

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Pancakes	Low Calorie Tuna Melt Sandwiches	Low Calorie Cranberry &
TUESDAY	Low Calorie Biscuits and Gravy	Low Calorie Cobb Salad	
WEDNESDAY	Low Calorie Protein Pancakes	Low Calorie Tuna Melt Sandwiches	Merry Christmas & Happy Hanukkah
THURSDAY	Low Calorie Biscuits and Gravy	Low Calorie Cobb Salad	
FRIDAY	Low Calorie Protein Pancakes	Low Calorie Tuna Melt Sandwiches	
SATURDAY	Low Calorie Biscuits and Gravy	Low Calorie Cobb Salad	
SUNDAY	Low Calorie Protein Pancakes	Low Calorie Tuna Melt Sandwiches	