Protein Cobb Salads	
SUNDAY	Low Calorie Chocolate Protein Smoothies	Low Calorie High Protein Green Goddess Salads	