

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate	Low Calorie Caesar Sala	
TUESDAY	Low Calorie Breakfast S	Low Calorie WrapsTand	
WEDNESDAY	Low Calorie Ch	Low Calorie Ch	
THURSDAY	Low Calorie Breakfast Scramble (Eggs or Tofu)	Low Calorie WrapsTand	
FRIDAY	Low Calorie Ch	Low Calorie Caesar Sala	
SATURDAY	Low Calorie Break	Low Calorie WrapsTand	
SUNDAY	Low Calorie Ch	Low Calorie Caesar Sala	