

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Chocolate Smoothie Bowl	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Tofu Bowls
TUESDAY	Low Calorie Acai Smoothie Bowls	Low Calorie Adult "Lunchables"	
WEDNESDAY	Low Calorie Protein Chocolate Smoothie Bowl	Low Calorie Low Carb Meal Prep Boxes	
THURSDAY	Low Calorie Acai Smoothie Bowls	Low Calorie Adult "Lunchables"	
FRIDAY	Low Calorie Protein Chocolate Smoothie Bowl	Low Calorie Low Carb Meal Prep Boxes	
SATURDAY	Low Calorie Acai Smoothie Bowls	Low Calorie Adult "Lunchables"	
SUNDAY	Low Calorie Protein Chocolate Smoothie Bowl	Low Calorie Low Carb Meal Prep Boxes	