

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Low Sugar Bacon & Egg Scramble	Low Calorie Low Sugar Chicken Caesar Salad	Low Calorie Low Sugar White Chicken Chili
TUESDAY	Low Calorie Low Sugar Frittata	Low Calorie Low Sugar Green Goddess Salad	
WEDNESDAY	Low Calorie Low Sugar Bacon & Egg Scramble	Low Calorie Low Sugar Chicken Caesar Salad	
THURSDAY	Low Calorie Low Sugar Frittata	Low Calorie Low Sugar Green Goddess Salad	
FRIDAY	Low Calorie Low Sugar Bacon & Egg Scramble	Low Calorie Low Sugar Chicken Caesar Salad	
SATURDAY	Low Calorie Low Sugar Frittata	Low Calorie Low Sugar Green Goddess Salad	
SUNDAY	Low Calorie Low Sugar Bacon & Egg Scramble	Low Calorie Low Sugar Chicken Caesar Salad	