

Low Calorie + Low Grain

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Buffalo Chicken Salad	Low Calorie Lettuce Wrap Burgers
TUESDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Butternut Squash Salad	Low Calorie Cobb Salad
WEDNESDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Buffalo Chicken Salad	Low Calorie Lettuce Wrap Tacos
THURSDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Butternut Squash Salad	Low Calorie Monterey Chicken
FRIDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Buffalo Chicken Salad	Low Calorie Turkey Chili
SATURDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Butternut Squash Salad	Low Calorie Beef Teriyaki
SUNDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Buffalo Chicken Salad	Low Calorie Baked Pork Chops with Apple Slaw