

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Burrito Bowls	Low Calorie High Protein Cobb Salad
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	Low Calorie Greek Chicken Salad
THURSDAY	Low Calorie Protein Powder Oatmeal	Low Calorie High Protein Sloppy Joes	Low Calorie Chicken Lettuce Wraps
FRIDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Burrito Bowls	Low Calorie Protein Caprese Chicken
SATURDAY	Low Calorie Protein Powder Oatmeal	Low Calorie High Protein Sloppy Joes	Low Calorie High Protein Chicken Stir Fry
SUNDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Burrito Bowls	Low Calorie High Protein Steak Kabobs