

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate Smoothie Bowl	Low Calorie Caesar Salad (Chicken or Vegan)	Low Calorie Tomato Feta Zucchini Pasta
TUESDAY	Low Calorie Breakfast Scramble (Eggs or Tofu)	Low Calorie Wraps Tandoori Chicken or Vegan Hummus	Low Calorie Tacos Crockpot Chicken or Cauliflower
WEDNESDAY	Low Calorie Chocolate Smoothie Bowl	Low Calorie Caesar Salad (Chicken or Vegan)	Low Calorie Sandwiches Crispy Chicken or Grilled Veggie
THURSDAY	Low Calorie Breakfast Scramble (Eggs or Tofu)	Low Calorie Wraps Tandoori Chicken or Vegan Hummus	Low Calorie Sheet Pan Pizza
FRIDAY	Low Calorie Chocolate Smoothie Bowl	Low Calorie Caesar Salad (Chicken or Vegan)	Low Calorie Stuffed Zucchini Sloppy Joe or Vegetarian
SATURDAY	Low Calorie Breakfast Scramble (Eggs or Tofu)	Low Calorie Wraps Tandoori Chicken or Vegan Hummus	Low Calorie Burgers Chicken or Vegan
SUNDAY	Low Calorie Chocolate Smoothie Bowl	Low Calorie Caesar Salad (Chicken or Vegan)	Low Calorie Lasagna (Meaty or Vegan)