

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Chickpea Avocado Salad	
TUESDAY	Low Calorie PB Banana Strawberry Smoothie	Low Calorie Cauliflower Soup	
WEDNESDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Chickpea Avocado Salad	
THURSDAY	Low Calorie PB Banana Strawberry Smoothie	Low Calorie Cauliflower Soup	
FRIDAY	Low Calorie Cranberry Orange Oatmeal (leftover recipe)		
SATURDAY	Low Calorie Cranberry Sauce Parfaits (leftover recipe)	Low Calorie Turkey Sa	
SUNDAY	Low Calorie Cranberry Pancakes (leftover recipe)		