

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Sandwiches	Low Calorie Buffalo Chicken Salad (new recipe!)	Low Calorie Irish Stew (new recipe!)
TUESDAY	Low Calorie Breakfast Scramble Bowls	Low Calorie Turkey Spinach Wraps	
WEDNESDAY	Low Calorie Breakfast Sandwiches	Low Calorie Buffalo Chicken Salad	
THURSDAY	Low Calorie Breakfast Scramble Bowls	Low Calorie Turkey Spinach Wraps	
FRIDAY	Low Calorie Breakfast Sandwiches	Low Calorie Buffalo Chicken Salad	
SATURDAY	Low Calorie Breakfast Scramble Bowls	Low Calorie Turkey Spinach Wraps	
SUNDAY	Low Calorie Breakfast Sandwiches	Low Calorie Buffalo Chicken Salad	