

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Hot Chocolate	Low Calorie Adult Lunchables	
TUESDAY	Low Calorie Protein Blueberry Muffins	Low Calorie Low Carb Meal Prep Boxes	
WEDNESDAY	Low Calorie Protein Hot Chocolate	Low Calorie Adult Lunchables	
THURSDAY	Low Calorie Protein Blueberry Muffins	Low Calorie Low Carb Meal Prep Boxes	
FRIDAY	Low Calorie Protein Hot Chocolate	Low Calorie Adult Lunchables	
SATURDAY	Low Calorie Protein Blueberry Muffins	Low Calorie Low Carb Meal Prep Boxes	
SUNDAY	Low Calorie Protein Hot Chocolate	Low Calorie Adult Lunchables	