

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Healthy Protein Waffles	Turkey Spinach Wraps	Chicken Piccata Pasta
TUESDAY	Meal Replacement Smoothie	Skinny Copycat Burrito Bowls	Green Enchiladas with Chicken
WEDNESDAY	Healthy Protein Waffles	Turkey Spinach Wraps	Lo Mein with Beef and Broccoli
THURSDAY	Meal Replacement Smoothie	Skinny Copycat Burrito Bowls	Szechuan Chicken
FRIDAY	Healthy Protein Waffles	Turkey Spinach Wraps	Philly Cheesesteak Sandwiches
SATURDAY	Meal Replacement Smoothie	Skinny Copycat Burrito Bowls	Spicy Chicken Soba Noodle Salad
SUNDAY	Healthy Protein Waffles	Turkey Spinach Wraps	Healthy Spaghetti with Bolognese