

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Green Goddess Salad	Low Calorie High Protein Monterey Chicken
TUESDAY	Low Calorie High Protein Breakfast Bowls	Low Calorie High Protein Taco Salad	
WEDNESDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Green Goddess Salad	
THURSDAY	Low Calorie High Protein Breakfast Bowls	Low Calorie High Protein Taco Salad	
FRIDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Green Goddess Salad	
SATURDAY	Low Calorie High Protein Breakfast Bowls	Low Calorie High Protein Taco Salad	
SUNDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Green Goddess Salad	