

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Candy Cane Protein Shakes	3 Ingredient Fat Burning Soup	
TUESDAY	Low Calorie Meal Prep Sheet Pan Pancakes	Low Calorie Tandoori Chicken Wraps	
WEDNESDAY	Low Calorie Candy Cane Protein Shakes	3 Ingredient Fat Burning Soup	
THURSDAY	Low Calorie Meal Prep Sheet Pan Pancakes	Low Calorie Tandoori Chicken Wraps	
FRIDAY	Low Calorie Candy Cane Protein Shakes	3 Ingredient Fat Burning Soup	
SATURDAY	Low Calorie Meal Prep Sheet Pan Pancakes	Low Calorie Tan	
SUNDAY	Low Calorie Candy Cane Protein Shakes	3 Ingredient Fat Burning Soup	