MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Fat Burning Breakfast Tacos	Greek Salad with Grilled Chicken	Albondigas Soup
TUESDAY	Egg	Protein Packed	Chicken
	"Muffins"	Chickpea Salad	Stir Fry
WEDNESDAY	Fat Burning	Greek Salad	Skinny
	Breakfast	with	Sheet Pan
	Tacos	Grilled Chicken	Nachos
THURSDAY	Egg "Muffins"	Protein Packed Chickpea Salad	Portobello Mushroom Pizzas
FRIDAY	Fat Burning	Greek Salad	Healthy
	Breakfast	with	Fish Taco
	Tacos	Grilled Chicken	Bowl
SATURDAY	Egg "Muffins"	Protein Packed Chickpea Salad	Chinese Sesame Chicken
SUNDAY	Fat Burning	Greek Salad	One Pan
	Breakfast	with	Italian Sausage
	Tacos	Grilled Chicken	Dinner