

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Sheet Pan Pancakes	Low Calorie Crispy Chicken Wraps	
TUESDAY	Low Calorie Egg Muffins	Low Calorie High Protein Meal Prep Salads	
WEDNESDAY	Low Calorie Sheet Pan Pancakes	Low Calorie Crispy Chicken Wraps	
THURSDAY	Low Calorie Egg Muffins	Low Calorie High Protein Meal Prep Salads	
FRIDAY	Low Calorie Sheet Pan Pancakes	Low Calorie Crispy Chicken Wraps	
SATURDAY	Low Calorie Egg Muffins	Low Calorie High Protei	
SUNDAY	Low Calorie Sheet Pan Pancakes	Low Calorie Crispy Chicken Wraps	