

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Burrito Bowls	
TUESDAY	Low Calorie Protein Powder Oatmeal	Low Calorie High Protein Sloppy Joes	Low Calorie Lettuce Wrap Burgers
WEDNESDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Burrito Bowls	
THURSDAY	Low Calorie Protein Powder Oatmeal	Low Calorie High Protein Sloppy Joes	
FRIDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Burrito Bowls	
SATURDAY	Low Calorie Protein Powder Oatmeal	Low Calorie High Protein Sloppy Joes	
SUNDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Burrito Bowls	