

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Adult Lunchables	Low Calorie High Protein
TUESDAY	Low Calorie High Protein Cottage Cheese Toasts	Low Calorie High Protein Turkey Spinach Wraps	
WEDNESDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Adult Lunchables	
THURSDAY	Low Calorie High Protein Cottage Cheese Toasts	Low Calorie High Protein Turkey Spinach Wraps	
FRIDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Adult Lunchables	
SATURDAY	Low Calorie High Protein Cottage Cheese Toasts	Low Calorie High Protein Turkey Spinach Wraps	
SUNDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Adult Lunchables	