

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Bowls	Low Calorie Greek Chicken Meal Prep	Low Calorie Sweet & Sour Chicken
TUESDAY	Low Calorie Protein Waffles	Low Calorie Turkey Spinach Wraps	Low Calorie Sheet Pan Nachos
WEDNESDAY	Low Calorie Breakfast Bowls	Low Calorie Greek Chicken Meal Prep	Low Calorie One Pan Sausage Meal
THURSDAY	Low Calorie Protein Waffles	Low Calorie Turkey Spinach Wraps	Low Calorie Chicken Parm Pasta
FRIDAY	Low Calorie Breakfast Bowls	Low Calorie Greek Chicken Meal Prep	Low Calorie Hawaiian Chicken
SATURDAY	Low Calorie Protein Waffles	Low Calorie Turkey Spinach Wraps	Low Calorie Pizza
SUNDAY	Low Calorie Breakfast Bowls	Low Calorie Greek Chicken Meal Prep	Low Calorie Crockpot Chicken