

MENU PLANNER

WEEK OF _____

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