

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie "Loaded" Potato Soup	Low Calorie Broc
TUESDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Lentil Curry Soup	
WEDNESDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie "Loaded" Potato Soup	
THURSDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Lentil Curry Soup	
FRIDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie "Loaded" Potato Soup	
SATURDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Lentil Curry Soup	
SUNDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie "Loaded" Potato Soup	