

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Shawarma Wrap	Low Calorie Philly
TUESDAY	Low Calorie Protein Breakfast Wrap	Low Calorie Cobb Salads	
WEDNESDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Shawarma Wrap	
THURSDAY	Low Calorie Protein Breakfast Wrap	Low Calorie Cobb Salads	
FRIDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Shawarma Wrap	
SATURDAY	Low Calorie Protein Breakfast Wrap	Low Calorie Cobb Salads	
SUNDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Shawarma Wrap	