

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Banana Nut Pancakes	Low Calorie High Protein Cobb Salad	Low Calorie Hasselback
TUESDAY	Low Calorie Bacon and Egg Scramble	Low Calorie Banh Mi Sandwiches	
WEDNESDAY	Low Calorie Banana Nut Pancakes	Low Calorie High Protein Cobb Salad	
THURSDAY	Low Calorie Bacon and Egg Scramble	Low Calorie Banh Mi Sandwiches	
FRIDAY	Low Calorie Banana Nut Pancakes	Low Calorie High Protein Cobb Salad	
SATURDAY	Low Calorie Bacon and Egg Scramble	Low Calorie Banh Mi Sandwiches	
SUNDAY	Low Calorie Banana Nut Pancakes	Low Calorie High Protein Cobb Salad	