

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Bowls	Low Calorie Pesto Chicken Pita Sandwich	Low Calorie Tofu Bowls
TUESDAY	Low Calorie Protein Waffles	Low Calorie Tandoori Chicken Wrap	
WEDNESDAY	Low Calorie Breakfast Bowls	Low Calorie Pesto Chicken Pita Sandwich	
THURSDAY	Low Calorie Protein Waffles	Low Calorie Tandoori Chicken Wrap	
FRIDAY	Low Calorie Breakfast Bowls	Low Calorie Pesto Chicken Pita Sandwich	
SATURDAY	Low Calorie Protein Waffles	Low Calorie Tandoori Chicken Wrap	
SUNDAY	Low Calorie Breakfast Bowls	Low Calorie Pesto Chicken Pita Sandwich	