

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Birthday Cake Milkshakes	Low Calorie "Celeb Favorite" Green Smoothies	
TUESDAY	Low Calorie High Protein Chocolate Smoothie Bowls	Low Calorie Tropical Avoc	Low Calorie High I
WEDNESDAY	Low Calorie High Protein Birthday Cake Milkshakes	Low Calorie "Celeb Favorite" Green Smoothies	Low Calorie Smc
THURSDAY	Low Calorie High Protein Chocolate Smoothie Bowls	Low Calorie Tropical Avoc	Low Calorie Philly
FRIDAY	Low Calorie High Protein Birthday Cake Milkshakes	Low Calorie "Celeb Favorite" Green Smoothies	Low Calorie High I
SATURDAY	Low Calorie High Protein Chocolate Smoothie Bowls		Low Calorie Low
SUNDAY	Low Calorie High Protein Birthday Cake Milkshakes	Low Calorie "Celeb Favorite" Green Smoothies	Low Calorie Low