

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Strawberry Banana Protein Smoothie	3 Ingredient Fat Burning Soup	
TUESDAY	Low Calorie Weight Loss Avocado Smoothie	Low Calorie Weight Loss Chicken Soup	
WEDNESDAY	Low Calorie Strawberry Banana Protein Smoothie	3 Ingredient Fat Burning Soup	
THURSDAY	Low Calorie Weight Loss Avocado Smoothie	Low Calorie Weight Loss Chicken Soup	
FRIDAY	Low Calorie Strawberry Banana Protein Smoothie	3 Ingredient Fat Burning Soup	
SATURDAY	Low Calorie Weight Loss Avocado Smoothie	Low Calorie Weight Loss Chicken Soup	
SUNDAY	Low Calorie Strawberry Banana Protein Smoothie	3 Ingredient Fat Burning Soup	