

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie Meal Prep Chicken Salad	Low Calorie Buffalo Blue Cheese Burger
TUESDAY	Low Calorie Almond Butter Toast	Low Calorie Meal Prep Chicken Burrito Bowls	
WEDNESDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie Meal Prep Chicken Salad	
THURSDAY	Low Calorie Almond Butter Toast	Low Calorie Meal Prep Chicken Burrito Bowls	
FRIDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie Meal Prep Chicken Salad	
SATURDAY	Low Calorie Almond Butter Toast	Low Calorie Meal Prep Chicken Burrito Bowls	
SUNDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie Meal Prep Chicken Salad	