

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Greek Chicken Meal Prep	Low Calorie Pork Chops w/ Low Calorie Apple Coleslaw
TUESDAY	Low Calorie Omelette	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Birria Tac
WEDNESDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Greek Chicken Meal Prep	
THURSDAY	Low Calorie Omelette	Low Calorie Teriyaki Chicken Meal Prep	
FRIDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Greek Chicken Meal Prep	
SATURDAY	Low Calorie Omelette	Low Calorie Teriyaki Chicken Meal Prep	
SUNDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Greek Chicken Meal Prep	