

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Caramel Apple Pancakes	Low Calorie Bean & (
TUESDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	
WEDNESDAY	Low Calorie High Protein Caramel Apple Pancakes	Low Calorie Bean & Cheese Burritos	
THURSDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	
FRIDAY	Low Calorie High Protein Caramel Apple Pancakes	Low Calorie Bean & Cheese Burritos	
SATURDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	
SUNDAY	Low Calorie High Protein Caramel Apple Pancakes	Low Calorie Bean & Cheese Burritos	