

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Overnight Oats	Low Calorie Green Goddess Salad	Low Calorie Spinach Artichoke Spaghetti Squash
TUESDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie High Protein Tabbouleh Salad	Low Calorie Stea
WEDNESDAY	Low Calorie Overnight Oats	Low Calorie Green Goddess Salad	
THURSDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie High Protein Tabbouleh Salad	
FRIDAY	Low Calorie Overnight Oats	Low Calorie Green Goddess Salad	
SATURDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie High Protein Tabbouleh Salad	
SUNDAY	Low Calorie Overnight Oats	Low Calorie Green Goddess Salad	