

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Chicken Salad Sandwiches	Low Calorie Butternut Squash Salad
TUESDAY	Low Calorie Scramble Breakfast Bowls	Low Calorie Chicken Burrito Bowls	Low Calorie Birria
WEDNESDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Chicken Salad Sandwiches	
THURSDAY	Low Calorie Scramble Breakfast Bowls	Low Calorie Chicken Burrito Bowls	
FRIDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Chicken Salad Sandwiches	
SATURDAY	Low Calorie Scramble Breakfast Bowls	Low Calorie Chicken Burrito Bowls	
SUNDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Chicken Salad Sandwiches	