

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Sandwiches	Low Calorie Chipotle Quesadilla	Low Calorie Steak Sandwiches
TUESDAY	Low Calorie Yogurt Bowls w/ Toppings	Low Calorie Cobb Salad	Low Calorie Fish Tacos
WEDNESDAY	Low Calorie Breakfast Sandwiches	Low Calorie Chipotle Quesadilla	Low Calorie Spicy Chicken Sandwiches
THURSDAY	Low Calorie Yogurt Bowls w/ Toppings	Low Calorie Cobb Salad	Low Calorie High Protein Chicken Wraps
FRIDAY	Low Calorie Breakfast Sandwiches	Low Calorie Chipotle Quesadilla	Low Calorie Bean & Cheese Burritos
SATURDAY	Low Calorie Yogurt Bowls w/ Toppings	Low Calorie Cobb Salad	Low Calorie Pad Thai
SUNDAY	Low Calorie Breakfast Sandwiches	Low Calorie Chipotle Quesadilla	Low Calorie Weight Loss Salad