

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Salads	
TUESDAY	Low Calorie Protein Breakfast Bowls	Low Calorie Teriyaki Chicken Meal Prep	
WEDNESDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Salads	
THURSDAY	Low Calorie Protein Breakfast Bowls	Low Calorie Teriyaki Chicken Meal Prep	
FRIDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Salads	
SATURDAY	Low Calorie Protein Breakfast Bowls	Low Calorie Teriyaki Ch	
SUNDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Salads	